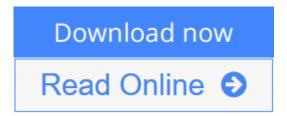


8 Powerful Koshi Nage techniques with Bokken, Jo, Tanto

By Attila Pivony



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In this book the author performs various Koshi Nage techniques with bokken, jo, tanto.

Koshi Nage (the hip throw) is a throw in which an uke, the partner initiating the attack, is thrown over hips of a tori, the person executing the technique.



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