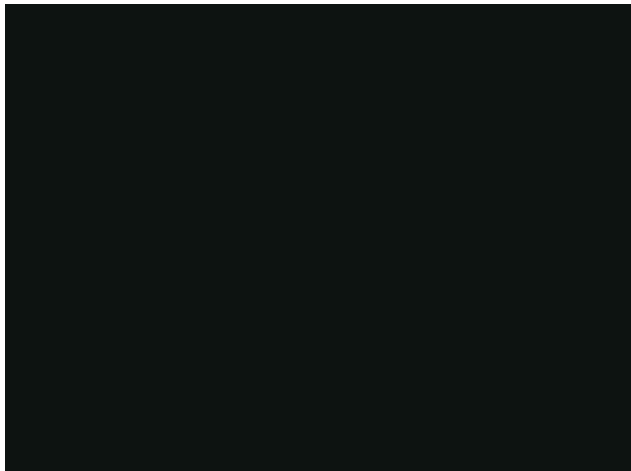


Judo counter throw

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Brother Andy Chadwick found [this animation](#) of a hip throw counter which he finds “Kinda badass”.

It reminds me of a few I’ve seen but takes a bit of acrobatic skill. Smashing your knee on the asphalt is not ideal either.

The upside is that it might take less strength than [Utsuri Goshi \(Changing Hip Throw\)](#) because this is mostly just a [Uchi-mata](#) with a fancy set-up.

I hope to see you again soon Andy, we miss you.