

Hane-Goshi (koshi-waza)

- Hane = Spring
- Goshi = Hip

Tip: Lean Forward on throwing

1. Major to Major step, with Arms High
2. Ribs to chest
3. Full Normal Pivot
4. Spring

Scan the QR Codes or click the link to view videos on Hane-Goshi

https://www.youtube.com/watch?v=M9_7De6A1kk



<https://www.youtube.com/shorts/7uChI2MpTIE>

