FOR FAMILIES

Ninja Champs

Building skills for life, through the power of play.

Ninja Champs uses martial arts and animal play so children practice the skills they need to grow — balance, focus, courage, teamwork, and a body that knows how to move. It is not just a way to burn energy. A season is 12 weeks: nine skills, a review, test prep, and Parent Day.

THREE AGES. SAME CLASS.

18 mo–3
Little Explorers

One step at a time. A grown-up stays on the mat.

3–6
Growing Ninjas

An animal story, partners, and a stripe they can name.

7–9
Rising Ninjas

Cleaner form, longer holds, and a turn to lead.

THIRTY MINUTES

5	10	10	5
Warm-up	Skill of the Week	Ninja Challenge	Cool-down + Stripe

NINE ANIMAL NINJAS



Balance
Bella



Agility
Milo



Focus
Oliver



Mimicry
Percy



Teamwork
Annie



Coordination
Daisy



Fitness
Finn



Courage
Leo



Ninja Skills
Nori

A skill, not a scramble
Each week belongs to one animal ninja and one skill, taught the same way at every age.

Play comes first
Classes are games and animal movement. There is no contact sparring.

Home takes a few minutes
The living-room version uses the same words, so practice does not need a home gym.

You can see the growth
Nine skill stripes, then a belt on Parent Day. Praise names the try, not a score.

OUR PLEDGE

I am strong, I am focused, I am kind, and I never give up. I am a ninja.

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Questions are welcome. Ask your coach, or write us.