



## 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 with strength & agility courses.

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

**\*We will have MISSIONS (every 3-6 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 (boys and girls)**

**-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 (discussed later). 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 THE NINJA ZONE CREED?

As a Ninja, I pledge to:

- Respect and Honor my parents, teachers, siblings, peers, and authority figures**
- Use proper manners at home and in public.....**

## WHAT DOES MY NINJA NEED TO WEAR?

**-NINJA ZONE shirt (\$15), NINJA ZONE Headband, RED, BLACK, GRAY, OR **WHITE** ATHLETIC SHORTS**

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