

Name	Current Belt/Rank:
Monthly Skills Chacklist	
Monthly Skills Checklist Dates Trained:	
Kaiten w/ Katana	
☐ Sokuho	
☐ Behind the back	
Taking Ukemi Drills	
<u> </u>	
Self defense	
☐ Double-hand behind the back escape	
Kyusho	
☐ Wakiboshi, wakitsubo	
Nogo Wozo	
Nage Waza	
Gurnage	
Bokken Drills	
1 #3 & #4	
Gyokko Ryu Waza	
Shito (finger throw)	
Objection Managed Onto	
Shinkin Mutodori Gata	
☐ Hira	
Enshin Itto Ryu Battojutsu	
☐ Uke nagashi	
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Terms/Knowledge	
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Home Nature Train	
Put how drill kit together and demonstrate	roner eninning technique

4. Shito-Finger Throw

Uke steps forward and takes Tori in a right Hon Jime. Tori move his head to the left as he pushes Uke's right hand with his left to release the choke and at the same time he steps forward with a right Boshi Ken to the Uko. Tori then takes Uke's right hand into Omote Gyaku with his left and steps back while turning to the left and applying pressure with the Boshi Ken to take him down.

Junan Taiso

PNT Advanced Class J								
Name				Month				
Dates Trained:								
Skill	Week 1	Week 1	Week 2	Week 2	Week 3	Week 3	Week 4	Week 4
Stretching (check box)								
Notes (new skills)								
Options:	push ups, plank	ks, sit ups, flutter l	kicks, up and downs	s, jumping jacks, w	all squats, tiger cr	awl, crab walk, be	lly crawl, shrimp, h	and stands