

Ashiwaza II: Ouchi-gari, Kouchi-gari, Kosoto-gari, Hiza-guruma (Judo Masterclass Techniques) By Michael Swain

By Michael Swain

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http://www.digplanet.com/wiki/Hiza_guruma

Michael Swain is the author of Ashiwaza II (4.43 avg rating, 7 ratings, 0 reviews, published 1994) and Materials Science and Technology, Michael Swain

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Mike (1994), "Ashiwaza II", Judo Masterclass Techniques (second ed Hiza guruma; Sasae tsurikomi ashi gari; O goshi; Ouchi gari; Seoi nage; Dai Nikyo
http://www.digplanet.com/wiki/Kosoto_gari

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