



PNT Advanced Year 3 July-Sept Student Checklist

Name _____

Belt/Rank _____

Ninjutsu Week #1

- ☐ Waza: Konpi
- ☐ Knife defense #1 (omote/ura gyaku)
- ☐ Nage waza: hiza garuma (knee wheel)
- ☐ Knife defense #2 (timing rush in)
- ☐ Review: finishing pins

Ninjutsu Week #2

- ☐ Waza: Kappi
- ☐ Knife defense #3 (pass through/osoto nage)
- ☐ Knife defense #4 (finishing pin takeaways)
- ☐ Review: torite goho gata
- ☐ Nage waza: uchi mata (ganseki version)

Nature Skills Week

- ☐ Underwater breathing tube
- ☐ Beach burial
- ☐ Bow drill kit smoke

Weapon Week

- ☐ Kyoketsu shoge throw and retrieve
- ☐ Kyoketsu rope throws
- ☐ Kyoketsu shoge spins
- ☐ Kyoketsu target strikes

**Important: Check off
skills after you have
practiced them**

Togakure-Ryu Ninpo Taijutsu (The Hidden Door School)

Konpi (Crossbar Leap)

Uke comes in with a right Jodan Tsuki. Move the body to Uke's outside and execute a right Ura Shuto to Uke's Uko. Immediately turn to the left and do a Hicho Kaiten to escape.

Kappi (Bracing Leap)

Uke comes in with a right Jodan Tsuki. Move the body to Uke's outside and deliver a right Ura Shuto to Uke's right Uko, followed by a left Ura Shuto to Uke's left Uko. Perform a Koho Tobi immediately.

Student Attendance Card

(20 classes or home training per quarter required to promote)

Name _____

Belt/Rank _____

☐ **Date** _____

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Advanced PNT July-Sept Schedule

July 3 = Ninjutsu Week #1

July 10 = Ninjutsu Week #2

July 17 = Weapons Week (Ken in Italy)

July 24 = Nature Skills Week (Ken in Italy)

July 31 = (no Sunday class/5th week)

August 7 = Ninjutsu Week #1

August 14 = Weapons Week (Ken away)

August 21 = Ninjutsu Week #2

August 28 = Nature Skills Week

September 4 = Weapons Week (Ken away)

September 11 = Ninjutsu Week #1 and #2 review

September 18 = Ninjutsu skills evaluation

September 28 = Belt Promotion