



PNT Year: 3.

Month: Apr

Name _____

Class **Advanced**

Current Belt/Rank: _____

Monthly Skills Checklist

Dates Trained: _____

Weapon: Kusari Fundo

- Stalling: side to side and overhead spins
- Hiding in hand and striking
- Gather and throw
- Striking with Taijutsu

Kihon happo

- Ura Kihon Sanpo

Kaiten (Rolls)

- Kaiten from throws (Ganseki, yoko nagare, osoto nage)

Advanced Ukemi Drills

- From heights/throws

Dakentaijutsu (blocking and striking)

- Blocking with Kusari fundo

Kyusho (pressure point)

- Kage
- Kaku

Gokui No Kata

- With Kusari fundo

Zanshin

- Owl eyes + shinobi aruki
- The clothespin day
- Air, Fire, Water, Earth Breathing

Knowledge

- First Aid: Treatment for bleeding (pressure, elevate, artery pressure points), how to take pulse

Terms

- Waza, kihon sanpo, hihon happo

Home Nature Train

- 1 foot natural cordage, journal page on a local cordage plant



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○ Gyokko-Ryu Kosshijutsu (The Jeweled Tiger School)

Sakketsu (Killing Squeeze)

Uke comes from behind and does a bear hug. Drop your body weight and dig into Uke's kyusho on the back of Uke's hand to break the grip. Grab Uke's hands and open them up. Let go of Uke's right hand and step to the left while striking Uke with a right Fudo Ken to Uke's Asagasumi. Immediately wrap your right arm under and around Uke's arm and take him down in Ganseki Otoshi

Yubi Kudaki (Killing the Finger)

Uke approaches from behind and grabs your collar from behind with a right hand. Place your right hand on top of Uke's hand and rotate counterclockwise dropping low and striking Uke's Sui Getsu with a back fist or Shuki Ken. Continue under Uke's arm grabbing Uke's small fingers of his right hand and press with your left hand into Uke's right Nagare. Turn Uke's right arm into a Hon Gyaku and throw. Finish with a Sokuaku Ken to Uke's Butsumetsu.