

# YOUNG NINJAS USA

A fun, non-contact introduction to martial arts!



## SNAKE SESSION

**SCHOOL:**

**DAY:**

**DATES:**

**TIME:**

**AGE:**

**GRADES:**

**SESSION:**

**Fee:**

The **snake** is one of the most feared creatures in nature. However, while stories of the snake's sneaky ability to slither and slide around with incredible precision, the snake is known for being observant. In order to earn your **green** headband, you must learn to grow by observing, and making thoughtful, tactful decisions before acting.

**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!

