

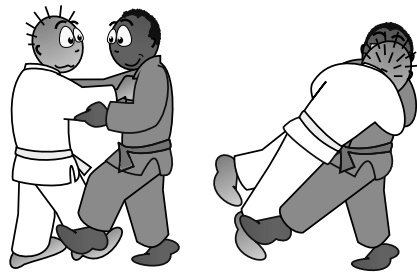
ASHI-WAZA



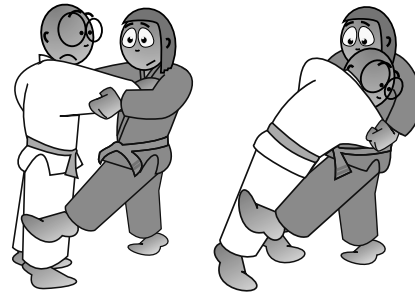
JUDO BOOKS
FOR KIDS WHO
LOVE JUDO

Ashi-waza are techniques where the feet or legs play a central role.

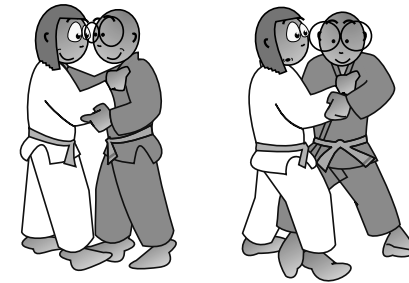
1. De-ashi-barai



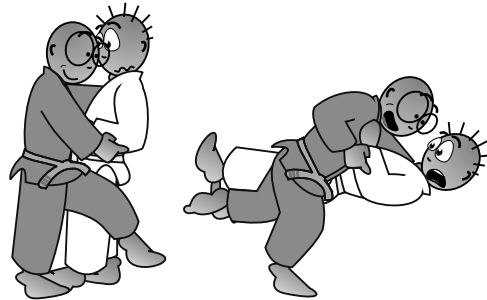
2. Hiza-guruma



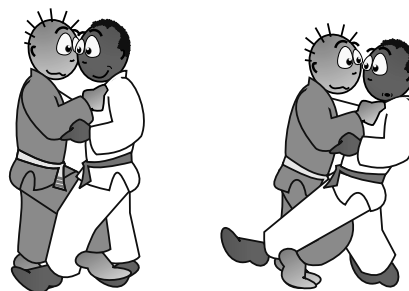
3. Kouchi-gari



4. Osoto-gari



5. Uchi-gari



6. Osoto-otoshi

