



# YOUR NINJA IS ABOUT TO BEGIN AN EXCITING JOURNEY IN FITNESS AND FUN!

NinjaZone is a fusion of gymnastics, martial arts, freestyle movement, and obstacle training. Ninja class embodies a full curriculum where every class is different. Our lesson plans offer progressions, progress reports, and a leveling up system. Learning how their bodies work and move, changing their training regimen constantly, using all their muscles together and independently, and adapting to being upside down are some of the best things for a child's body. NinjaZone encompasses all of these concepts, and more. You won't find benches in Ninja class! Children are able to progress throughout their Ninja journey while being in competition not with each other, but with themselves. Your children will not only amaze you, but they will amaze themselves when they see the cool things their bodies can do when their minds are focused on success.

## NINJA MANTRA

| COACH SAYS        | NINJAS REPLY     | ALL TOGETHER |
|-------------------|------------------|--------------|
| FOCUSED!          | ENERGY!          | *CLAP*       |
| WORK!             | ETHIC!           | *CLAP*       |
| SELF!             | RESPONSIBILITY!  | *CLAP CLAP*  |
| NINJAS DISMISSED! | <b>NINJAZONE</b> |              |

Your child will enthusiastically recite the Ninja Mantra at the end of each class. Be sure to help them practice at home!

## THE NINJA CREED

An important staple of the NinjaZone curriculum is the NinjaZone Creed. Not only will your child be challenged physically in class, but they will also be challenged to practice what it means to embrace their best self.

The Ninja Creed encourages responsibility, respect, manners, kindness, personal growth, impulse restraint, health in both mind and body, conflict resolution, and much more. The Creed is discussed at the beginning and end of each class, and Ninjas are encouraged to take the lessons they learn in Ninja class and apply them to everyday life at home, school, and with friends.



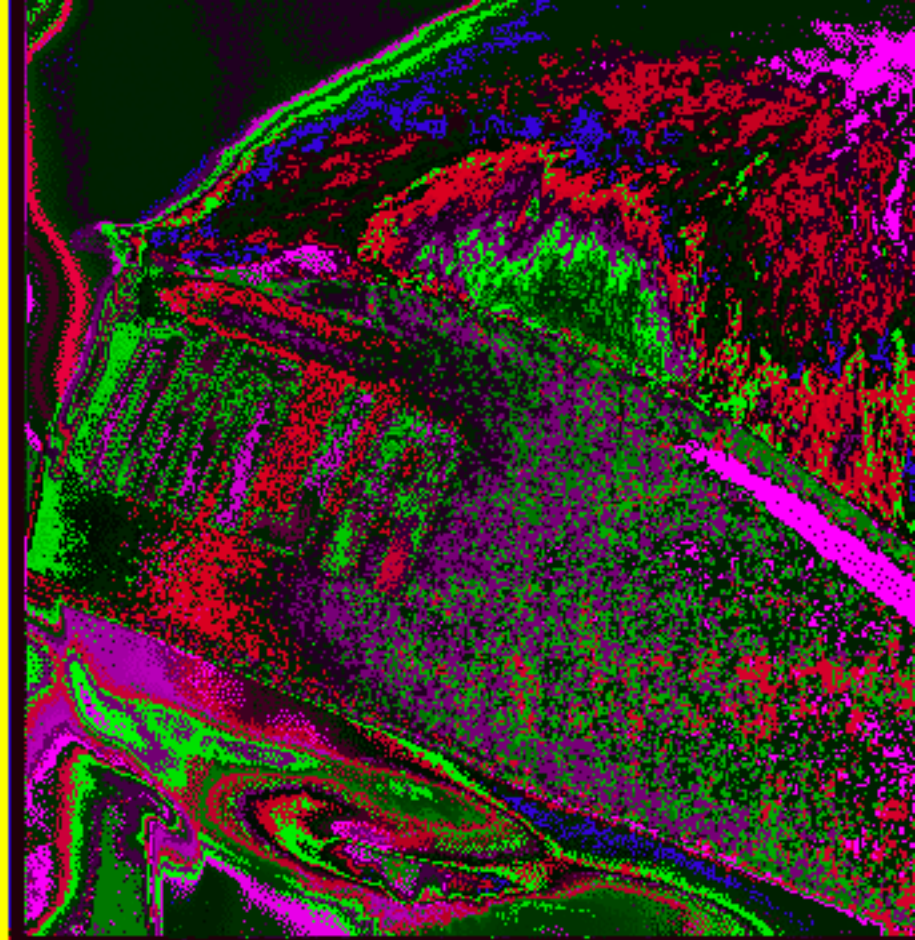
## UNIFORM PROTOCOL

A student's apparel is very important to ensure safety. We require a specific uniform for NinjaZone classes. Each class, your child needs to come prepared with their NINJAZONE SHIRT AND HEADBAND. Shorts or pants can be any type and should be dark in color, but we recommend a material that allows children to move freely. Jeans and school uniform pants are not permitted on the gym floor.



# LEVEL UP!

The NinjaZone level system is represented by headband color. Upon mastery of all skills on their progress report, your Ninja will be invited to a Mission Ceremony, where they will be awarded the next headband color in the company of their fellow Ninjas, Coaches, and families.



| NINJA<br>WHITE   | NINJA<br>YELLOW   | NINJA<br>GREEN   | NINJA<br>BLUE  | NINJA<br>PURPLE  |
|--|---|--|--|--|
|  <ul style="list-style-type: none"> <li>• Independent progressions</li> <li>• Basic skills</li> <li>• Ninja rolling for safety</li> <li>• Back flip progressions</li> <li>• Basic vaulting</li> <li>• Wall &amp; bar progressions</li> <li>• Basic kicking &amp; punching techniques</li> <li>• Core strength</li> <li>• Speed</li> <li>• Fall and land safely</li> </ul> |  <ul style="list-style-type: none"> <li>• Training for fundamental body movement</li> <li>• Basic skills, including Ninja rolling for safety</li> <li>• Back flip progressions</li> <li>• Basic vaulting</li> <li>• Wall &amp; bar progressions</li> <li>• Basic kicking &amp; punching</li> <li>• Develop core strength &amp; speed</li> <li>• Fall safely</li> <li>• Independent progressions</li> </ul> |  <ul style="list-style-type: none"> <li>• Mastery of safety techniques</li> <li>• Ability to follow Ninja standards in focus</li> <li>• Meets standards in taking direction</li> <li>• Skills mastery of beginner progressions</li> <li>• Rolling</li> <li>• Hand support</li> <li>• Spotted flipping</li> <li>• Wall progressions</li> <li>• Precisions</li> <li>• Kicking techniques</li> <li>• Introduction to solo flipping</li> <li>• Basic combos</li> <li>• Turning &amp; flipping window escapes, etc.</li> </ul> |  <ul style="list-style-type: none"> <li>• Emphasis on Jump + Kick + Flip Combos</li> <li>• Ability to perform more advanced strength &amp; agility exercises</li> <li>• Continuation of previous levels with advancement in the difficulty of combos</li> <li>• Introduction to combos used in The Ninja Games</li> </ul> |  <ul style="list-style-type: none"> <li>• Emphasis on aerial awareness</li> <li>• Advanced core strength</li> <li>• Advanced coordination &amp; flexibility</li> <li>• Continuation of previous levels</li> <li>• Advancement in body control</li> <li>• Heightened balance control &amp; attention to detail.</li> </ul> |

**MAY ALSO  
BE AVAILABLE:**

**NinjaZone  
Birthday Parties**

**Camps**

**Baby Ninja Classes**

**Lil' Ninja Classes\***

\*Not all NinjaZone licensed locations will offer the same classes, events, or class structure. Please contact the facility for additional information on these curriculum programs.

**For more information,  
contact us:**

Find more information about  
NinjaZone at [www.ninjazone.com](http://www.ninjazone.com)

**NINJAZONE**