

Koshi-Guruma (koshi-waza)

- Koshi = Hip
- Guruma = Wheel

Tip: Control the head

1. Head down
2. reach for opposite shoulder
3. Deep Normal Pivot
4. Hand to the floor

Scan the QR Codes or click the link to view videos on Koshi-Guruma



<https://www.youtube.com/watch?v=SU71d6uVJ44>



<https://www.youtube.com/watch?v=JgiaC4x9lgQ>

