

YOUNG NINJAS USA

A fun, non-contact introduction to martial arts!



TIGER SESSION

SCHOOL:

DAY:

DATES:

TIME: 1:20pm-2:15pm (Kinder)
2:35pm-3:35pm (1st-3rd)

AGE:

GRADES:

SESSION:

FEE:

No Session: 12/25, 1/1

Known for its immense strength, the **tiger** is seen as a fighter and a danger in the animal kingdom. However, to its kin, the tiger is revered for carrying an amazing amount of respect. In order to earn your **orange** headband, you must learn to show respect to your fellow friends, from sunrise to sunset.

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!

