

YOUNG NINJAS USA

A fun, non-contact introduction to martial arts!



SPIDER SESSION

SCHOOL: Oak Hills

DAY: Tuesdays

DATES: 9/2-10/28 (off 9/23, 10/7
kinder only, 10/21)

TIME: Kinder: 1:20pm-1:55pm
1st-3rd: 2:40pm-3:40pm

AGE: 5-8

GRADES: kinder/1st-3rd

SESSION: 6 weeks Kinder,
7 weeks 1st-3rd

FEE:

For eons, people of the world recoiled in fear at the sight of a **spider**. But the truth, a spider's greatest skill is its patience. To earn your **yellow** headband, you must display great patience, just like a spider does as it spins its web and waits for prey to approach.

SIGN UP THROUGH YOUR SCHOOL

OUR CURRICULUM:

Discover your inner ninja.

Young Ninjas is a high-energy program introducing children to fundamental martial arts elements, like blocks, kicks, strikes, situational awareness, basic self-defense, and the all important KI-YAH!

Through skill training, fun games, creative challenges, and Pad work on foam targets, children develop self-confidence and learn to enjoy being physically active in a non-competitive setting. C'mon, how cool!

