

Sode-Tsurikomi-Goshi (Koshi-Waza)

- Sode = sleeve
- Tsurikomi = lifting pull
- Goshi = hip technique

Tip: hold sleeve with left hand, throw left. Hold sleeve with right hand, throw right

1. Minor step across
2. Push sleeve high
3. Normal Pivot
4. Pull over hip

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



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



<https://www.youtube.com/watch?v=bDZ16kMuC4I>

