

# HOT Ninja

## General Information

HOT Ninja is a thrilling new activity for kids. Kids learn transferrable core skills by combining elements from gymnastics, parkour, free-running, and obstacle training for a program unlike any other! This program includes combinations of flips, climbing, rolls, swinging, and kicks that are designed to help improve total body coordination, build strength, improve agility, and enhance character development! The result is more confident, disciplined kids, who have a physical, mental and emotional foundation to take on any challenge.

Do you know a child who has immense energy? Perhaps, they run up and down your walls at home? This is the PERFECT program for them!

Classes are divided by age and skill level.

### **Ninja Tot**

Ages 3-4

Emphasis on taking direction, being part of a group, circuit format and safety. Participants will learn progressions and terminology for skills used in Ninja training including rolling, vaulting, basic large gross motor skills, jumping, and falling, swinging, climbing, etc. The goal is to develop body coordination, awareness, and listening skills required for Ninja Training Level White

### **Lil Ninjas**

Ages 5-8.

### **Ninja Kids**

Ages 8-12

For both Lil Ninja and Ninja Kid use a level system that is represented by headband color.

#### **White**

Beginners

Training for fundamental body movement, basic skills including Ninja safety rolls, back flip progressions, basic vaulting, wall & bar progressions, development of core strength & speed. Safety techniques for falling, landing and transitioning are strongly emphasized as well as instructor assisted learning.

#### **Yellow**

Advanced Beginners

Training for fundamental body movement, basic skills including Ninja safety rolls, back flip progressions, basic vaulting, wall & bar progressions, development of core strength & speed. Safety techniques for

falling, landing and transitioning are strongly emphasized. Students should be able to perform progressions independently.

**Green** Mastery of White, Yellow required.

Intermediate I

Must have mastered all of the safety techniques. Be able to follow Ninja standards in focus & taking direction. Skills mastery of beginner progressions (ex: rolling, hand support, spotted flipping, wall progressions 1 & 2, precisions, kicking technique, & basic transitions). Introduction to solo flipping, basic jump + kick + flip combos, turning & flipping window escapes, etc.

**Blue** Mastery of White, Yellow, Green required.

Intermediate II

Emphasis on Jump + Kick + Flip Combos as well as more advanced strength & agility. (ex: 16 ft. rope climb). Continuation of previous levels with advancement in the difficulty of combos. Introduction to combos used in The Ninja Games.

### **Classes:**

Ninja Tot		Tuesday 5:30-6:30
Lil Ninja	WHITE	Thursday 5:30-6:30
Ninja Kid	WHITE	Thursday 6:30-7:30

*(more classes will be added as the program grows)*

### **Cost:**

\$65 per month