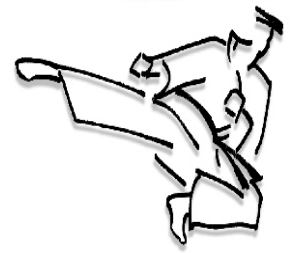


空手道

Karate Do, LLC

Little Ninjas



**Little
NINJAS**

Balance

Confidence

Motor Skills Development

Eye-hand Coordination

Listening Skills

Interaction with Other Children

Stranger-Danger and Self-Defense

How NOT to Hit

Improved Concentration

Exercise and Energy Release

Build Self-Esteem

Manners and Respect

Home Chores Lists

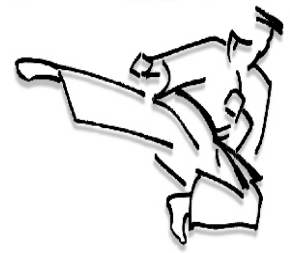
Character Development





Karate Do, LLC

Little Ninjas - Ages 4 - 6



The Little Ninjas Program is designed for ages 4 to 6. We provide age-appropriate instruction in the basics of Uechi-Ryu Karate. Little Ninjas do not learn formal Kata (forms) or sparring exercises, which we find inappropriate for this age group.

Activities center around a game-based curriculum where the students acquire proficiency in the basic blocks, punches and kicks of our style of karate through playing Martial Arts Skill Games: children gain strength and flexibility by doing “Frog Leaps” and “Spider Walks.” They develop balance doing kicking contests on one foot.

Each week classes cover one of eight rotating topics:

1. Focus
2. Teamwork
3. Self-Control
4. Balance
5. Memory
6. Self-Discipline
7. Fitness
8. Coordination

Students receive a belt stripe when completing one of the above activities. When they have cycled through the activity twice and have a full set of stripes on both side of their belts, they advance to the next belt level. As they advance to higher levels, the eight topics remain the same but the level of difficulty in completing tasks grows. Kids love the stripe-a-week concept and work hard to achieve their stripes each time a new topic is introduced.

Little Ninjas who reach the age of 6 may transfer into the youth program if their maturity level is ready for “the big kids.” If not, they may stay in the Little Ninjas program until they are ready to move on. We purposely overlap the age separations of all our classes to allow for differing levels of physical and mental development.

