

NINJA BOYS

WHITE | Beginners ages 5-13

Sub levels to age: White 1 (5-8), White 2 (9-11), White 3 (11-13)

Training for fundamental body movement, basic skills including Ninja rolling for safety, backflip progressions, basic vaulting, wall & bar progressions, basic kicking & punching technique, development of core strength & speed. Safety techniques for falling, landing and transitioning are strongly emphasized as well as instructor assisted learning.

YELLOW | Advanced Beginners ages 5+

Sub levels to age: Yellow 1 (5-8), Yellow 2 (8+)

Training for fundamental body movement, basic skills including Ninja rolling for safety, backflip progressions, basic vaulting, wall & bar progressions, basic kicking & punching technique, development of core strength & speed. Safety techniques for falling, landing and transitioning are strongly emphasized. Students should be able to perform progressions independently.

GREEN | Mastery of White, Yellow required

Intermediate ages 5+

Mastery of all safety techniques & ability to follow Ninja standards in focus & taking direction. Skills mastery of beginner progressions (ex: rolling, hand support, spotted flipping, wall progressions 1 & 2, precisions, kicking technique, & basic transitions). Introduction to solo flipping, basic jump + kick + flip combos, turning and flipping window escapes, etc.

BLUE | Mastery of White, Yellow, Green required.

Intermediate 2 ages 6 +

Emphasis on Jump + Kick + Flip Combos as well as more advanced strength & agility. (ex: 16 ft. rope climb). Continuation of previous levels with advancement in the difficulty of combos. Introduction to combos used in The Ninja Games.