



THE NINJA CREED

As a ninja I pledge to:

Respect and Honor my parents, teachers, siblings, peers & authority figures.

Use proper manners at home and in public.

Take self-responsibility for my actions.

Exhibit impulse restraint & make good decisions.

Work hard at everything I do.

Never let any obstacles get in the way of success.

Help others grow to the next level.

Have fun while being responsible and safe.

Use my ninja powers only for good and helpful purposes.

Resolve conflict in a peaceful, quiet and respectful manner.

Reach my full potential each day by pushing my body, mind & soul.

Learn at least 1 new thing each day in school, at home, or in ninja class.



WHAT IS NINJA ZONE?



"We're taking the coordination from gymnastics, the discipline for martial arts, the strength and agility from obstacle course training, and the creativity from street dance." In Ninja Zone classes, children learn a combination of flips, rolls, jumps, and kicks in combination on strength & agility courses.

-Levels-White, Yellow, Green, and Blue (competitive level)

*We will have MISSIONS (every 3 months)-Each ninja has to complete a Progression Chart before moving to the next level. A new headband is required for each new level.

-Lil Ninjas: ages 3 and 4

-Boy Ninjas: ages 5-8 and ages 9-11

-Girl Ninjas: ages 5-8 and ages 9-11

-Class Structure: Each week the ninjas will learn 1 line of the CREED

Then they will participate in...

1. warm-up circuit

2. light stretch

3. events such as bar, beam, trampoline, and floor

4. obstacle courses

5. strength training

6. close class with NINJA ZONE mantra

-Focused- Energy- Clap

-Work- Ethic- Clap

-Self- Responsibility- Clap Clap

We will 'set the movie scene' each class so the ninjas feel as if they are scaling a wall, jumping over cars, diving thru a window, or crawling over a bridge to narrowly escape the snake pit.

-Studio Opportunities: Christmas parades, PC halftime shows, Gym Exhibition, to name a few...

WHAT IS NINJA ZONE CREED?

As a Ninja, I pledge to:

-Respect and Honor my parents, teachers, siblings, peers, & authority figures

-Use proper manners at home and in public.....

There are 12 points in the CREED! Ninjas have to memorize them to progress to the next levels. For example, one would have to learn the 1st 2 lines to move to Yellow level.

WHAT DOES MY NINJA NEED TO WEAR?

-RED, BLACK, GRAY, OR **WHITE** TSHIRT AND ATHLETIC SHORTS

-WHITE HEADBAND \$10 (you will get a different color headband as you move up in the levels.

-We also have Ninja Shirt options for you. They are \$15 or \$18. These are not mandatory for class.