O-Uchi-Gari

- O = Major or Large
- Uchi = Inside (legs usually)
- Gari = Reap (cut down)

Four Rules

- 1. Step with minor leg
- 2. Rubber Elbows
- 3. Chest to Chest
- 4. Circle Reap

Scan the QR Codes for links to videos on this months throw





