



Cheongye Kwan Yudo Training

LEVEL 4

(Red Belt Grades 3rd – 2nd Kup)

THROWS

Mountain Storm throw
(Yama Arashi Nage)

Rear throw
(Ura Nage)

Reverse Hip throw
(Ushiro Goshi Nage)

Shoulder Wheel throw
(Kata Guruma Nage)

COUNTER DEFENCES

Turn and Pin an opponent
(From a Tucked position)

ARMLOCKS

Upper Cross Arm Armlock
(Ude Hishighi Ude Gatame)

STRANGLES

Naked Strangle
(Hadaka Jime)