



**LITTLE NINJAS**  
Growing kids through martial play

# KIDS THESE DAYS...



# HAVE IT TOUGH

# LET'S LOOK AT THE STATS

**WE ALL KNOW CHILDHOOD HAS CHANGED, BUT HOW MUCH?**

- While parents overwhelmingly agree that play is vital, there is a shortage of safe spaces for play, as well as reduced time to take children to play facilities or activities.
- As screen fatigue amongst parents grows, there is a push towards screen-free play and activities
- A study conducted in Gauteng reported that **only 36.8% of preschoolers and 18.7% of Grade R-learners were physically active during the day.** (Results from South Africa's 2022 *Healthy Active Kids' Report Card on Physical Activity, Body Composition Proxies, and Nutritional Status in Children and Adolescents*)
- 13.3% of children under 5 are considered overweight or obese (Statistics on children in South Africa, compiled by UCT)
- With fewer siblings and cousins, as well as fewer play opportunities, it is getting harder for children to learn vital social skills and how to make friends

# SO: WHY LITTLE NINJAS?

THE PERFECT OFFERING FOR NURSERY SCHOOLS AND HOMESCHOOLING CENTERS

FOR KIDS AGED 3- 5 YEARS  
MEDIUM NINJAS (5 - 12 YEARS) CAN BE ARRANGED

We know you don't need the numbers to know that kids are losing out on activity, and parents are stretched too thin to cover this part of their physical growth.

Little Ninjas takes the benefits of martial arts training for kids, without the formal pressures and systems, and makes it accessible and enjoyable. We like to call it 'martial play'.

Little Ninjas travels to your school and provides a fun, effective outlet for kids without requiring much space or equipment.

We also liaise directly with parents regarding fees, taking admin off your plate.



# WHAT WE TEACH

By using the tried and tested techniques taught in martial arts, combined with play and gentle (but firm) guidance, students will learn a variety of movements and exercises that will work their body as well as their mind, as well as their memory (motor, muscle and working).

***All of this is especially helpful for neurodivergent kids!***

## THE SYLLABUS COVERS:

- AGILITY
- COORDINATION  
(ESPECIALLY MIDLINE  
CROSSING)
- STRENGTH AND MUSCLE  
TONE
- FOCUS AND  
CONCENTRATION
- FLEXIBILITY
- PERSONAL SAFETY AND  
AWARENESS
- PROPRIOCEPTION
- ANTI-BULLYING STRATEGIES

## THE RESULTS:

- IMPROVED CONFIDENCE
- STRENGTH FOR PLAY, SPORT  
AND HEALTH
- BETTER FINE AND GROSS  
MOTOR COORDINATION
- BETTER CONCENTRATION  
SPANS
- FEWER INJURIES DUE TO  
CLUMSINESS
- MAKING FRIENDS AND LEARNING  
TO WORK WITH OTHERS
- BETTER AWARENESS OF THE  
BODY
- BULLY-PROOFING FOR BIG  
SCHOOL



# HOW IT WORKS

**R300 PER MONTH FOR 1 CHILD**

**R550 FOR 2 CHILDREN**

**REGISTRATION FEE: R200 (INCLUDES T-SHIRT)**

**AVAILABILITY DURING HOLIDAYS CAN BE ARRANGED FOR  
CHILDCARE CENTRES THAT ARE OPEN 12 MONTHS A YEAR**

- Classes occur once a week at nursery school or playgroup. Twice a week can be arranged.
- Classes are 30 minutes long, as anything longer is beyond their capabilities at this age
- Parents are billed per month (termly rates can also be provided)
- Little Ninjas don't need any additional uniforms, so no extra costs. Their registration fee includes a t-shirt for training and casual wear
- At the end of the year, there will be a small testing ceremony for parents to watch (and it will be livestreamed privately for those who can't attend)



# OUR ORIGIN STORY

Little Ninjas is the brainchild of Sensei Zoë Jagger-Hinis, a sensei and mom who saw a desperate need for a physical activity with the benefits of karate, but adapted to benefit smaller kids in their vital physical development. Little Ninjas is a movement education program with its roots in karate and physical education, adjusted for the very youngest students. Taking out the pressure of gradings and structured classes, **pre-schoolers gain the benefits of martial arts training in an age-appropriate format.**

Instructors (AKA: Big Ninjas ) all have a minimum of ten years background in karate, along with first aid training, police and sex offenders clearance, and safeguarding certification.



## The founder:

### Qualifications

- 3rd dan in Goju Ryu karate (ratified by OGKK)
- Training since 2006
- Teaching full time since 2015
- Level 3 first aid (accredited with the Resuscitation Council of South Africa)
- Completed Uchi-deshi course - 3 year internship
- Co-owner of Goju Ryu Karate Centre, one of the largest karate dojos in Gauteng
- BA Hons (Rhodes University)
- Nisaa Counselling Course for Survivors of Rape and Abuse Certificate (2017)
- 'Talk to me': *Improving mental health and suicide prevention in young adults* course by Curtin University, completed 2022
- Completed Guardian Sports Safeguarding Awareness course (2025)

# MEET THE BIG NINJAS

## MARTIAL ARTISTS WITH A LOVE OF TEACHING



### BOSS NINJA

Zoë Jagger-Hinis

- Full time karate instructor
- Admin for Little Ninjas
- Instructor at the main dojo for 5 year olds and up



### ITALIAN NINJA

Sergio Caisutti

- Full time karate instructor
- Areas: Northern Joburg and Midrand



### WATER NINJA

Ray Coetzee

- Swimming coach with 10 years karate experience
- Area: The West Rand

*All Big Ninjas are required to have up-to-date qualifications, excellent rapport with kids, and a sense of fun and joy. Without passion, there can be no teaching.*

**LET'S GIVE THESE KIDS  
A FIGHTING CHANCE  
AT FITNESS AND  
CONFIDENCE**



**CONTACT US NOW FOR A  
DEMONSTRATION AT YOUR SCHOOL!  
EMAIL: [DOJO@GRKC1978.COM](mailto:DOJO@GRKC1978.COM)  
CALL: 083-263-6134**