



EXCITEMENT. ENRICHMENT. EXCELLENCE.

NINJA-KOUR



ABOUT THE PROGRAM

Ninja-Kour offers creative movement through several training disciplines/techniques, including parkour, tumbling, tricking, and obstacle course runs. Ninja-kour is the sport of ascending, descending, or moving about any environment, often using specialized techniques. This creates efficient use of the body to move from one point to another within said environment. The basis of our class focus and structure enables athletes to utilize various forms of running, jumping, climbing, vaulting, rolling, flipping, quadrupedal movement, and other forms of movement as deemed necessary to move through their surroundings.

Classes are open to ages 5 and up with no experience necessary. Our athletes train and focus on mastering a fundamental base of strength, conditioning, technique, and safety through a progression of skill levels. We will provide the tools necessary for every athlete to succeed and build self-confidence and discipline within his/or her capabilities.

Ninja-Kour is offered in three levels- all of which focus on building a progressive level of safety, skill, technique, and discipline in order to advance to the next level.

HOW TO PREPARE FOR CLASS

Each class will include a dynamic warm-up and stretch, skill work drills, obstacle course work, group activity, strength and/or conditioning, and a cool-down.

Please ensure that your ninja is on time, focused, and ready to have a blast!! Comfortable gym/sports attire is recommended (i.e. shorts, sweats, T-shirts, etc.). Proper rubber sole tennis shoes are also highly recommended to ensure correct grip and stability for hard surface obstacles. Hair must be out of face in order to ensure proper vision and safety (ponytails and/or sports hair bands are a great option). NO chewing gum, loose jewelry (i.e. earrings and necklaces), blue jeans or other denim attire during class.

SPRING EXHIBITION

We invite all of our recreation athletes to participate in our annual Spring Exhibition Event. The training and skill work that is done throughout the year all culminates into a display of fun and enjoyable routines and event work. After the performance is complete, each athlete receives their very own medal of achievement!

WE ARE PROUD MEMBERS OF:



▲ LEVEL ONE

Athletes will progress through a series of essential and fundamental skills that include proper technique for running, jumping, landing/dropping, rolling, entry level parkour vaults, wall runs, wall pops, wall climbs, entry-level trampoline skills such as various bounce drops and hip transitions, handstand progressions, various bar grips, and beginner obstacle course runs. This skill-set will introduce the athletes to a fundamental movement base that will allow them to safely train and progress throughout future levels. Full comprehension and technique of level 1 skills must be shown in order to progress to level two. All skill levels will include various strength, conditioning, and agility drills that focus on body control, balance and hand-eye coordination.

▲ LEVEL TWO

Athletes will strengthen skills learned in level one. Additionally, the following skills will be developed: handstand, back handspring, front handspring, entry-level back tuck progressions, advanced target/precision jumps and landings, mid-level parkour vaults, target vaults, wall spin, wall flip, backdrop 360 on trampoline, front and back tuck progressions on trampoline, advanced body drops on trampoline, bar laches, and mid-level course runs. Full comprehension and technique of level 2 skills must be shown in order to progress to level three. All skill levels will include various strength, conditioning, and agility drills that focus on body control, balance and hand-eye coordination.

▲ LEVEL THREE

Athletes will strengthen skills learned in levels one and two. Additionally, the following skills will be developed: front tuck, back tuck, front half progressions, coin drop, advanced vaults, dive vaults, and vault combinations (i.e. cash vault and double kong), wall tuck, 270 wall run, wall flare, trampoline front half, trampoline front gainer, bar fly aways, advanced wall-run/climb-up progressions, and multiple/advanced levels of obstacle course runs. Intensity of conditioning and strength increases with additional emphasis being put on flexibility, mobility, and movement creativity. Fluidity and transition of the body from point A to point B will be the foundation of level 3 mastery and continued progression. This program level is an ongoing progression of mastery. Our level 3 ninjas are strongly encouraged to fully foster their creativity, body control, and discipline.