

# 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. Minor to Minor angle step
2. Major Deep Step
3. Tilt uke's head over major leg
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>

