

Uki-Goshi (Koshi-Waza)

- Uki = Floating
- Goshi = Hip Technique

This was Kano-Sensei's Favorite Throw

1. Step with Major Leg
2. Shoot the Arm
3. Feet together
4. Hug tightly and Bow

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



<https://www.youtube.com/watch?v=bPKwtB4lyOQ>



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

