



# Okuri-Ashi-Barai (Ashi-Waza)

- Okuri = sliding
- Ashi = foot
- Barai = (Harai) = sweep

Tip: sweep at a close distance

1. Follow Uke sideways
2. Step close
3. Sweep sleeve side ankle
4. Turn the steering wheel

Scan the QR Codes or click the link to view videos on Okuri-Ashi-Barai



<https://www.youtube.com/watch?v=nw1ZdRjrdRI>



<https://www.youtube.com/watch?v=luZopzXijVs>