



Adv. Yr. 2 July

PNT Student Checklist

Name _____ Current Belt/Rank: _____

Monthly Skills Checklist

Dates Trained: _____

Kaiten w/ Katana

Sokuho _____

Jun nagashi _____

Behind the back _____

Taking Ukemi Drills

Self defense

Double-hand behind the back escape _____

Kyusho

Waki boshi, waki stubo _____

Nage Waza

Sui nage _____

Bokken Drills

#3 & #4 _____

uke nagashi-strike flow _____

Gyokko Ryu Waza

Shito (finger throw) _____

Shinkin Mutodori Gata

Hira _____

Enshin Itto Ryu Battojutsu

Uke nagashi _____

Terms/Knowledge

Current Soke of Gyokko Ryu _____

Home Nature Train

Put bow drill kit together and demo proper spinning technique _____



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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.



Adv. Yr. 2 July

PNT Student Checklist

Name _____ Current Belt/Rank: _____

Junan Taiso

PNT Advanced Class Junan Taiso								
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, planks, sit ups, flutter kicks, up and downs, jumping jacks, wall squats, tiger crawl, crab walk, belly crawl, shrimp, hand stands							