



# Go Ninja Circus Summer Camp

Does your child have a big imagination and lots of energy? Does she love to climb like spiderman or be stealthy like a ninja? Would he like to be a superhero?

**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. The combination of martial arts and circus arts are a great way for kids to gain strength, flexibility, coordination, and self-confidence. This will help with**

**Dates: July 10 - July 14 and July 17 - July 21**

**Price: \$350 per week before May 31 then \$400**

**additional siblings receive 10 % off  
register for both weeks and receive 10% off**

**Camp will be cancelled with insufficient enrollment.**

**Age:** Open to kids age 6-16 who have completed kindergarten.

**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.

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**Areas of interest to focus on are:**

**Aerial Circus Arts**

**Parkour**

**Acrobatics**

**Martial Arts Boxing & Self Defense**

— a little theatre, art, music and  
some health & wellness focus

**Meet our adult professional camp staff:**

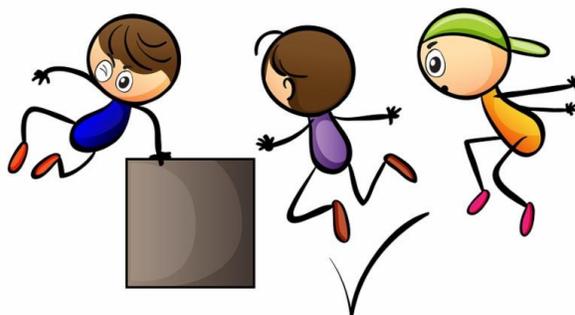
**Heather Murphy - Artistic Director, Certified Aerial instructor, & Circus Artist**

**Linda Murphy - Martial Artist & USAB boxing coach**

**Shaunna Murphy - BS Nutrition Health and Wellness & Circus Artist**

**Kile O'Brien - BS - Exercise Physiology & Circus Artist**

**Special Guest staff will include Donna Park- MA Music Education, artist NHIA, and some members of our competition team.**



parkour

## **Quick Facts:**

### **Aerial Fabric Arts**

**Just like you see in the cirque, at Go Ninja Circus Camp learn to climb, wrap, and fly on brightly colored fabrics with this beautiful circus art.**

### **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 style.**

### **Acrobatics**

**Balance, agility, strength, flexibility are the focus as kids work toward achieving rolls, flips, and tumbles.**

### **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—Kids will combine kicking, clinch work, and boxing skills to learn offensive and defensive tactics of kickboxing.**

**Each day kids will learn a new self defense response to situations kids deal with including verbal assertiveness and grappling release techniques.**

### **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 and supportive environment. Our experienced coaches will guide your children through each class motivating them to accomplish their goals, develop new skills, and exercise. We look forward to helping your child build strength, flexibility and control!**

### **Never Boring**

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

### **Includes other Cool Circus Stuff**

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

### **a little yoga**

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

### **Art and Music**

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



### **Every day the 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**

### **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 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 covered armpits are desired. A tank with a t-shirt over is fine.

Indoor only shoes for in the studio.

### **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.

## **sample schedule:**

**9:45** ninja breakfast

**10:00-11:00** acrobatics

**11:00-noon** aerial arts on fabric

**12:00-12:30** lunch

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

**1:30-2:45** art - music - theatre

**2:45-4:00** PARKOUR

**HURRY! SPOTS ARE**

**FILLING QUICKLY!**

**Download the application and send in with your down  
payment. [www.bareknucklemurphy.com/  
summercampregistration.pdf](http://www.bareknucklemurphy.com/summercampregistration.pdf)**

**Bare Knuckle Murphy's & Go Ninja  
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