

Little Ninjas is a martial arts themed activity programme for young children of 5-6 years old. It can be thought of as a kind of martial arts pre-school which encourages good discipline and focus whilst developing core skills which will be beneficial in both martial arts and key life skills as well.

Weekly Themes

Progress in the Little Ninjas programme is not based on 'testing' but on consistent attendance and development of all the 10 core skills which form the themes for each class.

The Ninjas programme runs to the same quarterly cycle as our main martial arts classes and throughout the quarter we have ten themed classes, plus two 'review' classes (after each 5 themed classes) where we cover a refresher from each of the previous 5 weeks topics/drills.

Each week, on successful completion of a class, the students will receive stripe labelled with the topic for that week, e.g.

DISCIPLINE

FITNESS

In order to progress to their next belt a student must have at least 9 stripes representing 75% attendance for the quarter.

Little Ninjas Weekly Themes	
Week 1	Discipline
Week 2	Fitness
Week 3	Control
Week 4	Agility
Week 5	Teamwork
Week 6	Review weeks 1-5
Week 7	Focus
Week 8	Balance
Week 9	Coordination
Week 10	Martial Arts
Week 11	Memory
Week 12	Review weeks 7-11

Little Ninjas Belts

The Little Ninjas belt system is quite separate from the main martial arts programmes and have no bearing on Martial Arts rank. All ninjas belts are considered at maximum to be equivalent of a white belt/yellow stripe in the junior beginners programme and as such they wear a beginners white belt with a coloured stripe for the duration of the ninjas programme.

Graduation

Providing the students have enough stripes they will qualify for a new belt, which will be presented at the quarterly graduation evening.

Little Ninjas Belt Colours	
0-3	White
3-6	Yellow
6-9	Orange
9-12	Green
12-15	Blue
15-18	Purple
18-21	Red
21-24	Brown
	Black*
Any student attaining little ninjas Black Stripe will then need to move up to the main junior class.	