

YOUNG NINJAS USA

A fun, non-contact introduction to martial arts!



TIGER SESSION

SCHOOL: Shepherd of the Valley **AGE:** 3 - 5
DAY: Mondays **GRADES:** Preschool
DATES: Jan. 22nd - March 19th **SESSION:** 8 Weeks
TIME: 2:45 - 3:30 **FEE:** \$120

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.

REGISTER NOW: YOUNGNINJASUSA.COM

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!

