



Cheongye Kwan Yudo Training

LEVEL 5

(Black Belt Grades 1st Kup – 1st Dan)

THROWS

Valley Drop throw
(Tani Otoshi Nage)

Side Drop throw
(Yoko Otoshi Nage)

Stomach Throw
(Tomoe Nage)

Scooping Throw
(Sukui Nage)

COUNTER DEFENCES

Getting past a legs obstruction
(From on their back, get past the legs to pin and hold)

STRANGLES

Sliding Collar Strangle
(Okuri Eri Jime)

Normal Cross Strangle
(Nami Juji Jime)