

# GO NINJA CIRCUS SUMMER

## Our adult professional staff & guest staff:

- Heather Murphy -  
Artistic Director, Aerial  
instructor, & Circus Artist
- Linda Murphy - USAB  
boxing coach, Aerial  
Instructor, Circus Artist  
and Martial Artist
- Shaunna Murphy - BS  
Nutrition Health and  
Wellness & Circus Artist  
and instructor
- Kile O'Brien - BS -  
Exercise Physiology &  
Circus Artist and  
instructor
- Special Guest staff will  
include Donna Park- MA  
Music Education, artist  
NHIA, and some  
members of our  
competition team.

### **Other Cool Circus Stuff**

At Circus Ninja Camp you  
will learn how to do cool  
circus things like  
juggling, slackline, stilts  
and Chinese Pole!

Does your child have a  
big imagination and  
lots of energy? Kids  
age 6 to 16 are invited  
to come fly, climb, flip,  
dance, tumble, juggle,  
kick, punch and play  
with us as we explore  
the fun and  
challenging world of  
circus arts and martial  
arts.



### Areas of interest to focus on are:

Aerial Circus Arts  
Parkour Chinese Pole Rope  
Acrobatics  
Martial Arts Boxing & Self Defense  
— a little theatre, art, music and  
health & wellness focus

Registrar by calling (603) 623-6066



## sample schedule:

9:45 ninja breakfast

10:00-11:00 acrobatics

11:00-noon aerial arts

12:00-12:30 lunch

12:30-1:30 martial arts - boxing - self defense

1:30-2:45 art - music - theatre - ninja thinking skills

2:45-4:00 PARKOUR - more aerials & circus arts

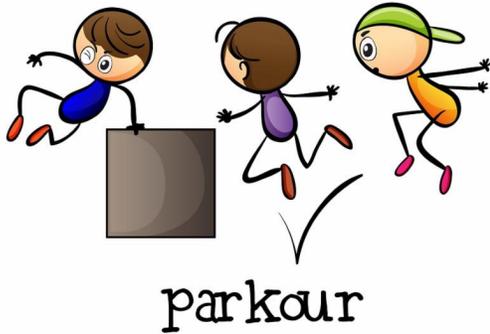
— skills done on a rotating basis

**Skill Level:** All levels of students are welcome. We will split groups and combine groups, keeping age, skill, strength, and comfort in mind to ensure everyone learns something new and challenging.

### Camp includes:

- \* healthy habits for healthy bodies with food choices for functional fitness by Shaunna Murphy (BS in nutrition, health and wellness)
- \* Art & Music to rest our bodies, improve our rhythm and stretch our creativity





# Things you will learn:

## Aerial Arts

Just like you see in the Cirque du Soleil, at Go Ninja Circus Camp learn to climb, wrap, and fly on brightly colored fabrics with this beautiful circus art. Trapeze and Lyra are included too!

## Parkour

Go from point A to point B and point B to point C by use of flips, jumps, kicks, climbs, and swings. Sound like fun? Parkour had its origins from a training program used for the French Special Forces. Our Kid Ninja program will provide the strength and fundamentals to Parkour with safety and style.

## Acrobatics

Balance, agility, strength, flexibility are the focus as kids work toward achieving rolls, flips, tumbles, walk-overs, hand-balancing and more.

## Boxing - kickboxing - self defense

At Go Ninja Summer Camp kids will learn the “science” of “the sweet science” of boxing useful for self defense and cross training for other sports.

Adding to their repertoire—We will combine kicking, clinch work, and basic grappling skills to learn offensive and defensive tactics.

Each day kids will learn a new self defense response to situations kids deal with in everyday life including body language, verbal assertiveness and intuition.

## a little yoga

At Circus Ninja Camp we will blend yoga relaxation, mindfulness and focus into our day.

## Art and Music

At Circus Ninja Camp art projects will give our bodies a rest while stretching our creativity.

## Slackline, Stilts, Juggling and Chinese Pole

will be done on a rotating basis throughout the week.

## Ninja Skills

Like determination, intuition, teamwork, communication skills, observation skills, the skill of thinking ahead (if I do this, then that could happen) and of course....how to be stealthy and nimble!

### **Never Boring**

At Circus Ninja Camp your child's body will get healthy and strong in a super fun way.



### **Your Kids will love to Move**

We supportively encourage kids to come in for this unique experience. Strengthen core, improve posture, and increase body awareness in a fun, non-competitive, supportive environment. Our experienced coaches will guide your children through each class motivating them to accomplish their goals and develop new skills. We look forward to helping your child become a fabulous ninja.

**TO REGISTAR**  
**(603) 623-6066**

**Dates:** June 24 - June 28 and July 8 - July 12

**Price:** \$350 per week  
\$600 for both weeks  
additional siblings receive 10 % off

\$100 down to hold your spot - non-refundable — balance is due by June 1 and non-refundable unless camp is cancelled due to insufficient enrollment.

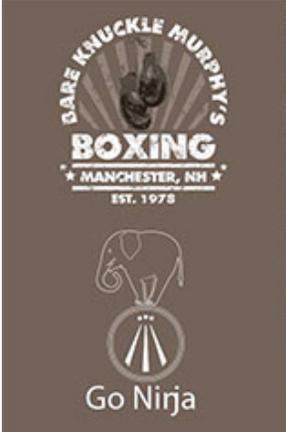
**Before & After Care available for additional fee**

### What to bring to Go Ninja Circus Camp

Definitely a water bottle. Please no sugar drinks. Bring your lunch and some snacks. We will also provide some snacks. Make sure your food container has plenty of ice and some proteins such as chicken or tuna.

### What to wear at Go Ninja Circus Camp

Ninja clothing of course! Clothing you can move, split, and flip upside down — with layers to take off when warm and put back on when cool. Make sure there are no buttons, zippers, buckles or anything that can rip the fabric or your body. Bring a tight fitting tank top for upside down fabric or rope moves to protect your belly skin. Also cover armpits and knee backs. A tank with a t-shirt over is fine. Leave jewelry and hair barrettes at home with the exception of hair clips. Indoor shoes only please for in the studio.



The logo for Bare Knuckle Murphy's Boxing is circular with a brown background. It features a silhouette of a boxer in a fighting stance. The text "BARE KNUCKLE MURPHY'S" is arched over the top, "BOXING" is in the center, and "MANCHESTER, NH" and "EST. 1978" are at the bottom. Below the logo is a stylized graphic of a hand holding a rope, with the text "Go Ninja" underneath.



A photograph of the exterior of the Bare Knuckle Murphy's Boxing Gymnasium. The building is made of red brick with a large arched entrance. There are flower boxes under the windows. A sign on the right side of the entrance reads "BEST of NH 2015".

[www.BareKnuckleMurphy.com](http://www.BareKnuckleMurphy.com)  
[www.GoNinja.us](http://www.GoNinja.us)