



O-Goshi (Koshi-Waza)

- O = Major or Large
- Goshi = Hip technique

Hug the beltline tightly

1. Short step and pull
2. Shoot your Major Arm
3. Minor Hip to knot
4. Hug, Rock and Roll

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



<https://www.youtube.com/watch?v=yhu1mfy2vJ4>



https://www.youtube.com/watch?v=35qAGGn_mes