



## O-Soto-Gari (Ashi-Waza)

- O = major or Large
- Soto = Outside
- Gari = Reap (cut down)

Tip: Don't put your attacking foot on the ground

1. Heel to Heel
2. Shoulder to Shoulder
3. Kick the Soccer Ball
4. Chop down the tree

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



[https://www.youtube.com/watch?v=c-A\\_nP7mKAc](https://www.youtube.com/watch?v=c-A_nP7mKAc)



<https://www.youtube.com/watch?v=x3cTRRspZ5M>