

# 忍 Shinobi Parkour 者

A child's progression is determined by their own pace, handing them the tools to shape their own experience. By letting children advance individually, within a defined and collaborative program, children of all ages and genders receive more than athletic gifts. They're strong, confident kids.

Your student will choose to train as a **Traceur** or a **Ninja** (within their class). Every child will learn the ways of all art forms taught, but will be able to advance their skills in their desired field.

Join us for **Shinobi Shindig** each May!  
Family and friends are welcome.  
Watch our website for more information.

## Baby Shinobi **Ages 18 mo—3 years | 30 minutes | semi-structured, parent-guided**

Class goals: Listening skills, fundamental movement, coordination, fine and gross motor skill development, body awareness, and our character-building component.

## Lil' Shinobi **Ages 3-5 | 45 minutes**

The activities the Lil' Shinobis do in class are designed to promote the growth and understanding of how their bodies move.

## Gedan **Beginner Level 1 | Ages 5-11 | 55 minutes**

Gedan Level is designed for kids of all abilities and age. The goal is to provide a safe, friendly, and supportive environment for your child to explore how to use their body with physical challenges, activities and games

## Chudan **Intermediate Level 2 | Ages 5-11 | 55 minutes** **Passed Skills Tests or been previously enrolled in Gedan**

Here we spend more time fine tuning the movements we use to traverse our surroundings. We've learned how to safely push our training further, and now we drive ourselves towards more advanced skills and increase our strength to do them with ease.

## Teenage Shinobi **Ages 12-15 | 1 hour 25 minutes**

No matter the skill level, this class is for anyone ages 12-15 who want to come in and learn the ways of a Traceur and Ninja. We cover everything from the basics and safety of falling, to the high level moves required to flip and twist. The students in this class get to learn skills with like minded kids their age in a fun exciting place.

## Team Jodan **All Ages | 2 hours | Invitation Only | email: ifawbush.tct@gmail.com**

Drive and determination are two qualities required for this team. These athletes strive to jump higher and run faster in a cooperative & supportive environment.