

**New York**  
**Karate & Kickboxing**



**Little Ninja**  
**Program**

# PARENT HANDBOOK

## Welcome!

The Little Ninja Program is a detailed curriculum that focuses on improving preschool-age children's basic motor and learning skills. These skills will help them enter society with a more confident and enthusiastic outlook. They will become better students at school, better listeners at home and more ambitious towards the future. We believe the time between the ages of 4 and 6 are the most important years of a child's development. Our program will enhance positive development in a fun and motivating way.

The Little Ninja Program will also prepare your child for our Children's Martial Arts Program. In the Little Ninja classes, your child will be exposed to positive social interaction. They will learn how to work with others and follow directions from their instructors. Our Little Ninja Instructors are good role models who are trained specifically to work with preschool-aged children.

The Little Ninja curriculum consists of developing 8 Major Skills that are necessary for participation in any sport or activity. The curriculum also contains 8 Little Ninja Personal Development Skills that are used to reinforce family values. Upon completion of our Little Ninja Program, your child will become focused and motivated to achieve any goal they set in life!

The 8 Little Ninja skill requirements are composed of physical and mental benefits. The following are the skills with the benefits from participating in the Little Ninja class:

**RED STRIPE Focus** – This skill will help your child's aim, listening skills and reaction skills. They will excel faster in any physical activities. Your child will also become a better listener and a more focused student in school.

**BLUE STRIP TEAMWORK** – Teamwork is necessary for any young child to develop. The more confidence your child has while working with others, the more he or she will accomplish. Your child will develop character, which will help him or her make new friends and become a better leader in life.

**GREEN STRIPE CONTROL** – Having control means making good decisions. Whether your child is handling a pet or handling a problem, he or she will learn to make the right decisions. Control builds confidence.

**YELLOW STRIPE BALANCE** – This skill is crucial to develop at an early age. Your child is beginning to participate in many physical activities that are challenging, like riding a bicycle without training wheels. Your child will develop good balance and a better posture.

**ORANGE STRIPE MEMORY** – Developing a good memory is exercise for your child's brain. The sooner your child exercises his or her memory, the smarter he or she will become. Our drills are constantly helping your child think and make smart decisions.

**WHITE STRIPE DISCIPLINE** – Our instructors use the Little Ninja drills to help create the vision that discipline is fun and rewarding. Your child will take pride in doing the right thing. Your child will also follow directions better.

**BLACK STRIPE FITNESS** – It is important for children to understand the importance of being healthy and physically fit. If your child does not burn off excess energy exercising, how will he or she burn off all that energy?

**BROWN STRIPE COORDINATION** – Your child will learn left from right. They will become better physical participants in sports and activities. The better coordination your child has, the fewer injuries your child will sustain.

***In our Little Ninja classes, we make learning fun and educational. Our goal is to help your preschooler be the best they can be at everything they put their minds to. Our motto is "Little Ninjas today, leaders tomorrow!"***

# How the Program Works

In order to thoroughly develop each skill and at the same time make your child's training fun and motivational, the Little Ninja curriculum specifies one skill per class. The curriculum includes a variety of drills used to teach each skill. These drills are easy to follow and fun to do! Preschoolers learn more by playing, and in your child's eyes, these drills are more like games. The games will help your child retain more and be more willing to learn and do things he or she normally wouldn't enjoy doing. The following are some activities covered in the Little Ninja classes:

## FOCUS – RED STRIPE

### *Ninja Baseball*

This drill is similar to a game of baseball, and develops both aim and accuracy. The Little Ninjas kick paper cups to the Ninjas in the "outfield" and earn points for their accuracy. Precision is a talent that coaches acknowledge.

## TEAMWORK – BLUE STRIPE

### *Ninja Clean Up*

The instructor places all of the targets and kicking pads all over the floor. The class is split into teams that will have a contest to see which team can pick the targets up the fastest. Ninjas will learn how to work along with others to accomplish one goal. This will help them interact better in school – especially when they are working on group activities. This drill also makes cleaning their room fun!

## CONTROL – GREEN STRIPE

### *Ninja Bubble Wrap*

Each Ninja will have a chance to walk across a board covered with bubble wrap. They must show control by not popping the bubbles. This fun drill will help Ninjas develop physical control. The instructor also uses this drill to explain how to have control while playing, handling pets or carrying breakable objects.

## BALANCE – YELLOW STRIPE

### Ninja Walk

The instructor will have each Ninja take turns walking across the floor with a small foam target balanced on his or her head. This drill will help your child's posture, and he or she will show more confidence by walking tall.

## MEMORY – ORANGE STRIPE

### The Jungle Game

The instructor and the Ninjas pretend that they are in the jungle. When the instructor calls out an object, such as "branch," the Ninjas must duck. If the instructor says "log," they must jump. If the instructor says "bear," they must pretend to be sleeping so the bear does not see them. This drill will help your child develop a good memory. They will learn how to remember specific names and commands and react appropriately. In school, teachers have specific signs and motions to keep the students in control. Your child will be confident and disciplined to respond to those signs with accuracy and enthusiasm.

## DISCIPLINE – WHITE STRIPE

### Ninja Rating Game

The instructor will have the Ninjas demonstrate how they perform on a scale of 1-10. First, the Ninjas will show what it looks like to sit like a "perfect 10." Then they will show what it looks like to sit like a "lazy 1." This drill will help Ninjas compare what sloppiness looks like to performing to the best of their ability. They will learn that working hard is better than being lazy. Parents can use this drill to help them make their room look like a "10."

## FITNESS – BLACK STRIPE

### Lion Push-ups

This drill makes exercising fun. The instructor will run the Ninjas through reps of push-ups while they pretend to be lions. It will also make your child strong, as push-ups help develop muscles. The animation will help your child develop an outgoing personality, which will help him or her interact and communicate better with others.

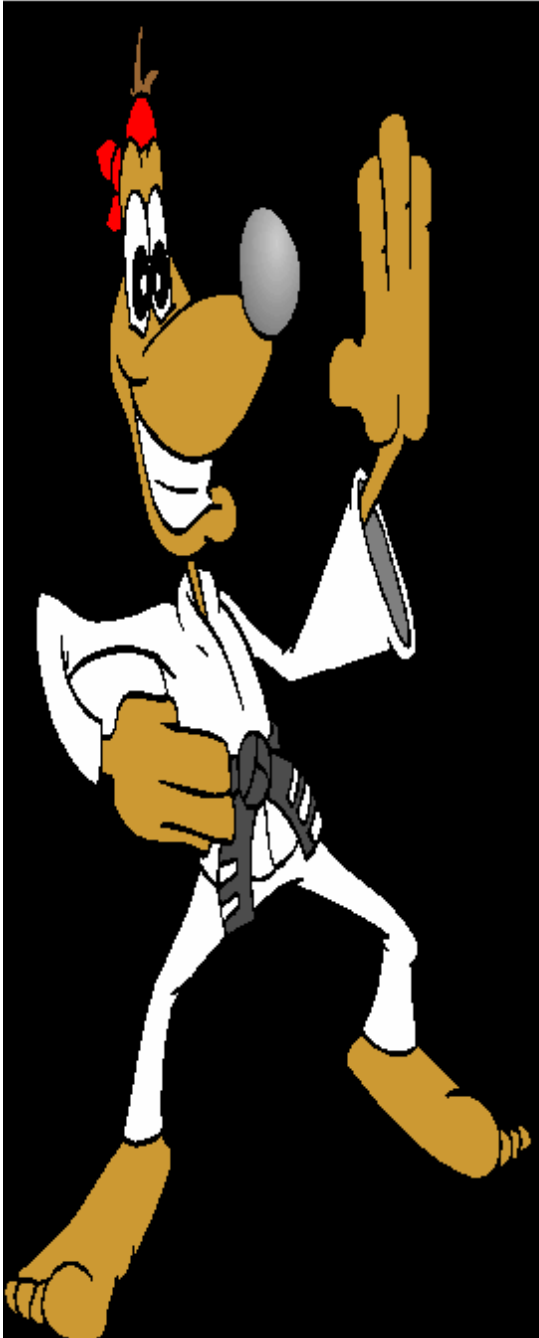
## COORDINATION – BROWN STRIPE

### *Left-hand/Right-hand*

The instructor will have the Ninjas properly strike the target while calling out either “left hand” or “right hand.” This drill will help your child learn his or her left from right.

***As you can see, the Little Ninja curriculum is educational and also fun! Your child will learn values and skills that will help him or her live a life of focus and discipline - striving to be the best. The Little Ninja Program creates Leaders and Winners. The Little Ninja instructors create vision in your child to be positive, without having to demand it.***

# Little Ninja Student Creed



# 1) I promise to say "I can do it!" and to eat healthy foods.

#2) I promise to do what I am told with excitement and to always be good to others!

#3) I promise to never misuse what I learn in class!