

# Last Summer Class--Tuesday, July 11th

## We Are Back--Saturday, August 5th

Don't forget we are taking a three-week break in our class schedule. The last class will be on Tuesday **July 11th** at Anchor Point Church Annex. After the break we will begin classes on Saturday, **August 5th**. The time schedule will be the same. **Tuesdays: Basics—5:30pm, Greenbelt—6:30pm** **Saturdays: 7Up—8am, Greenbelt—9am, Basics—10am**

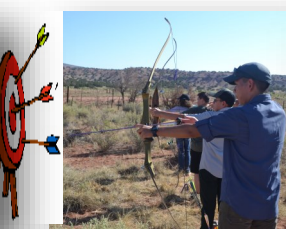
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## Great Day of Archery, Hiking, Shiriken Throwing & Origami



Orion, Dexter, and Tohbi got Bullseyes.



Hiking out in the wilderness



Making Origami Shuriken



Real Shuriken

We had a nice day of archery, hiking, shiriken throwing and origami. We had cool morning weather and a warmer afternoon. Cold watermelon and oranges kept the energy high. This was the last Archery Day Camp for the Summer Program. But we are planning to have more archery activities as the weather cools down for the Fall. Stay tuned for more information.

## Keep Training During Our Class Break!

Even when we have regular classes students should practice what they learn on their own. This is even more important during the three weeks that classes will not happen. Here are some suggestions that might help.

- ♦ The San Shin (chi, sui, ka, fu, ku ) teach some important physical skills based on relaxed, grounded movement.
- ♦ Punching and Kicking practice keeps your muscles strong even without making impact. Keep knees bent!
- ♦ Rolling can be done safely if you have soft grass or mats. Be sure to protect your head and go slow.
- ♦ Stay strong and active: hiking, biking, swimming, or playing sports are a great way to stay in shape.

Whatever you do make sure that you stay safe and ask your parents. Be aware that extreme heat can be dangerous!



Have a fun safe Summer  
Keep Training--see you in August!

