

KARATE READINESS

SELF DEFENSE —
STRANGER
DANGER

PHYSICAL FITNESS &
CO-ORDINATION

LIFE & SOCIAL
SKILLS

GAMES & FUN

REWARD &
RECOGNITION

CONFIDENCE

LITTLE NINJA
CERTIFICATION

We are qualified to answer
your questions

Elyse Johanis
(Hons. B.A. Psych)
Program Director

John Johanis
(5th Degree Black Belt)
Master Instructor

www.johaniskarate.com

*Our Little Ninjas
develop positive
social and self defense
skills in a friendly,
high energy and
structured setting.*



Little Ninjas



Johanis' Karate School
98 First Street, Orangeville
941-0573
Johaniskarate.com

Little Ninjas 3-5 yrs

Little Ninjas is a karate readiness program designed for enthusiastic, energetic and active 3 to 5 year olds. The program encourages sharing and turn-taking within a positive and controlled environment. Quick rotations keep Little Ninjas busy and interactive in order to maintain focus and attention. We assist Little Ninjas to solve problems through movement, develop co-ordination and acquire basic "stranger-danger" skills. Early self defense skills are reinforced in every class. Parents are invited to join in on the last 10 minutes of class which allows your child an opportunity to share their early experiences with you. We also know that Little Ninjas love to demonstrate their "new moves" and believe that their first opportunity to do so, needs to be in their own "dojo". Our quality instructors strive to provide your Little Ninja with a fun and energetic first experience in the Martial Arts.

Little Ninja Skills

- Basic Karate Skills
 - *Blocks *Stances * Kicks * Balance
 - * Combinations * Safety drills
- Self Defense Skills
 - * Awareness * Evasion Techniques
 - * Applications * Vocal development
- Social Skills
 - * Turn Taking * Sharing *Focus
 - * Vocal development & Awareness
- Physical Fitness
 - * Flexibility * Balance * Endurance
 - * Co-ordination

**Gift Certificates
available**

PROGRAM DETAILS

Little Ninjas Quickstart Program

\$179.00 + h.s.t.

Includes uniform / crest & 10 tickets*

Little Ninjas Lessons

\$149.00 + h.s.t.

Includes 10 tickets*

(Tickets are redeemed by the Pro-Shop upon attendance. Tickets must be redeemed within 14 weeks.)

Class Time

Saturday mornings at 10:30 am
or 11:00 am

(Please note that the school is closed on holiday weekends)

Reward & Recognition

Little Ninjas are rewarded with STRIPES on a monthly basis to mark their progress through the program. The last Saturday of every month is STRIPE day.