



De-Ashi-Barai

- De = Advancing
- Ash- = Foot
- Barai/Harai = Sweep

Always attack sleeve side

1. Step Major leg back (Cheat step)
2. Push minor elbow
3. Cup your minor foot
4. Push the foot

Scan the QR Codes or click the link to view videos on De-Ashi-Barai

https://www.youtube.com/watch?v=4BUUvqxi_Kk



<https://www.youtube.com/watch?v=Dd6GuATqWrl>