

Ko-Soto-Gari (Ashi-Waza)

- Ko = Minor
- Soto = Outer
- Gari = Reap

Tip: Position is Important, be more on outside than inside.

1. Major step across
2. Turn the Wheel
3. Minor Leg Attack
4. Reap

Scan the QR Codes or click the link to view videos on Ko-Soto-Gari



<https://www.youtube.com/watch?v=jeQ541ScLB4>



<https://www.youtube.com/watch?v=boyruuG6TXw>

