



Cheongye Kwan Yudo Training

LEVEL 1

(Yellow Belt Grades 10th – 8th Kup)

BREAKFALLS

Rolling Breakfall

Front Breakfall

Back Breakfall

Side Breakfalls

THROWS

Major Hip throw
(O Goshi Nage)

Body Drop throw
(Tai Otoshi Nage)

One Arm Shoulder throw
(Ippon Seo Nage)

HOLD-DOWNS

Scarf Hold
(Kesa Gatame)

Shoulder Hold
(Kata Gatame)