

WEDNESDAY

5
AUGUST

NINJA WARRIOR CHALLENGE ★

STRENGTH • SPEED • AGILITY

THINK YOU'VE GOT WHAT IT TAKES
TO BECOME A **GRAND UNION** NINJA WARRIOR?

Children will compete in age groups as they complete exciting physical challenges that test their strength, balance, speed, coordination and determination.



LOCATION:

Grand Union Jiu Jitsu



TIME:

3:00 – 5:00 PM (2 Hours)



FREE

FOR GRAND UNION
MEMBERS



ACTIVITIES INCLUDED:



NINJA FITNESS CHALLENGES

Test your strength, balance and coordination!



PUSH-UP CHALLENGE

How many can you do?



SIT-UP CHALLENGE

Test your core strength!



SPRINT CHALLENGE

Speed, power and determination!



OBSTACLE COURSE

Can you beat the course?



MINI BJJ COMPETITION

Take Down, Sweep, Tournament!

4-6 YEARS OLD ACTIVITIES:



BEAN BAG TOSS



RING TOSS



EGG & SPOON RACE



SACK RACE



BOUNCE BALL RACE



MINI BJJ GAME



DOG TAIL GAME



EVERY CHILD WILL RECEIVE A PARTICIPATION CERTIFICATE.

PLEASE BRING



GRAND UNION
NO-GI UNIFORM



WATER
BOTTLE



COME READY TO
CHALLENGE YOURSELF
AND HAVE FUN!

FREE

FOR GRAND UNION MEMBERS

£10

PER SESSION
FOR NON-MEMBERS

FUN ★ FRIENDS ★ CONFIDENCE ★ TEAMWORK

SEE YOU THERE!