



Cheongye Kwan Yudo Training

LEVEL 2

(Green Belt Grades 7th – 6th Kup)

THROWS

Sweeping Hip throw

(Harai Goshi Nage)

Two Arm Shoulder throw

(Morote Seo Nage)

Major Outer reaping throw

(O Soto Gari Nage)

Minor Outer Reaping throw

(Ko Soto Gari Nage)

HOLD-DOWNS

Upper Four Quarters Hold

(Kami Shiho Gatame)

Side Four Quarters Hold

(Yoko Shiho Gatame)

ARMLOCKS

Cross Armlock

(Juji Gatame)