



Adv. Yr. 2 Aug

PNT Student Checklist

Name _____ Current Belt/Rank: _____

Monthly Skills Checklist

Dates Trained: _____

Weapon: Katana

Kyusho

☐ Kira gasumi, hadome (applications) _____

Nage Waza

☐ Juji nage _____

Bokken Drills

☐ #5 #6 _____

Jime Waza

☐ Gyaku juji jime _____

Gyokko Ryu Waza

☐ Danshi _____

Shinken Mutodori Gata

☐ Ichimonji _____

Enshin Itto Ryu Battojutsu

☐ Oi kaze _____

☐ Tsuki Kage _____

Terms/Knowledge

☐ New Grandmaster of Koto Ryu _____

Home Nature Train

☐ Magnifying glass fire _____



Adv. Yr. 2 Aug

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							



Adv. Yr. 2 Aug

PNT Student Checklist

Name _____ Current Belt/Rank: _____

Gyokko-Ryu Kosshijutsu (The Jeweled Tiger School)

Danshi (Springing Finger)

4. Danshi- Bouncing Finger

Uke steps forward with his right leg and grabs Tori's collar with his right hand as he does left Jodan Tsuki to Men without stepping. Tori traps Uke's grabbing hand with his left and drops his weight as he steps back and to the left at a 45 degree angle. At the same time, Tori blocks the punch with right Jodan Uke. Tori then rocks forward with a right Shito Ken to Omote Kimon and kicks with the right leg to Uke's left knee.

Note- variations on leg kick