



NINJA KIDS STAR SYSTEM

OUR NEW STAR SYSTEM IS
BROKEN UP INTO
5 SKILL GROUPS:

**FLIPS, BARS, STRENGTH,
MARTIAL ARTS, & PARKOUR**
NINJAS WILL PROGRESS
AT THEIR OWN PACE AND
BUILD CONFIDENCE ALONG
THE WAY!

COACHES KEEP TRACK OF
YOUR NINJA'S PROGRESS ON
THEIR OWN SKILL SHEET.
ONCE ALL THE SKILLS ARE
ACHIEVED...

ITS TIME TO LEVEL UP!



Beginner Requirements (WHITE/YELLOW/ORANGE)

Ninjas will learn the basic skills on each of the 5 events that will be the foundation of their Gold Medal Ninja Training. They will focus on overall body awareness, the importance of strength training, and the principles of self discipline.



Intermediate Requirements (PURPLE/BLUE/GREEN)

Ninjas will continue to progress and build upon their foundation. New skills will be introduced on each event that will continue to encourage each ninja's overall development. These skills will build upon all the skills the ninjas mastered in the beginner level of their training.



Advanced Requirements (BROWN/RED/BLACK)

Ninjas are now in the highest bracket of their Gold Medal Ninja Training. Their training will become more intense as they progress towards the black level band. Ninjas will focus on additional strength building exercises in addition to mastering the final skills in each of the 5 events.



MOVE UP TESTING WILL BE DONE DURING THE CLASS TIME.
WE WELCOME PARENTS TO COME AT THE END OF CLASS WHEN A LEVEL UP TAKES PLACE.
PARENTS CAN TAKE PICTURES AND RECOGNIZE THE NINJA FOR THEIR
ACCOMPLISHMENTS ALONG WITH THE REST OF THE NINJAS!!

GO NINJA!

GM NINJA EVENT DESCRIPTION

The goal of this program is to build your child into a ninja warrior athlete. By signing up for Gold Medal Ninja your child will focus on 5 Skill Groups that will give your child the training necessary to not only build their confidence but to give them the edge they need to dominate ninja warrior obstacles.

FLIPS

Ninjas will learn basic to advanced tumbling skills. They will learn at a developmental pace because it is crucial to learn the proper technique to progress and safety purposes. Learning how to flip will help with spacial awareness which is vital piece of ninja warrior training.

BARS

Ninjas will learn how to swing and turn as well as stationary bar skills. Once the ninja learns how to swing properly they will learn how to flip off the bar. Ninjas will learn low bar skills such as kips, casts and undershoots. All of these skills will work cohesively together to build confidence for ninjas warrior skills such as laches and re-grabs.

**5 SKILL GROUPS
THAT WILL BUILD
YOUR CHILD INTO A
NINJA WARRIOR
ATHLETE**

STRENGTH

One of the biggest factors in ninja warrior training is the strength aspect. As ninjas progress the exercises will become more challenging. Building strength will simultaneously build confidence. Ninjas will focus on pull ups, rope climbs, grip strength, and muscle ups.

MARTIAL ARTS

Ninjas will learn a variety of punching and kicking elements. These skills will help with hand eye coordination and ninjas will also learn the discipline aspect which is a huge part of ninja warrior training.

PARKOUR

Ninjas will learn a variety of parkour elements that will help ninjas with their agility and speed to perform ninja warrior obstacles. They will learn how to vault, push off objects, wall runs, and proper balancing technique.