**YOUNG NINJAS – 2019-2020**

**Session Details**

Young Ninjas is a high-energy program introducing children to fundamental martial arts elements, like blocks, kicks, strikes, situational awareness 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-contact setting. KI-YAH!

**Session 1 – Patient Spider - Registration opens on August 1, 2019**

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.

Thursdays, 2:45-3:45pm (8-week session)
September 5-October 24
Fee: $280
Open to: Grade 1-2
Maximum class size: 18 students

**Session 2 – Yellow Spider: Master Level – Registration opens on October 11, 2019**

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/powerbands, you must display great PATIENCE, just like a spider does as it spins its web and waits for prey to approach. This session is an expansion of the previous session with an introduction to NEW spider blocks, kicks, strikes, and combinations. New students receive their Yellow Spider Headband while returning students receive their Yellow Powerbands!

Thursdays, 2:45-3:45pm (6-week session)
November 7-January 16 (no class on November 14, 28, December 19, 26 and January 2)
Fee: $210
Open to: Grade 1-2
Maximum class size: 18 students

**Session 3 – Respectful Tiger – Registration opens on January 3, 2020**

Known for its immense strength, the tiger is seen as 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.

Thursdays, 2:45-3:45pm (8-week session)
January 23-March 12

12.11.19
Fee: $280
Open to: Grade 1-2
Maximum class size: 18 students