

Harai-Goshi (koshi-waza)

- Sweeping = Hip
- Goshi = Hip

Tip: Straight and upright posture

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

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



<https://www.youtube.com/watch?v=qTo8HIAAkOo>



<https://www.youtube.com/watch?v=c-5NkbT4ddc>

