

LITTLE NINJA'S



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Keepkicking2.com
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Lesson Fee

It is our goal to provide a quality and affordable Martial Arts experience.

\$60.00 per month for Little Ninjas

\$30.00 per month with one or two additional family members

Free with three or more additional family members.

We recommend a minimum/maximum of 2 classes per week initially.

No annual commitment. Fees are billed on a monthly basis.

We allow a \$10.00 discount for service personnel and their families. This includes military, police, fire fighters, & paramedic/EMT.

We currently accept cash and check payments.

Private lessons are available by appointment only. Please contact Mr. Hill or Alisa Hill to obtain information.

Martial Arts themed Birthday Parties can be scheduled through Alisa Hill. Ask for details.

TRAINING SCHEDULE EFFECTIVE 6/1/2015

	MON	TUES	WED	THURS	FRI	SAT
<i>Little Ninjas (3-5yrs)</i>	4:00 PM	4:00 PM	4:00 PM	4:00 PM	--	--
<i>WHITE BELTS (5-12)*</i>	6:45 PM	7:30 PM	4:30 PM	4:30 PM	4:20 PM	9:00 AM
<i>YELLOW & ORANGE BELTS</i>	7:30 PM	4:30 PM	5:15 PM	5:15 PM	4:55 PM	9:45 AM
<i>LIME, GREEN & BLUE BELTS</i>	6:00 PM	6:45 PM	6:00 PM	6:00 PM	5:40 PM	11:10 AM
<i>PURPLE & RED BELTS</i>	4:30 PM	5:15 PM	6:45 PM	6:45 PM	7:10 PM *	11:55 AM
<i>BROWN & BLACK BELTS</i>	5:15 PM	6:00 PM	7:30 PM	7:30 PM	6:25 PM *	--
<i>ALL ADULTS (13 & over)*</i>	8:10 PM	8:10 PM	8:10 PM	8:10 PM	8:00 PM **	--

* Every Friday, all Brown Belt children will join the 7:10 PM class.

* Every Friday there will be a Black Belt class for adults and children from 6:25 - 7:00

** Every Friday from 8:00 - 9:00 is the adult only focus class. This is for adults 30 and over.

* Every Friday from 8:00 - 9:00 is the women's only class.

*Students 12-13 may be evaluated to for the adult classes

How to Get Started

Introductory **Special** is one month of classes for FREE. The best way to find out about our program is to try it out. There is no substitute for hands on information. This gives students and parents of students the opportunity to evaluate our program to see what we are all about.

If you would like to try ONE MONTH FREE call us at 513-774-0500 or simply stop in. New students are encouraged to observe/participate in a class and meet Mr. Hill. Please arrive 10 minutes early to the appropriate scheduled class time.

Benefits of Our Children's Program

- **Self-confidence:** We encourage students to believe in themselves in everything they do.
- **Self-discipline:** We encourage students to do the right thing without being told.
- **Respect:** Students are treated with respect and are taught to do the same for themselves and others.
- **Physical Dexterity and Coordination:** Drills are designed to improve & challenge each student's physical capabilities.
- **Self-defense:** We promote non-violent resolutions to conflict, but if necessary, students develop skills they need to defend themselves.
- **Focus and concentration:** Our program incorporates a variety of activities and drills that strengthen these skills.
- **Positive attitude:** We encourage students to have a winning attitude in order to overcome challenges.
- **Peer pressure:** Students develop the leadership skills they need in order to resist peer pressure
- **Goal setting:** Our program is structured around short and long term goals. Students are continually encouraged to work toward their goals and set future goals once achieved.

Mission Statement

Hill's Martial Arts is dedicated to developing students of moral character, community devotion, self-strength, and positive leadership abilities. By providing a safe and high energy training environment, students are given the necessary tools and encouragement to grow in Mind, Body, and Spirit. Our fundamental philosophy of "Family Comes First" is reinforced in every stage of training.

LITTLE NINJAS

This program is designed for children ages 3-5 to help develop a foundation for self-discipline, self-confidence, physical health, mental focus, and to build a positive attitude. Our focus is not only to strengthen the body, but also the mind and spirit.

Classes are 30 minutes long and children may attend one or two days per week. Curriculum is based on a non-ranking system. So children will not be working for traditional belts and will not participate in belt testing's. They will strive for earning colored tips. Tips are given at the instructor's discretion when a particular skill or behavior is achieved.

After the 30 day introductory period, students will receive their white Gi as part of their initial payment. However their white belt can be earned at any time after the have shown self-discipline by cleaning their room and picking up their toys all by their self.

Upon reaching their 5th birthday, students are moved into the white belt classes to begin progression through the traditional belt ranks.

Who Can Benefit from Our Program?

- Children and Adults of all ages and skill levels
- Those with Special Needs.
 - Behavioral/Disciplinary Needs
 - ADHD
 - Autism Spectrum
 - Down Syndrome
 - Sensory Disorders
 - Physical Limitations
- Individuals with Low Self Esteem and Social challenges (i.e. peer pressure & bullying)

About our System

Our system is a designed freestyle fighting system. We incorporate techniques and theories from several martial arts, with a strong emphasis on self-improvement and respect. It teaches skills throughout the levels that use many different fighting *methods such as striking, grappling, throwing and pressure points.*

Emphasis on qualities to enhance self-improvement through:

Courtesy	Tolerance
Humility	Empathy
Gratitude	Loyalty
Courage	Love

We are guided by a student creed that emphasizes positive manner, self-discipline and respect.