

Yoko Otoshi (Yoko-Sutemi-Waza)

- Yoko = Side
- Otoshi = Drop

Tip: Take big steps

1. Wide major Side Step
2. Major Tsurite push
3. Minor leg Stretch forward and sit
4. Turn the wheel

Scan the QR Code or click the link to view video on Yoko-Otoshi



https://www.youtube.com/watch?v=MnNG67pF_a0

