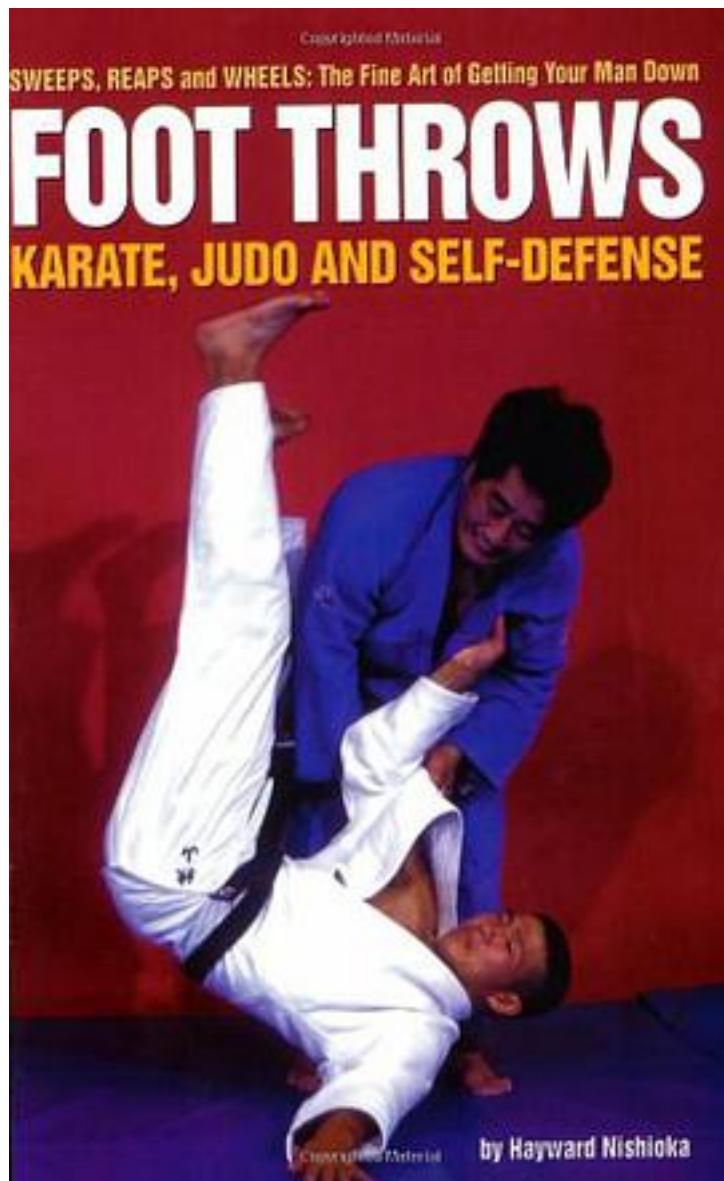


Foot Throws



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Former national judo champion Hayward Nishioka explores the three major areas of foot throws and their many applications. Basic and effective sweeps, reaps, and wheels are covered.

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