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Why Smart Parents Choose the “Flipping Sports” as early as possible...*especially boys!*

It's not a mystery that sports provide great benefits for kids. The mystery is which sport to choose, how early, and why? Smart parents have figured this out. There is a trend happening in the US right now, and the families that have caught on, are literally doing “cartwheels” in excitement.

Which Sports?

Total Body Sports. The sports that can be broken down to the simplest of movement that requires the mind and body to work as one. The KING of these are Gymnastics and [Ninja Sport](#) (a fusion of gymnastics, martial arts, obstacle training, and freestyle movement). The “flipping” sports include and incorporate thousands of mind and body connections that can prepare children for some pretty amazing things.

How Early?

A.S.A.P. A child's brain is a sponge, and by placing them in an environment where learning is correlated to things their bodies inherently want to do, it's FUN! It can differ in boys and girls with the way the information is presented, but children with access to these types of programs are at an advantage to having success academically, athletically, and the most important of 3, their character. Here's why...

The BIG 3 of CHARACTER Development

GRIT

Defined by “courage and resolve” “resilience” “perseverance”. These “Flipping Sports” provide multiple daily challenges and daily successes. This results in what experts call internal locus of control, or believing that one controls his or her own life. By uses skills & progressions that are FUN yet challenging, children learn to feel successful early, and that it’s their choice. This leads to being able to delay gratification, as they get older.

FOCUS

The US now has a minimum of 10% of it’s children taking ADHD medication. 70% are BOYS. Dr. Francis Wardle, PhD has written several articles on the difference between boys and girls development from ages 0-8. Boys by design learn differently at these ages. They tend to take up more space, are louder, messier, and above all require more play and physical activity to activate the cognitive parts their brain. Sports like [Ninja](#) & Gymnastics give young boys these outlets to stimulate their frontal lobe (which is also where the deficiency lies in children diagnosed with ADHD). [The Challenges of Boys in our Early Childhood Programs](#)

CONFIDENCE

FOCUS + GRIT = CONFIDENCE, and confident people tend to be happier and more successful. Confidence built by daily challenges and daily success can leave kids hungry to take on the next obstacle. Making mistakes is part of the process. Most people have a fear of failure, and fear of making mistakes. In Gymnastics or Ninja Sport, mistakes are encouraged! Change is encouraged! Then, it carries over into life’s challenges.

The BIG 3 of PHYSICAL Development

INSTINCTUAL SAFETY

This is a fun one. There's an adage that a cat will always land on its feet? Well, a gymnast or a Ninja, learns early how to protect their body from a fall. A diving catch on a ball field doesn't result in an arm or shoulder injury, because instinctual safety kicks in, and they roll. It absorbs the shock to the body and in some cases, keeps that play going! And that's just one of many examples.

COORDINATION

Moving multiple body parts in all different ways at all different times is required in these sports. Similar to a pianist playing with 10 fingers on 2 hands, these sports do it with the whole body. Coordination builds confidence to try new sports, stay safe, and makes it easier to keep fitness a lifetime necessity.

CORE STRENGTH

The core isn't just abs. It's the body's powerhouse. It protects internal organs, improves breathing, improves posture (and visual confidence), and can prevent back pain. The "flipping sports" build an incredible amount of core strength through the myriad of total body movement.

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Resources [*Men's Health](#)

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