



NINJAS TOTS



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A brand-new activity for children from 3-5 years old

Fun & Enjoyable non-fighting martial art concept of embedding PE, Reactivity, Motivational and Personal Development skills to help to become like a Ninja.

Learn to be a ninja within a safe fun, enjoyable environment. The children will be involved in activities which are designed to help with general fitness and some of the following skills:

Dexterity * Cognitive Skills * Self- Discipline * Focus on detail * Etiquette * Team working * Problem solving * Balance * Confidence, Respect, Discipline

The art is a new concept using nearly 40 years of experience within traditional martial arts from Master (Shihan) Kevin Stark (7th Dan Karate) to establish a non-fighting art, in order to inspire children of all ages to gain and enhance new and existing skills over a range of fun engaging activities, in a safe environment; Shihan Stark has called this art Sho Ryu (First School) and will recognise milestones of the individual child's development throughout the ongoing sessions.

A cost of £5.00 per child per session, paid termly. All sessions are delivered by fully trained DBS checked instructors. (Family discount available)

First Session Free!

Every Saturday morning 9.00-10.00 am

Cotton End Village Hall

The Playing Field

Wood Lane

Cotton End

Bedford MK45 3AN



**For more information call: 01234 353865 or Email:
atskninjatots@gmail.com**

Just come along!

Ninjas Tots starts 18th May 2019. Don't miss your place.