



Why Go Ninja?



Go Ninja is an all new sport. The best way to describe it is as a combination of gymnastics, martial arts, obstacle course training and breakdance. Children learn how to tumble and kick, plus they get to flip off walls! The goal is to develop the coordination from gymnastics, the discipline from martial arts and the strength and agility from obstacle course training.

While practicing the sport of Ninja develops the body and is tremendous fun, it also builds character and cultivates discipline. Ninja instills values and gives your child the confidence to take on challenges. We believe that children who learn to channel their impulse and energy toward a focused goal will succeed in all endeavors.

If your son or daughter has ever wanted a "taste" of what it takes to be an American Ninja Warrior and to be challenged by obstacle course training, then this is it!



The program is for boys and girls ages 5-13

Other Spirals Programs

Gymnastics

Preschool Gymnastics

Tumbling

Cheer Tech

Recreational Squads

After School Program

Summer Camps

SPIRALS GYMNASTICS HAS BEEN PROVIDING POSITIVE SPORTS AND FITNESS EXPERIENCES FOR CHILDREN IN THE METROPLEX SINCE 1982



Program Information



Spirals Gym & Cheer



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Spiralscheerleading.com

About Spirals Go Ninja Curriculum for Boys and Girls 5 years and up



Six Core Skill Areas

The Go Ninja program is created to give kids a fun approach to fitness as they work on strength, conditioning, flexibility, problem solving, and coordination to overcome obstacles designed for their skill levels.

Floor and Jumps: includes basic gymnastic skills for learning rolls, handstand skills and flips.

Vaulting: includes basic vaulting skills for jumping over obstacles.'

Wall: skills include learning to run up walls incorporating various dismounting skills from the wall.

Trampoline/Tumble Track: includes basic trampoline skills for body control and introducing more difficult floor skills.

Bars: Includes strengthening exercises and swing skills.

Conditioning & Kicks: Full body conditioning and various karate style kicks



Ninja Level 1 - White

Safety techniques for falling, landing, and transitioning are strongly emphasized as well as instructor assisted learning.

Forward and Backward Ninja rolls, precision jumping, cartwheel, step, lazy and Kong vault, wall pops and runs, seat, knee, doggie combo jumps, support and castings skills, basic swings push-ups, sit ups, power jumps.



Ninja Level 2 - RED

Level 2 continues to build on the basics of Level 1. Technique is perfected on skills taught in Level 1.

Side Ninja roll, handstands, running cartwheel, reverse vault, dash vault, thief vault, tick tack to roll, palm tap and spin, front and back drops, donkey kicks, pullover with block, swinging skills with dismount, j kicks, belly kick, needle kick, chin holds, hollow body hold.

Ninja Level 3 - BLACK

Level 3 introduces intermediate floor skills while continuing to improve on intermediate vaults introduced in Level 2.

Front and Back Handsprings, introduction to front and back flips, side roll and side flip, Kash vault, wall flip, palm spins, combination jumps on trampoline, swinging skills with re-grasp of bar, support skills on bars, chin ups, leg lifts, kip crunch, v ups.

These lists give highlighted skills in each level but not the entire lesson plan