

# Next Ninja's kids karate classes

## 7 years +

*"We need you!"...*



balance and movement



mindfulness with discipline and respect



building on stances, punching, kicking, blocking



introductory Japanese language



tournament introduction



fun games and drills

## Next Level fun

Monday and/or Wednesday term time 4:30 - 5:30

Parents welcome to stay or drop off

Dean and Heather Sensei's will look after all children, returning them excited, tired and hungry, with new respect

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## Try three for free