



PATHWAYS NINJA TRAINING INTERMEDIATE LEVEL

Welcome back to Pathways Ninja Training (PNT)! We are excited that you have decided to continue your training with us. This document is a compilation of the monthly skills requirements for our Intermediate Level Training. Our intermediate curriculum is based on a twelve month cycle that begins in January and ends in December. Regardless of what month our students begin, after twelve months they will have covered all the curriculum equivalent to 7th, 6th, 5th, and 4th kyu levels.

Each month has a specific set of skills requirements. Every three months of completed curriculum is equivalent to a single kyu/rank promotion. After three months of training, and following skills demonstration to our Pathways staff, a student is promoted to the next rank. If you are not a student of our virtual online class PNT program, you can learn these skills on your own, and then test virtually with us once you are ready.

Our training routine involves two consecutive months of learning new skills, followed by a third month of review of the previous two months of curriculum. The checklists that follow include January, February, April, May, July, August, October, and November. The months of March, June, September, and December are review months and thus do not have checklists included in this document.

To learn more about virtual testing, you can contact us at nin@pathwaysdojo.com.

Our intermediate curriculum completes the foundation of ninjutsu that prepares students for our advanced classes which cover 3rd, 2nd, and 1st kyu, then finally shodan (black belt). We dive (and dive roll) deep into the concepts of ninjutsu with this intermediate level. Now the fun really begins!

When a student completes our intermediate training, the pathway to black belt is clearly on the horizon. I look forward to helping guide you along that path.

In gratitude,

Mark Roemke, Dai Shihan, 15th Dan, Founder of Pathways Dojo



PNT Student Form Month: Jan Name _____

Class: **Intermediate** Current Belt/Rank: _____

Monthly Skills Checklist

Dates Trained: _____

Kamae (Stances)

Hantachi _____

Hanza _____

Kaiten (Rolls)

Hicho kaiten (dive roll) _____

Dakentaijutsu (blocking and striking)

Kiten ken, Ura shuto, san shitan ken _____

Hook punch _____

Mawashi geri (roundhouse kick) _____

Kihon happo

Ichimonji no kata _____

Gokui No Kata

Chi no kata (Earth) _____

Kyusho (pressure point)

Uko (side of neck) _____

Weapon: Senban Shuriken

Frisbee, overhand, and hanza throw _____

Terms

Kihon happo, kamae _____

Home Nature Train

Sit spot tree map _____



PNT Student Form Month: Feb Name _____

Class: **Intermediate** Current Belt/Rank: _____

Monthly Skills Checklist

Dates Trained: _____

Kamae (Stances)

Jumonji _____

Dakentaijutsu (blocking and striking)

Upper cut _____

Omote shuto _____

Shuki ken, sokki ken, boshi ken _____

Kihon happo

Jumonji no kata _____

Kaiten (Rolls)

Yoko nagare (sideways roll) _____

Tehodoki (wrist escapes)

Gyakute (cross arm grab escape) _____

Aruki

Puma stalk _____

Gokui No Kata

Sui no kata (Water) _____

Kyusho (pressure point)

Omote kimon (upper chest) _____

Zanshin (awareness)

Deer ears _____

Weapon: Senban Shuriken

Hoko kamae swat _____

Kaiten (rolls) + throws _____

Knowledge

Takematsu Sensei _____

Home Nature Train

Deer ears/journal _____



PNT Student Form **Month: March**

Name _____

Class: **Intermediate**

Current Belt/Rank: _____

Monthly Skills Checklist

Dates Trained: _____

Sparring Drills

- Solo sparring 30 seconds hands up, punch, parry, block _____
- Kicks-only: 30 second rounds _____
- Punch, kick, and blocks: 30 second round _____
- Cross punches with ducking _____
- Cross punches plus hits to the sides _____



PNT Student Form **Month: Apr** **Name** _____

Class: Intermediate **Current Belt/Rank:** _____

Monthly Skills Checklist

Dates Trained: _____

Kamae (Stances)

Kosei _____

Hicho _____

Kaiten (Rolls)

Zenpo to Koho (forward to backward roll) _____

Tobi

Parkour vault _____

Dakentaijutsu (blocking and striking)

Tobi Geri (leaping kick) _____

Gedan Uke (lower block) _____

Koppo Ken, Ura Shuto _____

Aruki (walking)

Caterpillar Stalk _____

Kyusho (pressure point)

Nagare (upper forearm) _____

Self Defense

Morote (2 handed wrist escape) _____

Hicho no kata _____

Gokui No Kata

Ka no kata (fire) _____

Zanshin (awareness)

Back of hand up, mouth closed _____

Weapon: Senbon Shuriken

jodan + gedan blocks +tobi throws _____

Knowledge

Meaning of Nin _____

Terms

Ura _____

Home Nature Train

5 local Birds _____



PNT Student Form **Month: May** **Name** _____

Class: Intermediate **Current Belt/Rank:** _____

Monthly Skills Checklist

Dates Trained: _____

Weapon: Senban Shuriken

Hidden techniques _____

Kamae (Stances)

Hanin _____

Kaiten (Rolls)

Jun nagashi (retreating roll) _____

Dakentaijutsu (blocking and striking)

Sukui Geri (hacky sack kick) _____

Boxing Guard Blocking Drill _____

Shikan Ken _____

Aruki (walking)

Deer form _____

Kyusho (pressure point)

Tenmon (bridge of nose) _____

Self Defense

Omote gyaku _____

Flow drill #1 (omote wrist-grab drill) _____

Gokui No Kata

Fu no kata (wind feeling form) _____

Knowledge

Name 3 tree climbing safety tips _____

Terms

Omote _____

Home Nature Train

10 minute tree sit _____

Ninja notebook: draw Nin kanji _____



PNT Student Form **Month: June**

Name _____

Class: **Intermediate**

Current Belt/Rank: _____

Monthly Skills Checklist

Dates Trained: _____

Sparring Drills

30 second light touch, block, parry _____

30 second light touch kick _____



PNT Student Form **Month: July** **Name** _____

Class: Intermediate **Current Belt/Rank:** _____

Monthly Skills Checklist

Dates Trained: _____

Kaiten (Rolls)

Gyaku nagare (reverse escape roll) _____

Dakentaijutsu (blocking and striking)

Ken tai ichi jo (body and fist move as one) _____

Kakushi geri, kagato _____

Kyusho (pressure point)

Kobura (center of calf) _____

Aruki (walking)

Raccoon form _____

Ukemi (breakfalls)

Koho ukemi (backwards break fall) _____

Nage Waza (throwing techniques)

Kumi uchi + osoto nage _____

Kihon Hoppo

Ura gyaku _____

Flow drill #2 (omote + ura) _____

Gokui No Kata

Ku no kata (void feeling form) _____

Weapon: Senban Shuriken

Hidden throws from Gokui no kata _____

Terms

Metsubushi, omote, ura _____

Home Nature Train

Ninja notebook: sit spot map _____



PNT Student Form Month: August

Name _____

Class: **Intermediate**

Current Belt/Rank: _____

Monthly Skills Checklist

Dates Trained: _____

Kaiten (Rolls)

Zenpo kaiten from Hoko stance _____

Dakentaijutsu (blocking and striking)

Jodan and gedan nagashi _____

Happa ken _____

Ukemi (breakfalls)

Yoko ukemi (sideways break fall) _____

Kihon Happo

Omote Gyaku Ken Sabaki Gata _____

Flow drill #1 and #2 with footwork, kicks, and punches _____

Aruki

Silent running _____

Gyaku Waza (reversal techniques)

Muso dori _____

Kyusho (pressure point)

Kage (sternum) _____

Weapon: Senban Shuriken

Totoku hyoshi (sword block) _____

Terms

Draw kanji for Ja (person) _____

Home Nature Train

Ninja notebook: track and sign map _____



PNT Student Form **Month: September**

Name _____

Class: **Intermediate**

Current Belt/Rank: _____

Monthly Skills Checklist

Dates Trained: _____

Sparring Drills

Shadow boxing 1 minute round _____

Light touch hands and feet combinations _____



PNT Student Form Month: Oct Name _____

Class: **Intermediate** Current Belt/Rank: _____

Monthly Skills Checklist

Dates Trained: _____

Kamae (Stances)

Kongogassho _____

Kaiten (Rolls)

Zenpo kaiten from belly _____

Kaiten with sword _____

Dakentaijutsu (blocking and striking)

San shitan ken _____

Juji geri (cross kick) _____

Ukemi

Yoko nagashi zenpo ukemi _____

Kihon happo

Musha dori (warrior capture) _____

Flow drill 1,2,4 _____

Self Defense

Head lock escapes #1, #2 _____

Aruki

Wolverine form (bound) _____

Gokui no kata

All 5 forms _____

Kyusho (pressure point)

Asagasumi (chin) _____

Nage waza (throwing techniques)

Koshi nage (hip throw) _____

Zanshin (awareness)

Back hand up, mouth closed _____

Weapon: Bo Shuriken

Basic throws _____

Terms

Taijutsu _____

Home Nature Train

5 local mammals _____



PNT Student Form **Month: Nov** **Name** _____

Class: Intermediate **Current Belt/Rank:** _____

Monthly Skills Checklist

Dates Trained: _____

Dakentaijutsu (blocking and striking)

Tai ken _____

Jab cross _____

Superman punch _____

shi shin ken (finger needle) _____

Kaiten (Rolls)

Zenpo kaiten with sword cut _____

Koho kaiten with sword _____

Kihon happo

Ganseki nage _____

Flow drill 1,2,4,5 _____

Aruki

Crouching tiger stalk _____

Kyusho (pressure point)

Suzu _____

Weapon: Bo Shuriken

Blocks and tobi throws _____

Gokui no kata with bo shuriken _____

Knowledge

5 medicinal plants _____



PNT Student Form **Month: December**

Name _____

Class: **Intermediate**

Current Belt/Rank: _____

Monthly Skills Checklist

Dates Trained: _____

Sparring Drills

Eyes closed impacts _____

Ground kick defense _____



Sample Student Form

PNT Student Form Month: May Name _____

Class: Intermediate Current Belt/Rank: _____

Monthly Skills Checklist
Dates Trained: _____

Weapon: Senbon Shuriken
 Hidden techniques

Kamae (Stances)
 Hanin _____

Kaiten (Rolls)
 Jun nagashi (retreating roll) _____

Dakentaijutsu (blocking and striking)
 Sukui Geri (hacky sack kick) _____

Boxing Guard Blocking Drill _____

Shikan Ken _____

Aruki (walking)
 Deer form _____

Kyusho (pressure point)
 Tenmon (bridge of nose) _____

Self Defense
 Omote gyaku (lapel grab, wrist reverse from a punch) _____

Flow drill #1 (omote wrist-grab drill) _____

Gokui Kata (elemental forms)
 Fu no kata (wind feeling form) _____

Knowledge
 BASHWAPI (tree climbing safety) _____

Home Nature Train
 10 minute tree sit _____

Ninja notebook: draw Nin kanji, tree sit notes or drawing _____

At the end of class, check the skills you did



Checks for additional classes or home training when you practiced this skill



Add notes here if you like



Enter the date when you did your workout



PNT Junan Taiso
Monthly Training

Name: _____

Month: _____

Skill Date May 5 Date Date Date Date Date Date

Push Ups

Planks

Sit Ups 15/30 sec

Flutter Kicks

Enter the reps and/or duration



Up and Downs

Jumping Jacks

Wall Squat

Tiger Crawl

Crab walk

Belly Crawl

Shrimping

Wall Handstand/Head stand

Stretching (check box)



Notes

Notes section with multiple empty rows for recording details.