

Ko-Uchi-Gari (Ashi-Waza)

- Ko =Small or Minor
- Uchi = Inside
- Gari = reap

Tip: Both hands and your attacking foot go in same direction

1. Major to Major angle step
2. Tilt uke's head
3. Minor to Minor step
4. Inside reap

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



<https://www.youtube.com/watch?v=3Jb3tZvr9Ng>



<https://www.youtube.com/watch?v=IWPC2vnWawY>

