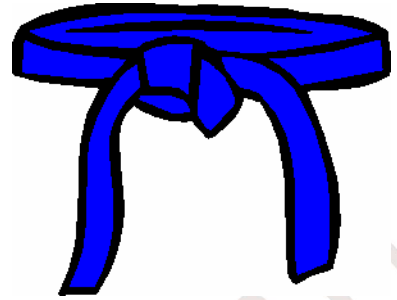


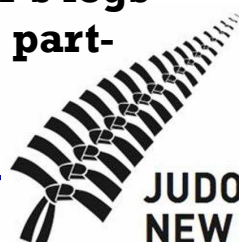
# SUKUI NAGE

## SCOOPING THROW



### KEY POINTS;

- Insert leg behind both partner's legs
- Use arm across body to scoop partner over your leg
- Turn onto your side



JUDO  
NEW ZEALAND

