



PATHWAYS NINJA TRAINING BASICS LEVEL

Welcome to Pathways Ninja Training (PNT)! We are unreasonably happy that you have decided to train with us. This document is a compilation of the monthly skills requirements for our Basics Level Training. Our Basics curriculum is based on a six month cycle that begins in January and ends in June, then repeats July through December. Regardless of what month our students begin, after six months they will have covered all the curriculum equivalent to 9th and 8th kyu levels.

Each month has a specific set of skills requirements. Every three months of completed curriculum is equivalent to a single kyu/rank promotion. After three months of training, and following skills demonstration to our Pathways staff, a student is promoted to the next rank. If you are not a student of our virtual online class PNT program, you can learn these skills on your own, and then test virtually with us once you are ready.

Our training routine involves two consecutive months of learning new skills, followed by a third month of review of the previous two months of curriculum. The checklists that follow include January/July, February/Aug, April/Oct, May/Nov. The months of March, June, September, and December are review months and thus do not have checklists included in this document.

To learn more about virtual testing, you can contact us at nin@pathwaysdojo.com.

Basics are extremely important to master in order to develop proficient skills with our intermediate and advanced level training. These skills are foundational to the art of ninjutsu, so learn them well, and have fun in the process.

Nin means “to persevere”. This Basics Class begins your journey to becoming a black belt one day. I look forward to seeing your progress and the person you become.

In gratitude,

Mark Roemke, Dai Shihan, 15th Dan, Founder of Pathways Dojo

P.S. Ready to train?



PNT Student Form **Month:** Jan/Jul **Name** _____

Class: Basics

Current Belt/Rank: _____

Monthly Skills Checklist

Dates Trained: _____

Kamae (Stances)

Seiza (seated) _____

Fudoza (immovable seat) _____

Tai Sabaki (body evasion)

45 degree body evasion _____

Kaiten (Rolls)

Ninja somersault _____

Ken (fist)

Fudo ken (immovable fist) _____

Dakentaijutsu (blocking and striking)

Jodan Tsuki (Upper punch) _____

Jodan Uke (Upper block) _____

Tobi (Leaping)

Zenpo tobi (forward leaping) _____

Koho tobi (backward leaping) _____

Aruki (movement)

Fox walk _____

Kyusho (pressure point)

Murasame (base of neck) _____

Self Defense

Murasame application _____

Terms

Shiken haramitsu daikomyo _____

Onegaishimasu _____

Home Training

Get a sit spot, make a map _____

5 local natural hazards _____

Ninja notebook (record home training notes) _____



PNT Student Form Month: Feb/Aug Name _____

Class: Basics

Current Belt/Rank: _____

Monthly Skills Checklist

Dates Trained: _____

Kamae (Stances)

Hoko (hands up) _____

Bobi _____

Kaiten (Rolls)

Zenpo kaiten naname (forward diagonal) _____

Tai Sabaki (body evasion)

45 degree evasion from punch and kick _____

Ken (fist)

Omote & Ura shuto/kiten ken (rooftop fist) _____

Dakentaijutsu (blocking and striking)

Zenpo geri (forward kick) _____

Gedan Uke (lower block) _____

Tobi (Leaping)

Migi (right) & hidari (left) _____

Koho tobi (backward leaping) _____

Kyusho (pressure point)

Hoshi (funny bone) + application _____

Ukemi (breakfalls)

Zenpo (forward) _____

Terms

Nin, ken, kamae, kaiten _____

Onegaishimasu _____

Home Training

10 min silent sit and observe _____

Ninja notebook (record home training notes) _____



PNT Student Form **Month: March/Sept** **Name** _____

Class: **Basics** **Current Belt/Rank:** _____

Monthly Skills Checklist

Dates Trained: _____

Sparring Drills

1 minute round 4 cross punches _____

1 minute kick rounds _____

Larger pad rounds punches only _____

Larger pad rounds kicks only _____



PNT Student Form Month: Apr/Oct Name _____

Class: Basics

Current Belt/Rank: _____

Monthly Skills Checklist

Dates Trained: _____

Kamae (Stances)

Hira (wide arms) _____

Shizen (natural) _____

Kaiten (Rolls)

Sokuho (sideways) _____

Ken (fists)

Shitan (fingertip) _____

Kikaku (head) _____

Ukemi (breakfalls)

Koho (backwards) _____

Tobi (leaping)

Chi, Fudoza, Open the Door (sword evasion) _____

Geri (kicks)

Yoko (sideways) _____

Kyusho (pressure point)

Toki (top of foot) _____

Self Defense

Bear hug escape (toki + kikaku ken) _____

Zanshin (awareness)

1.5 min eyes closed deer ears _____

Terms

Yame, Hajime, Zenpo, Koho, Count to 5 _____

Knowledge

Who is Hatsumi? _____

Home Nature Train

10 min blindfolded sit spot _____

Ninja notebook: observations on sit spot blindfold activity _____



PNT Student Form **Month: May/Nov** **Name** _____

Class: Basics

Current Belt/Rank: _____

Monthly Skills Checklist

Dates Trained: _____

Kamae (Stances)

Doko _____

Ihen _____

Kaiten (Rolls)

Koho (backwards) _____

Dakentaijutsu (blocking and striking)

Koho Geri (backwards kick) _____

Boxing Guard + blocking _____

Ken (fist)

Tai ken (body fist) _____

Ukemi (Breakfalls)

Yoko Ukemi (sideways break fall) _____

Aruki (movement)

Yoko (sideways) _____

Kyusho (pressure point)

Jakin (inside bicep/upper arm) _____

Self Defense

Katate (wrist escape) _____

Zanshin (awareness)

Keep back hand up, mouth closed _____

Owl eyes (peripheral vision) _____

Terms

Domo agitato gozaimashita (thank you very much, formal version) _____

Count to 10 in Japanese _____

Knowledge

The 4 A's (Awareness, Assess, Avoid, Alert) _____

Home Nature Train

10 minute owl eyes sit at home sit spot _____

Ninja notebook: draw or write what you observed _____



PNT Student Form **Month: June/Dec**

Name _____

Class: **Basics**

Current Belt/Rank: _____

Monthly Skills Checklist

Dates Trained: _____

Drills and Sparring

Rock drop sensing (3 variations) _____

Obstacle course _____

Parry block combo _____

Light hand touch, 30 sec round _____

One kick light touch rounds _____



Sample Student Form

PNT Student Form Month: May Name _____

Class: Intermediate Current Belt/Rank: _____

Monthly Skills Checklist
Dates Trained: _____

Weapon: Senbon Shuriken
 Hidden techniques

Kamae (Stances)
 Hanin _____

Kaiten (Rolls)
 Jun nagashi (retreating roll) _____

Dakentaijutsu (blocking and striking)
 Sukui Geri (hacky sack kick) _____

Boxing Guard Blocking Drill _____

Shikan Ken _____

Aruki (walking)
 Deer form _____

Kyusho (pressure point)
 Tenmon (bridge of nose) _____

Self Defense
 Omote gyaku (lapel grab, wrist reverse from a punch) _____

Flow drill #1 (omote wrist-grab drill) _____

Gokui Kata (elemental forms)
 Fu no kata (wind feeling form) _____

Knowledge
 BASHWAPI (tree climbing safety) _____

Home Nature Train
 10 minute tree sit _____

Ninja notebook: draw Nin kanji, tree sit notes or drawing _____

At the end of class, check the skills you did



Checks for additional classes or home training when you practiced this skill



Add notes here if you like



Enter the date when you did your workout



PNT Junan Taiso
Monthly Training

Name: _____

Month: _____

Skill Date **May 5** Date Date Date Date Date Date

Push Ups

Planks

Sit Ups

15/30 sec



Enter the reps and/or duration

Flutter Kicks

Up and Downs

Jumping Jacks

Wall Squat

Tiger Crawl

Crab walk

Belly Crawl

Shrimping

Wall Handstand/Head stand

Stretching (check box)



Notes

Notes section with multiple empty rows for recording observations.