

Tai-Otoshi (Te-Waza)

- Tai = Body
- Otoshi = drop

All toes point in the direction you throw

1. Watch and Armpit
2. Ride the Fat Horse
3. Body drop
4. Two-hand Throw

Scan the QR Codes or click the link to view videos on Tai-otoshi



<https://www.youtube.com/watch?v=4x6S3Q-Ktv8>

https://www.youtube.com/watch?v=5qhQ4JQP2_g