



The Ninja Zone 101 for parents: Flip 2 It Sports Center/Ninja Zone exists to develop confident, healthy, responsible children in our community. We will teach proper skill development in a safe environment. We want all of those involved with Ninja Zone to embrace the journey while having fun with physical fitness and to enjoy the learning process.

So, what is Ninja Zone?

Ninja Zone is a fusion of Martial Arts, Gymnastics, Parkour, and Obstacle Training taught in a safe environment with proper progression and supervised by well trained staff in our industry. We want children to use techniques to leverage kid's fire and enthusiasm into an activity they truly love, while building strength, agility, and mental prowess of a trained ninja. Turning energy into ambition, one awesome kid at a time! Ninja Sport is inspired by discipline from Martial Arts, coordination from Gymnastics, strength and agility from Obstacle Course Training, and creativity from Freestyle Movement. Our Ninja Zone philosophy is broken down into two scenes: The chase scene in which Ninjas will move uninterrupted through an environment or series of obstacles with fluidity and stealth, and the conflict scene in which ninjas will use a combination of skillful spins, rolls, flips, and kicks to elude an opponent.

As part of our Ninja Zone foundation, we want ninjas to build character, to be engaged physically before mentally, and to have self-responsibility. We also want ninjas to develop athleticism, coordination, and instinctual safety.

Ninja Zone builds safe Ninja's!

Safety first kids! Protect your bodies!

Please be smart and be safe. Jumping from one building to the next, and climbing up walls that do not belong to you is not just unsafe, but it is also disrespectful to others. Please promise your parents (as well as your teachers) that you will not do foolish things outside of the gym.

Please understand that your teachers do not encourage or teach you Ninja Zone skills so that you can do them in an unsafe environment. We do not want you to put yourself in a dangerous situation. There is nothing fun about landing wrong on concrete and getting seriously injured. However gym mats, foam pits and spring floors are very forgiving.

We believe in Safety FIRST! This means doing Ninja Zone skills inside a safe and padded environment as opposed to doing "You tube Parkour" outside in an unsafe, unforgiving environment.

I, _____ **promise to be smart, safe, and respectful to myself as well as others.**
Student's Signature

I, _____ **promise to guide my child, encourage, and enforce smart and safe behavior.**
Parents Signature



DATE