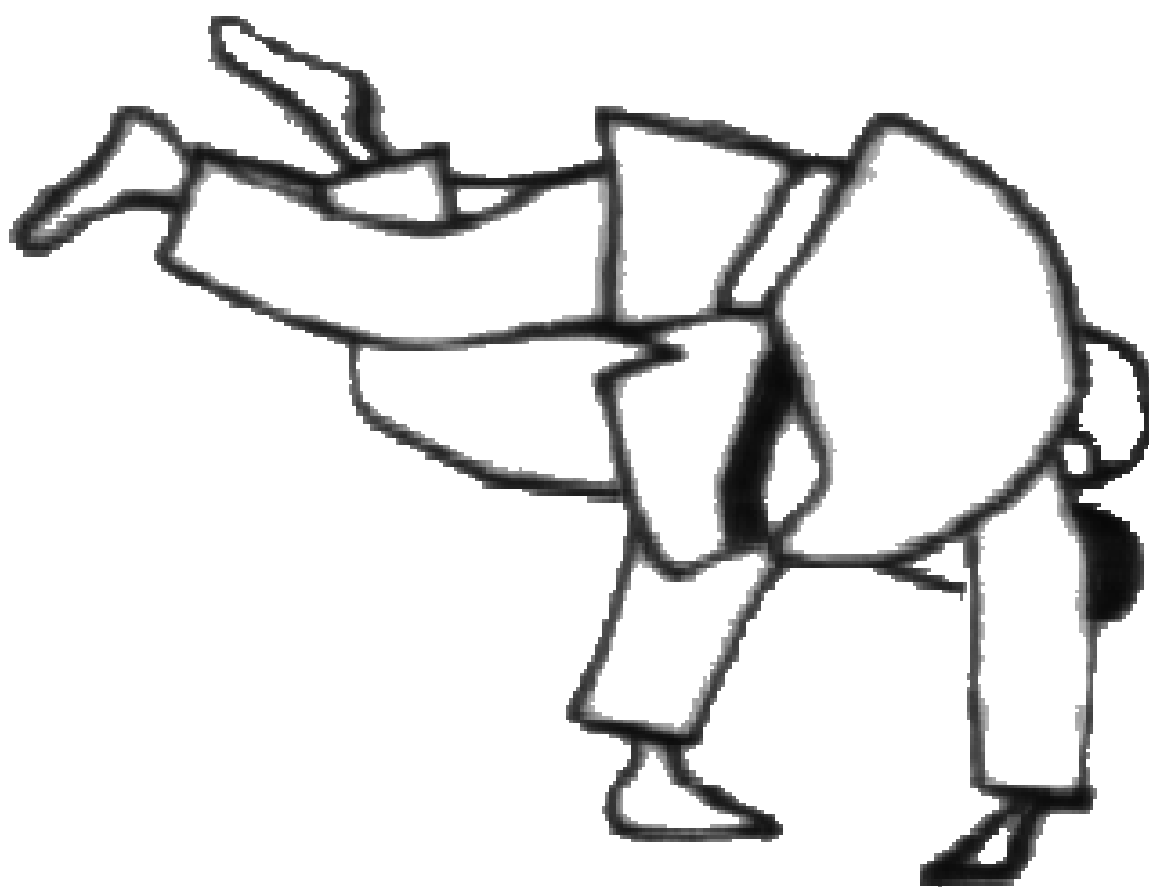
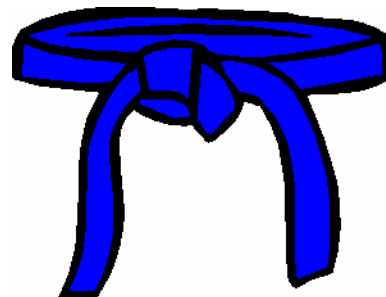


# UCHI MATA MAKIKOMI

## *INNER THIGH WINDING*



### **KEY POINTS;**

- **As for Uchi Mata**
- **Release right grip and take over partner's head**
- **Wind to ground**



Inspire, Excel, Together.™



**JUDO  
NEW ZEALAND**