



Hiza-Guruma

- Hiza = knee
 - Guruma = Wheel
1. Toes in front of toes
 2. Lift the sleeve
 3. Block the knee
 4. Disney tea pot ride

Scan the QR Codes or click the link to view videos on Hiza-Guruma

<https://judo.ijf.org/techniques/Hiza-guruma>



https://www.youtube.com/watch?v=_n_BzCxob6I