



# Cheongye Kwan Yudo Training

## LEVEL 3

(Blue Belt Grades 5<sup>th</sup> – 4<sup>th</sup> Kup)

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### THROWS

**Spring Hip throw**  
(Hane Goshi Nage)

**Outer Winding throw**  
(Soto Makikomi Nage)

**Lifting Pulling Ankle throw**  
(Sasae Tsurikomi Ashi Nage )

**Inner Thigh throw**  
(Uchi Mata)

### HOLD-DOWNS

**Vertical Four Corner Hold**  
(Tate Shiho Gatame)

**Broken Hold-downs**  
(Kazure)

### ARMLOCKS

**Cross Armlock**  
(Juji Gatame)

**Armpit Armlock**  
(Ude Hishighi Waki Gatame)