Hair was. Light green blue like beta fish, long in the sides like holy, shaved, like balls and everything. I love that, love that you turn that. Haven't seen you too in forever. I know Ola. It's very hot. Where are you at? I'm in Texas right now, but I'm coming back to Arizona next year. Thanks. So I'll see you all soon. Very hot. Yeah, give me like 8 months, I'll be back. Also, apologies in advance, my entire family is here and Sebastian's family is visiting and they're all downstairs being very loud. So just danger if you hear something weird or a curse word, it is them being. That that's fine. And it wasn't me. So I'm like, I'm like, I'm getting on the meeting and my mom said, Jerry care. I'm like, mom, Oh my gosh, I'm here. I'm like, I don't care. She's gonna come in and like, say hi. Interview. I don't love it. OK, Well, I know we are. We're going over the filming details because we are getting that going and rolled out and we're very excited about it because it's been a day. Technically this is, this has been at least like two years now in the works, right? Yeah, Yeah, yeah. East, if not a little bit longer. But we're really excited And Jamie, we're really excited to have you doing it. They yeah, Like, it's literally like when we were like Jamie, we were like, well, yeah, of course like Jamie has to do these videos. It's gonna be incredible. And those hearts and flowers. What rainbows, hearts and flowers and glitter? And glitter, Yes, always glitter. But yeah, I know we have, we have some PowerPoint, we have our like, PowerPoint that's gonna become the course and everything. We have a general outline for that. So you can just kind of understand what we're getting at. And then I also have the junior lesson plans. I'll talk about those after Kerry just kind of addresses the preschool stuff. Just cause like that Junior is like a combo of the the magic of preschool with the starting to learn gymnastics of rec level 1. So it's that like weird in between classes. So I'll go over that after and it makes total sense. When you like see the PowerPoint and the Lesson plan, you'll totally get it. But Carrie has a super awesome film breakdown, which I definitely stole part of your idea of emailing. And we're gonna go over that for Ninja, because that was a great idea. But she got it totally breaking down and broken down on all the details that you got to get covered. So I'll let her go. Hit it. Hang on. Oh my God, I'm getting. I'm, I'm, I'm stalling. A seamless flow of movement, OK? Every time I go to share my screens, I lose all of them. Now you guys saying there's three screens in front of me and then like I go to share something and I'm like, well, it could be in any of the windows on the East. Green So who knows? No, I know. And I had to close all this out because I like drove over here. That's the worst. I hate that. You are so blonde. Hmm. I know. I'm also very pale right now, so it's not that cutest look. Oh. OK, I'm just red so I have to make sure all my hair colors are cool. Distracts it a little bit. You've never died, right? Ever. I'll die when I get Gray. That's kind of my motto. What did I have this under the Kinder LS outlaw? What are you looking for? Oh, the videos. Yeah, I don't have your radio list. I could show the courses while you're going for the video list. Yeah, do that really quick. Oh, OK, so. Let's OK, so we have the how and why share. Can you see this? It's loading, yes. Wonderful. So it's going to have the, you know why we're learning the how and the why is essentially the structure of what the preschool class is. So it's going to give you know it's 5 minutes of open play, 5 minutes of warm up and 315 minute obstacles. And what's gonna happen is it's essentially just gonna be like there's 5 minutes of open play and then it's gonna go to the video of you calling the class out and this is where carries video list comes in. She's got it all written down but it's like. You calling the class out in a really fun, super magical way and getting them started and evolved into their free open play. And then you know, we'll just write down like as we saw in this example, you know, the coach was very enthusiastic as they called them out and you know, you might have seen that one little one get a little bit nervous, but as you saw, you know, the coach was able to engage and blah blah blah. Or, you know, whatever happens, and Kerry also has things written out of like trying to explicitly, if you can, like, try to get this, try to get this like little little things to try to poke and prod and lead the class in the direction we want it. But that'll go through for the whole structure of it. We'll have the 5 minutes of warm up. It's what the warm up looks like. What did we see in that video? And then it's gonna have the 15 minute obstacle where Kerry hasn't broken down into like four pieces. Of it where it's like the UM, like how to how to bring the kids over to the event, how to show what the event is, how to get the kids going on the event, and like how to prepare them to rotate. I don't remember if that's the exact four, but it's fairly close. But it's just, and again, it's going to be the same thing. So essentially you're just going to be leading a preschool class with, you know, carried with Carrie directing you through it and, you know, poking and prodding through things. And then those examples just essentially get put right into here. And we're going to use this to train all of our preschool coaches. Got it? Got it, Got it. Yeah. So essentially, like with. And you'll see, if you haven't already seen any of the Canva preschool things, they're super fun. They're really just set up like the real main goal of this preschool is like they they don't, they don't need to know anything about what they're doing. Like we are just having a great time. Are they learning the things that we want them to learn in the process? Yes, they are. But they don't know. It doesn't matter. Like at the end of the day, we're trying to from these videos, like they're going to keep learning. They have other instruction and stuff. But through these videos, like, we want them to be able to say like, oh, that's the expectation, walking in a line. Yeah, baby. Yeah, but like, like the expectation of like, oh, I just had a I had one kid that's like not, like fully paying attention. But then they'll see you be like 123 Eyes on me or like whatever it is to get the kids attention as opposed to being like the classic man look at you. Like, yeah, it's just, it's the class management, it's all that great stuff. So the class structure is just gonna be the general overview of that. Then we have the spotting. I actually share it. No, I didn't. I found it. I just went full panic. Oh. OK, this will take two more seconds since you saw that the spotting will essentially go through. We have board, roll, handstand and cartwheel. Perfect. It's just because they're slightly different than what wreck is and we, Jamie, we can discuss exactly how you would want to spot it. I know I do. 84 rolls by reaching to the other side of their shoulder to help doctor and under. Yeah, it's hand stands. Yeah, it's all like protecting this whole area kind of thing. Yeah, scooping. Scooping under the shoulder. Yeah, handstand. So you're holding them. And then the cartwheel with the hips. Yep, Yep. Yeah. I was like, I I figured we spotted it the same. But yeah, anyways. Yeah. And it'll just essentially just like direct one. But Carrie, did you see? I made them round. I didn't know if you working on that PMI course. I'm not even halfway through it. And I started at 7:00 AM Yeah, I'm not gonna do it until someone tells me to. Well, Gary has been like, when are you gonna be done with it? So I have to. I'll do it. But yeah, I took all of them and I made them round, so now it's preschool and not wreck. Oh. But yeah, so it's just it it'll be a couple little video examples of that. That's super simple. And then we have. Adding the magic. And with adding the magic, it's just going to be like little tips and tricks like showing and telling. And then it'll have the video example of you doing one of the show and tell things. And then I'll just have you know some example fun like none of these are right. Don't read these. Yeah, you shiny objects. I just threw something in there. Yeah, but yeah, there's for the spotting, I think it says make sure you do the spotting because they're like. Young, soft and squishy. That was my reasoning. And the PowerPoint. But yeah, it'll just have it for the other things. Props, a little video of, like using props to get the kids to do things. A couple examples. That's it. So it's really, really simple. It's just really woke. Sorry. And we just throw my computer. It's just really fun. Makes perfect sense to me. Yeah. There you go. OK, I'm gonna smooth transition. And sharing screen. Here it comes. Get it? Get it. OK, can you see it? Yeah, yay. OK, cool. So this is pretty wordy, but this is just in case. They ask me for like an SOP of how I did all this. Umm, So pretty much demonstrating this is just a breakdown of the skills that will actually be going over. And I'll send this to you so you can read through it, But forward roll, handstand, cartwheel, and it will be like more of like. Handstand fair walk your feet up the wall kind of thing. And then cartwheel is more of like a monkey jump, yeah. And then you'll break it down a little bit more. This, it goes for both junior and preschool because they're essentially doing similar skills. Some are just doing them a little bit more. I mean, not really, but kind of, I mean they're all going to work on a progression of a car wheel, of progression of a handstand or progression of a forward roll, log roll kind of thing. And then I have safety. And as we go over like each section of the class I'm gonna have you Jamie, just cause you're obviously you know how to coach and you know what words to use. But we're gonna go over like I'm spotting this way because it's safer blah blah blah. So we'll go over if this that like that's why. Just like. Q&A kind of thing. This is gonna be like you're gonna be talking pretty much the entire time. Because I want them to see you do it, but I also want them to hear the way you do it. And then important tips I did just breaking it down. Like instruction. Simple, age appropriate. Obviously we're gonna use different colors, visuals, props. I'm hoping to have at least a few of the props. You know, Scottsdale has a lot, but we want to eventually. I don't know when this is going to happen, Zander, if it's gonna happen on time, but have actual props for each Lesson plan. I know HP is really, she laminates everything. But I think everyone's gonna have to figure out how to laminate at this point because we're gonna want that. Literally everything is like a print off and laminate it like it's it's it's super easy just laminating so like coaches can do it and they can get extra hours. And then obviously for preschool, I should probably define that this is preschool. We want no backward roll, no bridges. So like when you're at the cheese mat, making sure we say that when we're in our warm up, making sure we say that. So that's something that will probably be brought up a lot while we're filming for preschool. So essentially I have it broken down so it's not as word. These are all the spotting things, like amount assisted, pull over. It's really for kinder, like holding their chin to the bar and walking their feet up. It's where you're gonna assist them, where you're gonna hold them the proper way to do that. You don't like another bar? Yes. Yeah, and like having them walk up and say, OK, you're gonna hold on to the bar before we walk our feet up. Are we gonna let go of the bar or do we want to land over there? Oh yeah. Totally, because that's so easy. To come up with something for that and then when I plug the video in it will say like, what did we learn when a kid doesn't want to do something, they might run away. This is how we handle that. The ring the bell for the can't do it, the Are we almost done yet. Like the class will go through, like how it's different calling them in what they start on. I don't know if every gym is gonna have a tumble track. I know in Phoenix every gym does have a tumble track and that's utilized for both of them. So I'm going to have to come up with like, hey, if your kinder area has or both kinder areas have a tumble track and you utilize that, this is what we can do on the tumble track. These are the skills we should be doing on the tumble track. I forgot to bring that up. Use it or I think that's gonna be super important for me to add on there because I know sometimes they have kids doing like a jump like flip and we don't want that. So I just need to standardize that and then. This will be gone through the same way preschool, so it will be different calling them and they don't have the five minute free play. We'll go through each station. What they're going to do, it will be speed up. Obviously we're not going to spend that much time on it. Yeah, um. And just uh, like clarify to Jamie with the with the talking and stuff, all of the talking on the videos is going to be you to the kids. You don't have to like stop your class at any point and like address the camera of like when they do blah blah blah like that, all that information will get put into the PowerPoint. Yeah, that's you have to worry about is just like leaving the class and like, yeah, we'll just have to go through can you send me all that stuff so I can like, make sure I hit all the points. Already on your campus? Price can go in and look at the preschool lesson plans on campus. It's on Scottsdale. I'm just finishing plugging in the space one. It's already done. OK, Mike. Why don't we send it to them separately? Like, download it just because there's so many different files? Like, let's just make sure it's the right one, trying to find it. Cool. Yeah. And then just FYI, I am out of work next Monday for personal reasons. I'm back Tuesday, Wednesday. That's when you guys are going to get everything that Tuesday or Wednesday, and then I'm gone. Thursday, Friday through till Tuesday and then I'm back. So if you have any questions I'll answer them Tuesday when I'm back. I don't know what date that is, maybe the 5th of September. And then that following week is when we're going to start telling I haven't planned Thursday, September, I say November, you said September, just can't believe in September already. I know it's scary. Umm, But when I'm gonna be filming, the things that I'll need is we need kids. Um, and then I'm gonna use the iPad because I am not using my own personal device for this. I'm not uploading anything cause that's happened before. I've had to use my personal device. Things went on to the cloud, scared me to death and I don't have anything bad on there but also like. Also, that's a lot of storage to like worry about that you shouldn't have to. So when I'm gonna take the videos, like I'm gonna have everything. So like a print out of OK, this is what we're gonna start with. We're gonna get the clip. It's going to be this long. And then I'm literally immediately gonna e-mail it so that it has, like, this is what this video is. It's gonna be emailed. So that process might take a little bit of time, but we'll figure it out. But you guys have iPads there. Yep, we have two. So what time of the day, like, are we working about doing this? Before classes start? Right before classes start, Yeah. And if, like, parents can't stay there the whole time and we just need to make sure that the kids are party independent and that obviously Jamie and myself will be there. So there's two coaches there. Maybe we need one more person to be there so that if the kids have to go to the bathroom or anything and we just can keep track of them a little bit better if I'm going to be so focused on the camera. But yeah, we want it to be pretty quiet in there. And how many kids do you want? Do you want to be a full class or I would say 4, at most, 3 to 4. Like 4 would be best, yeah. Yeah, I I, I would definitely say poor, uh, even like four or five if possible. Yeah, three. Just just to get a stick. And then we want them to be because we want them to be kind of in between ages so that they can be juniors and they can also be. But the problem there is, is juniors are only girls. So that's going to be the tricky thing like, do we just want? All girls are do we want like? To film on two separate days, One day be junior, one day be preschool. Because I plan to get it done in one day. Yeah, that's gonna be my next question of like, the duration of what? How long do you think it's gonna take? So when we communicate with parents, we have an idea to give them. I would say, like, I know Zander, you filmed a whole bunch of stuff, but I don't feel like this is a whole bunch of stuff that needs to be filmed. It's gonna be. Calling the kids into class. With the sound. It it's. It sounds like if you prep it hard enough and you and Jamie are on the exact same page knowing exactly what you're going in there to do, I don't see why you couldn't go in. Run a shortened class of like column in, get them together, do the free play, do the warm up, call them over to their first rotation, run the first rotation. Lead him to the second rotation. Doesn't be 15 minutes, it can be like 6 minutes. Um, or five minutes and then lead them to the next rotation. 5 minutes and like. Then you have time to spot and do the extra details afterwards. But like. I don't. If you're just running it as a shortened class, there's no reason if you already know what you're doing ahead of time, because I don't. I don't think you could get away with getting them longer than an hour. You know what I mean? Because they're. I feel like we should tell them like a two hour period or like an hour and a half. I'm pretty confident that I can get it to go whatever direction because I know, like, there's certain things that you're gonna wanna hit and even if you have like. I don't know, like a kid like where there's a real life situation that happens and you wanna take advantage of that or whatever. But other than that, like, I feel pretty confident that I can like guide the class to wherever you want to go. Especially like, it's the exact same Lesson plan, Jocelyn, that we are running there right now, like the ones that were previously done. And it's not going to be different than that. Yeah, I think our kiddos, like, I know we're going to get more like junior age, like there's they're gonna be familiar with it since it's what we already do. So. Yeah. I think what we'll want to do is like Jamie, maybe you and I can meet at like noon on September 11th. We'll go over everything, make sure we're on the same page and then like we schedule them for either like. We'll do preschool Tuesday, junior, Wednesday kind of thing and then go from there. Yeah, OK, Yeah, I would. I would recommend doing preschool one day in junior the other day, just because it is two completely different, yeah, tations. And do we have a second to go over junior or? Do you? Do you do you have anything else on the? Film entails Gary no. OK, cool. Let me show you this and I already sent it over to you, Jocelyn. OK. So can you guys see it? Awesome. So we have our Junior gymnastics. These are all props that are, you know recommended props that we can. I just grab prehistoric goes Christian to come up. But different props, it's the different stations of The way Junior works is that it's three rotations just like it is already at Scottsdale, but it's pre rotations. They have bars. Beam and then Flooring Vault is combined together. These are their skills, but the way it's set up is let me zoom in. Hey. So they have their event and then they have their four stations. Each station just has the steps that they can do. It's essentially it was their you know it was progressions but. In this because it's like the way their skills work, it's like, yeah, they need to get their skills and technically A5, but also they need safety, awareness and it's like. If they're doing their skills, they're doing their skills. There isn't really a like are they doing it correctly and consistently type thing. So I just put a star next to what their actual skill is on their on their star chart. So it's like once they have that skill, they have their start because it's the safety awareness that really matters to get into advanced junior anyways. But. So everything is run with steps. It's all got the can use, but then this is the big difference. It's got the magic in. So the magic is essentially the hand you, it's the how to do the skill. In accordance to the fee. So essentially, we're not gonna cause one of the big things with preschool is like we want our kids learning gymnastics. And it's like, well, great, we're gonna teach them gymnastics. But they are still young enough that we want them to have the really fun magic coming out of preschool. Especially because they're no longer doing rotations. They're going to be doing stations. I mean, they're not doing circuits, they're doing stations. So it's like that perfect combo between like, you're still on the little things, but you're learning gymnastics, but it's also now stations, but we're keeping the magic. So it's just that in between. So essentially the way it works now is it's not like, OK, over here we're doing our pullover. Can you bring your chin up, kick your leg over to your knee, blah, blah, blah, and then shift and get up tall on the bar where you know, it's like. Stay over here. We're gonna, you know, we have our T Rex Chase. We're gonna peer over in the branch and then we're gonna escape from the T Rex. And you know you're you're going through the story of it. And then essentially when you're trying to correct the kids and get them to do the things you'd be like, oh, you know stretch up super tall because the T Rex is coming. Oh, you escaped it. Very nice. Like it's just. Using the theme to coach the skills, we are teaching them gymnastics and we'll we can teach them really good gymnastics like that. You know, we we can we can tell them that they gotta stretch their leg all the way out so that they can touch the palm tree at the end of the beam that's still straightening their leg like. So essentially that's the biggest thing on it, the three. Good courses for that instead of being the structure how it works like preschool. That first one is gonna be steps. It's gonna be, what did I say, steps, steps and stations. So. That course will literally just be like this is. The pullover on the bar and this is what the steps look like. Here's the three second chin hold. Here's a chin hold word kicking their knees to their nose just like wreck was. So it's going to have the this is what the station looks like. These are all the steps that they have. Then there'll be a spotting course. It'll be the same thing with preschool will be spotting those skills And then. Adding the magic will be how to coach, lead, correct, and all of that stuff while using these storytelling themes. Yeah, that's the most. Except that one. Yeah, and it's all written out already there. And of course, like, you are super magical and I know that you can like use these and more. Like literally, if you, if you can catch yourself being like, Oh my gosh, if I make one more dinosaur reference on this bar rotation, I'm gonna cry. Like that's perfect. You know, like just in everything, you know, if we all become Dino eggs and roll on over to our next station, like, you know, whatever it is that we're using, but just really trying to pull the theme. Totally from got it. Yeah. Makes sense? Provide. But we're also gonna provide really, really, really fun. Well, that's how they understand it. You know, it's like, that's how they think in their like even that when you're like chin up, pull it up. It's like I always say it's like. If somebody goes over to a kid and they're like, or somebody goes up to you and they're like blah, blah, blah, blah, blah, blah and they're like you're like, huh? And they're like blah, blah, blah, you know? And you're like, what? Like that kind of thing? And then you're like, I'm so confused kind of thing. It's like that's what that's like for them. So it's like referencing colors, referencing shapes, referencing like. Things that are in their brain, and it's unfortunate, but that's how my brain kind of works too. So it's just kind of how I talk in general, so. It's really fun. Yeah, you you know. But yeah, that's that's all it is. Very simple. The skills are very simple, like being is relevant. Walks, jumps, walks, the passable, yeah and like. You can look it over and if you have any questions. Let me know got it by. I think it's more just like class control in general, like that's usually where. That's the hard part. Umm, yeah. I mean, it's also for like, because they're not going to stations and it's four stations with potentially eight kids. Yeah. Which is like you might have two kids on the station and the station might be like. Hold on. So it's like finding a way to get the little ones engaged on being that little dinosaur. Yeah, Yeah. Keeping it through the storytelling because the stations themselves are not fun. It's it's just you know. Create, you know, epic, fun stations. You typically end up needing a lot of space in that, so it's just not what, So like, yeah, we're working. We're going to make those stations. If we have anything else to add. We're gonna hang up this again. On to the next one. Yes. No, it all makes sense. I'll just. I'll just wanna make sure that I like study it and go at least as much in order. Obviously all like improv if needed if it'll help but I wanna try and stay within. You know that as much as possible, so. You are. You are. Following. Let's back it up. Yeah, totally. That'll be fun. No, I'm gonna send this over and realizing that I didn't even go all the way down to what I have. On that for the rest of it. So I'll just let you guys read through this, OK. That's really fine. OK. Alrighty guys, I'm gonna go. I think I've got perfect. Alright, bye. Bye. My

NINJA last call and we're really excited about preschool, but we're also really excited about Ninja. And thank you guys so much for getting this filming done. And thank you Spidey, as I don't know if you knew this will volunteering, but you're the one in the video. Did you know this? No. OK with being in the Yeah, that's fine. That's great. OK, cool. Yeah. Yeah. You're in the video, Jamie, You're filming. Got it. OK, cool. Oh, for the one we're gonna do. Yes, I do that. Yeah. Yeah. You were like director. Yeah. It's it's gonna be hard to find a kiddo that can do everything on Ninja. But yes, buddy. I thought. I thought you meant a different one. But yes, One we're gonna be doing. Yes. Absolutely. Yeah. No, no, you're the you're the you're the preschooler. And the other ones, Right, Myself. Yeah. Hey, we can do that with some video editing, yeah. Oh, but yeah, so we're gonna we're gonna get these videos done. So what, what Torres and I have been working on is we are creating course cards or obstacle cards for all of the ninja stations. Well, hang on. We're creating cards for all of the obstacles within the Ninja course. Were those the correct word? Correct words? Yeah, yeah, working on it. So with those cards, they're gonna be great, because at other gyms and as we swap out different obstacles and stuff, people are gonna be able to swap out their cards for whatever obstacle they have and they have their Lesson plan for it. Now this is Scottsdale is the is the lucky, lucky gym over there that just happens to have all of the obstacles that we need. So, uh, thanks for filming. You're welcome. So on all of the lesson plans, I sent them over to Jocelyn, but I'll also just share it really quick. I keep saying lesson plans. They're just like cards. I don't know. I don't know how to distinguish them from the actual. Where did they go? Ninja obstacle cards are is just. Based on that obstacle, whereas the Lesson plan would include multiple obstacle cards. Umm. Yes. Yes, the Lesson plan would be golden ninja and do the obstacle cards exactly. Oh OK, so. So the way this works is everything has a card essentially I was doing. So bring Swing. Uh, we have our level one, we have progressions for it because you know, as we know the kids can't hang on to the course for three seconds. So do you have they have all the progressions to help build them up in a fun way and then once they do that, the end of the progression is essentially how far we want them going in the course. And then they'll just have the challenges. And then outside of that, it's coaching tips and the key. So it's run pretty much like the reckless of them. And all we need for these videos is literally a video of each progression. And each challenge. For each obstacle. Got it. Does there have to be any talking? Like, do you want Spidey to do any talking or is it just demonstrating? No, it literally, it literally is going to be OK. Ready. Ready. Spidey, Are you ready to hang for 10 seconds with two hands on the first ring and you're gonna say I'm ready and Jake's gonna say go and you click. And then you're gonna say one 1000 and you're fine. And then you're gonna hang on the ring for 10 seconds, right face. And then you're gonna let go straight face. Yeah, Jamie's gonna end the video. She's gonna keep track of that video. Think I can hang that in there with that one. I don't know that you reset and then you're going to swing out with two hands and high five the next ring and you're gonna try to do that like three times. Oh, so it's. It's just doing. It's just getting a clip of each thing. Jamie, my biggest recommendation I'm stealing this from Kerry is. I would. First of all, each one that you do, you want it to be its own video. Don't just record the whole thing. It's gonna make your life awful later. Yeah, so just OK if you want to. Also, so you know, if it helps you, Jamie, record it. Say hang for 10 seconds with two hands and then Spidey will hang for 10 seconds. With two hands release, you end the clip and then my suggestion is that after you finish the progressions and the challenges, oh like upload them and e-mail and an e-mail that says like ring swing level one or something so that you just like what you've done so far. Yeah, yeah, but it's just like uploading ends up taking forever. So if you can keep. Track of your short videos. That's what's gonna make everybody's life Got it? Then with like the absolute easiest, just keeping track of what that video is of. And like where it is and if we can try to make it so that the video itself is as long as it needs to be so that we don't have to cut and edit that it, it saves it released it like saves weeks. It really does. So that's really all it is for this go around. It's going to be the progression and challenge for level one and level 2 for all of the obstacles. There are three obstacles that are not completed yet, but we will have those to you by the end of the week. So if you wouldn't mind filming those last or if if towards the you know. Happens to find time to get him in a little bit sooner than a little bit sooner, but hopefully end of week latest. Oh yeah, it's just the cliffhanger. Big Dipper, English alene that are left so oh did we get the. I did, I I just, I texted you earlier. I did the doors and I did the ring slider. Those are the two we really wanted for. Then you shall have them shortly. Yes. So you still have them shortly? Just so you guys know, the future of what's coming up is that the other part of these lesson plans is going to have course like little cards like this. To where we're gonna go through and there's going to be like little dots, like purple dots going through the picture and this is the rings and we'll have the like little Velcro that you put where that picture is. And then like one, one Class A month or something they'll get to go through and they try to, they try to follow the path for their for their loved one difficulty. So it's just like a a different thing that's on muscles and you switch it up a little bit more. But those will come out later. This video shooting is really just the progressions and challenges. If that feels good with everybody, I would like to go through all of them and just know that we're on the page for what everything is. Jamie, do you have any questions on recording so far? Nope. Makes perfect sense to me. Awesome. Since you were the one who's filming if, let's make sure they're all. Sideways long ways Got it this way. So that they're uniform and then for like angles and distance and stuff, whatever makes sense. But just like trying to keep them like as cohesive as possible, you know, like we don't need any like artistic men zoom out like slashes. Give me a good spot that you can see everything. Like we're gonna be able to get all the progressions in here, like solid. Do you like jumping into the air bag halfway to just, like, get the perfect shot? You know, Oh, but. I know you would. That's that's that's what we're saying. So we'll we'll go through it if there's no other questions on that. And then the after that act, you know what, before that I'd rather just asking you guys, I realized that I was asking we have Spidey and Jamie for this and I was like. OK, if you guys could help us. And help us think of these key points here. I mean, you guys are already absolutely wonderful people, but you would raise up even like two more notches in my book or can you think that like, yes, yes, so it's. For example on ring swing we have like like Sonic, like you know Sonic getting the rings gotta go fast, Mario collecting coins, like it's all of the it's all of the things that we say as coaches to like get the kids engaged and active or relating. I think like rope jungle is like I was literally looking at. Now a days, but like have swinging jungle things. I got George Yeah, but like, I mean, they they know Spiderman swings. Yeah, yeah, that's it's easy. Yeah, we can come up with some stuff for Sonics fans, movies for that. Essentially, I got the first two and then I I just like, I ran out of things that didn't have time to keep going. So if you guys can think of a couple things in each category, like either while you're doing it or whatever and just write them down, I will copy and paste them in here and that would be incredible. You got it. OK, yeah, because I know I know both of you. Already do that. And I know spider you, I heard just as many dumb things that you have to say as I do. Yeah. I don't think it'll be perfect, but it's catchy. But if no questions, we'll just go through each one now and just make sure we understand it all. Yeah, cool, cool. OK, let's see. That's not the first one. Here it is, ring swing. So you've got hanging for 10 seconds with two hands. Let's see, normal swinging out with two hands and high fiving. The next rig, we're calling it high fiving. It's just touching that way. They're not grabbing it, It's just flat hands touching it. Complete the obstacles using both hands on every ring. Yeah, got it. Cool challenges. One hand on each trick. Halfway forward and then going back. Now, Torres, is that turning around on the ring or is that going forward and then going backwards? So it's always the last ring turning around, coming back without landing on their feet, getting halfway. Rather, do you want them to stay like three rings down and then turn around three rings back? Correct. Yes. So whenever you see a back and forth on the rings, their feet are not touching the ground, the end, OK. And they're not physically going backwards. They're turning themselves around and then going forward on the way back. Correct. Yeah, they can do a sideway. If, I mean a challenge for them too could be do it forward and, you know, going backwards or spinning in between, whatever. But yeah, yeah, so just going down, going back, it's something something. OK, for this example, let's just. Whatever works better for you, smiley. Either 123 backwards 2-3 or 123 turn around 123. It'll be easiest to do a half turn at the end and come back OK for sure and then skip one right. Skipping the ring? Yeah, yeah. Good. Yeah. Two is complete the obstacle using. So this first progression on the next level you shouldn't have to refill it. Because the last progression here, I mean, sorry, the first progression here is the last progression here, OK. So that's a duplicate. And then, uh, skipper ring going forward. Skipper ring forward to now like part of now you have something to now you have to do it Skipper ring going forward and then use every ring coming back and then skip a ring forward and back. Yes, Yep. I'll spin between the rings. OK. Yeah. Because I'm typically 180. Oh yeah, that's 360, that's yeah, like 180 you can 36180 would just be like a back turn. Yeah. So they're going in and they're like turning like one change, right. Yeah. And this is just under challenges, correct? Yes, correct Yeah, it's been in between Skip two rings and jump. Jump from ring to ring with two hands. Oh, that's that's very difficult. That's gonna be you talking about like this? Yes. You can swing it. You can really just build up the big swing and like, let go and grab the next one. Yeah. OK, huge jump, just Yeah. Video. Just do it. One. The big thing too with the challenges is because they are the challenges of like, if you literally swing out once, grab regrade one drink, that's all it is. You don't need to be like, I gotta get down this course, you know, like, no, no, it's just showing what the action is. If they do that. OK. Yeah. Breaks. And then stand up. I call that one the Sword in the Stone. That down. That's fun. Oh, and then they're gonna hop in place five times. So standing on the rope, hopping their feet up and relending on the rope five times. And then, uh, move feet from one rope to the next row. And then? It's like a it's a transfer of hand than feet than other man is that we're talking about. I was just gonna, I was just gonna mention that Sandra, I think it needs to be added into #3 how you're trying to answer the row in front of them. And then move your feet back and forth so over that that. Now that you know it, that will be in the video and it'll be shown as that would it. That's what it is. I love putting them into the Lesson plan but the problem is when you get a little too specific in there then I don't want that. And then and switching the feet and then in the video we can make a note on that slide that says like make sure they grab the rope first. Good point on that. And then challenges will be to take only one step for the ropes and then to skip for. Yeah, sweet. Hello. Get to the third row using only one swing in between. So that one might be a little bit different, yeah? And then complete rope jungle using one swing between each rope. Skip every other row. Skipped your ropes out of time. OK, that's fine. Get obviously get into the other side is what we want them to do. Another thing I have a lot of my kids do is is climb the ropes, but not necessarily all the way. Some of them for some reason can't stand on the rope at all. Like if your feet slip, they don't have good grip. Oh, but they can like squeeze with their hands. So I have them climb up like maybe 1/3. Or halfway on the rope and then climb down and that's another strength thing I have them do. That could be a variation or another challenge. Yeah, because sometimes the swinging they peel the rope and then they hit the the bottom and then the chunky part of the rope they like hits their head and then it gives the color crying and this table is a mess. It's like changing a diaper all over again so. For level 2. Well, well, yeah. Cause level ones are probably not gonna be climbing. They're probably not gonna be strong level two challenge. Yeah. Uh-huh. For that person. Climbing up the 3rd or even halfway. I would never do any art. No reason for them to be close to the dress. Would you put that before or after skipping 2 ropes at a time? After. I mean, I I personally think climbing the rope is harder than going across. But. Like someone was saying, some kids just can't for some reason figure out how to use their feet. Yeah. And then are you guys having them sit on the road? Because sometimes I have level ones like sit on it and swing and go to the next row, the same one like swing. They're squeezing their legs together. All the groups are different than Scottsdales. OK, I know you're saying sit them. Sit on that body, Yes. Yeah, like they're sitting out like a swinging. Their legs are almost like in a Pike. Right? This. Right. OK, because that's like what a lot of the level ones I have, dude, because they can't even stand on it. Yeah, and that's why that's why literally level one is going to be. The thing is, is Scottsdale so, so you were aware we're going to be making you guys don't actually live these are all these won't all to Scottsdale because you guys are the only ones with an Inground airbag. OK so. I see. I see. Put their feet up on the ropes and then stand up. Whereas also you have to actually jump to the rope. OK, Yeah. This is probably why I have kids who have a tougher time doing that. Or they see the airbag down there and they just go, oh, it's I don't have to try that hard. And then they just fall into it. Yeah. Other places don't have. Like, it might be something like swinging on the knot and then from swinging learning how to place and stand or something, because they can't jump. But for just this version, this is going to be the overarching majority of the Ninja courses, so we'll just stick with them for this. That's a really good. Yeah, yeah. Yeah, OK. On the first hold, it really doesn't matter which hold you do. You gotta you gotta live your best life. And what do, what do we What exactly is cannonballs? What are we? Oh, shapes. OK. OK, so like the cilinder and then the the sphere. The swinging shapes. OK. You're like pantomiming the shapes. So this shape. We have the banana one. Oh, right. Yeah. So the Cannonball Alley is hanging for 15 seconds on the first hold. They get to choose which one they They can do the shape, or they can do the rounds. It doesn't matter. Swing out with two hands and high five the next hold. How many times can you do that? Never says how many times do three. OK. Even if it says something like do five on each hand, you could probably get away with just doing 3 just for time sake and yeah. People can count. Hopefully, Hopefully. So high five, get to the third. Hold on either side. The challenges are use one hand on each hole. Swing to the second hold and hang for 15 seconds and then hang on to the first one for 15 seconds and the second one for 10 and the third one for five. Got you. Level one complete. Is like the shapes is not part of the level 1. Uh, and and are the warrior, warrior Thing goes, that's like a level 2 three thing. So you still want us to record that though? Regardless, things go with that. OK, OK. Yes, because again it's. So it would be. It would be originally designed Scottsdale it was. Yeah. The shapes are very useful for the kids and also some courses only have like 4 obstacles and shapes is one of them, so they're using them all. OK, yeah. Level 2 we have get to the third hold on either side, just like in level 1. Something to the 4th bold and 14 seconds so the largest hand strength so complete either side. Skip on hold. Use one hand on each hold. And complete obstacles with arms at 90 degrees. Taurus, can you explain the 90 degrees thing really quick? Literally just imagine your arm is an L. Yeah, holding your L like they say on on American Ninja Warrior. Yep. And just to back up the Cannibal Alley thing, the the reason why we have them like completing and Level 2 is because I've had some some little ninjas, we had some little ninjas that platinum and they would get halfway across the Cannibal Alley. So I'm like, OK if a little ninja can get halfway across. I think it's realistic for me to say that. Level 2 should be able to complete one of the sides, or almost complete. That's kind of where I was pulling this from. OK. That's fine. That's cool. Yeah. We have, we have a few different shapes. We have some salt, smaller spheres and larger spheres or globes that you wanna call them. Yeah, Which are obviously incredibly hard to grip that. We specifically have that for the level threes. So we'll try to, we'll try. I guess we'll try my best on that one and I fall in it all the time, every single time. Yeah, so I think it's OK too while you're holding like, everything. Yeah, I'll probably I'll have to go like this maybe or like that. Well, on the bigger one I have to hold with two hands. On the big one and the smaller ones I can just go separately as I'm going inside to side, but might have to turn, I might have to transfer one to the other and the people to do it. That's that's. Is it designed to have one hand on each obstacle or is are they designed to go straight through? One side of it. On one side of it, I think what somebody was saying he was, he was when he was going like this. Oh, spider, use both sides. Small shapes. Yeah, I what I'm talking about is swing. If I'm doing one of the sides and I'm swinging through just like the rings, you could do this. But a lot of people end up in the middle of it, grabbing with both hands and then going because they need that support halfway through. Yeah. So yeah, so it starts like this and then I go and I grab. One and then I quickly grab it and then I do the same thing. Oh no. And I was like, I think we want. OK. I'm also specifying. Also. Making making sure people that it's go straight down you're not supposed to go. Yeah we're not left and right except when we make our fun little you know courses for that one off thing. So we're OK you guys are OK with so if I'm going straight through I can of course have it like this and then I can go grab it real quick and then grab it. OK, because that's probably the only way I'm gonna have to do it because it's it's. Yep. I don't think we're requiring them to use one hand on on every hold in any level. So use two hands on whatever you need to use hands on. That's most of what I have my kids tell them if you can Spiderman swing all the way, that's cool, but you have to have support with the other. Can you do that? So, yes. I. Hands, Two hands, and then use one hand on each hold. It's just like three of them, one handed, and that's the challenge for level 1. And then, like if you swung to the second hold and then held with two hands for 15 seconds, that's OK. And then? Yeah, using one hand that's only the third one and then if you can get to the 4th then you would been hold for 15 seconds and then we'll just know like if you have any issues with anything we'll just have to notice so they can put like something on them. If you know that this one might be too hard or whatever you need to start with it, that's probably we're gonna have to. All 90% of the time I'm trying to do this. OK. Do not have the strength to do this. We'll change it, OK? But yeah, the sooner you can let us know, the sooner we can do it and get that in there. So OK, double so ladders we have hang for 15 seconds. Six alternating seal slaps, so that's it's on your side while you're hanging and stabbing the side of your leg. That's fine if you make seal noises while you do it. Then you're going to high five the second bar frames with alternating hands. Again, you can just do three. If you wanna do six and video feeling good, go for it. And then again halfway up one side. OK, so one left. About halfway before it tilts or. That's not the whole thing. So like, whatever, whatever the thing stops out of it says, get to the third holes. Like the challenges are also the third hold unless it says. Like, complete the course, you know what I mean? So halfway up one side, can you climb up? Can you climb halfway up? Sideways? Can you climb halfway up using one hand on each bar? Can you climb halfway up with one swing and halfway up backward? Level 2 Get halfway up one side. Get to the last bar on the first ladder. So get across one full ladder and then once you get across that full ladder then you have high 5 the first bar on the second ladder four times. So just high fiving that next one and then finally you're going to grab. And that's the progressions challenge is going to be used in one hand on the entire ladder. Trying to skip bars and trying to climb up both ways, climb up sideways so that that would be was it tilt going out correct? OK. Like there and back, like we did with the rings. Yeah, yeah. Any questions? No, I think. I think I forgot that there's my phone over. Like, I don't think we can do all this in like 30 minutes right now, because this is gonna be a lot. Oh, yeah. You OK? No. We'll have to break it down. OK. Zander on the 30 minute note too. I leave at like 4:50 at the latest because I have to take my dogs to the vet for it. Sounds good. OK, uh, steps. We have 15 seconds. High five, the second set with alternating hands climb to the second and high five the third set, climb halfway up one side stairs. We're talking about fun, right? Yeah, double stops. So I I've been, I've been dating a name for that. And since it looks like this, I call it inside the mountain. So like mountain climbing or climbing inside the mountain, it was like some kids were like, oh, we don't use devil or hell. And I was like. Yeah. Yeah, but like. Like. Yeah, we'll also, because it's shaped like a volcano. We do like the volcano steps is what we call it. I call it a bunch of different stuff. Round the mountain? Yeah, that's fine. There's gonna be some religious kid that's gonna freak out. Anyway, I'll. Every time I go to. Payments are bad. OK, so. There's something. Yeah. And children. You have parents? That's the biggest one. Exactly. OK, that was my murder. So we went to the first part, the challenges. You want to hold your hands out in 90 degree angle and Dino chopped from step to step. Yeah, sorry. Exactly, yeah. Best Level 3. It's Level 3. Just use three fingers. Yeah. Oh gosh, yeah. That way, emphasize of the stairs 3/4 of the way outside all the way to the top of the stairs level 2 is going to be trying to use on each step. From step to step, that's dynamic, correct? Yes. Alright, one moment while it's here. Meaning is when you go from here and then you go like stop. So they're not transferring yet. It's not a transferring, it's just getting halfway up. OK, OK And I go, no, not transferring. Yeah. And then the Dino dropped from step to step is just that. The part with two hands now. Before they were only going halfway up the stairs, and there wasn't halfway up this year, but then they moved to build two. Now they had to get all the way up to the top of the stairs. Now they're challenges to demo step to the top of the stairs. Umm. And again like these are challenges. So at the end of the day, Spidey like you do not have to get up to the top of the stairs. You can get if you did one Dino jump in level one, see if you can do two Dino jumps in level 2. It's just showing that this is what it is and the challenge is to get to the top. It's not a requirement. I really doubt that the majority of the kids are gonna do it, Yeah, but just in case, we have kids and we don't have a Level 3 for them yet because most gyms don't have a Level 3, here's things that they can keep working on. Climb up and down 1/2 of the steps. So again, they're not transferring. It's just up and down on the same side. Same side, yeah. And so they're back. Yeah. Great. So hold up. It's like a whole new web. I'm like recording and taking notes so I can like, I'm not to do like a vocab test. Yeah, Jamie Jamie's gonna. Feel free to to text call you, something doesn't make sense and I'm happy to explain. They're gonna all connect to on say like see it and then it'll it'll, yeah, yeah. Landing on feet working to make it further and further towards the other one so just doing the you know just the same off land on the feet. I was shadowing his class with him but I was like having a heart attack because of you like the round all the backswing and there's like it's like this and I'm like. Like, my brain is backwards right now. And he's like, it's not right. That was like, Oh my gosh, my brain literally like me to turn it around. He was laughing so hard. And Jamie, have you ever? Tried to somebody How to go up the salmon ladder yet? No, not yet. The only time I've ever done it was remember a few years ago when I had my old, my kids here. That's the only time that I've ever, like, actually coached. Yeah, ohh yeah, yeah, yeah. Because it's really funny. You have to go over me like OK you guys, you know everything I tell you to not do one bars and to have like, not Oh my gosh. Yeah, everything. You're not supposed to do it. Just let me do it. This is a lie. I'm gonna be in trouble. Because you gotta do the arch and the like. The pull. The pull, yeah, and it totally makes sense. Like I can see it and translate it in my head anytime we're like talking or I'm like over there, like being a Snoop, like what's over here, you know? Doing that thing, I always can see it. But it's just so in my natural like things I'm like. It is weird. Yeah, that'll be fun. OK. So we have the swing land on feet and then you're swinging and the high 5% scroll. Challenges are going to be and jump with half twist. And then use only three swings and then try to touch it. Miss eliminate your swing. So if they can do it in three, great. Make them do it two or whatever. And then here it's on. It's one of those things that I've had the end. Like you know, once they're in level one is like if end of doing three swing through two swings and they're touching it or whatever, like they're gonna end up grabbing it and we'll let them try it at the end type thing. But we don't need a video of it. Well, you do for level two, you're just swinging high 5 the second squirrel and then. That's where I'll Do you actually call them the squirrel? Yeah. Yeah. Each one is squirrel, Yeah. I mean, yeah. It's like, is it? Well, the whole obstacle is the flying squirrel. And then there's the two handles. Used terms before, I'm like. Like I am the flying squirrel. Yeah, it's the squirrel. Swinging across the branches is kind of like something I've used before, but most of the kids were only able to do it older and they look at me like we cause I'm like alright, get get it. Like I still get that, something like that. And then I'm like maybe I shouldn't have said that and then they're laughing and like, yeah, they love it, you should and I need you to put that in the keys. Please, That's what I'm trying to do, OK? For some reason when a lot of people go to Ninja, they like leave all of the things that we do in gymnastics and all of the weird, silly things that we say and they're like, OK, everybody one side to the other side and like, yeah, and they all of a sudden they. Yeah, OK. OK, I'm just gonna be taking three swings on each one, right? Swing, swing after one swing off of the second one. OK, does that all make sense just sitting with my? Example. OK, uh. So some of them don't have like word for that alternating, so they're probably going to have dice with it. It's just like swing three times and then try to see how you can come from behind your back before you fall onto the airbag. Um, we got. Yeah. And these are, we don't call them that here. We gotta find out. What? What are we referring to? Like when you say that, what are the what are they? Uh, can you guys hear me? I'm yeah, you're good. OK, so when this is the obstacle where you you grab it like this and you're swinging side to side and you're gonna, oh, we call spinning blocks. That's a different thing, OK, because we don't have. I don't. You know you guys have that. That's why I say buckets. Maybe you don't have the wing nuts. Scottsdale called spinning baskets. Apparently the I called out the ice cream cones, the cone, but like the one with flat bottom that you guys scream in the both the bulls like so yeah. I've seen him on the ground, in the ground. Either in the back. In the gym, yeah. We don't. So we don't have those exact ones toys that you put up. We we do cliffhangers whether it's going inside. We we have those. Yeah we don't have this. We are splitting because that's what we call. Yeah Windows is an obstacle we we offer. We haven't put it like it started in. They were installed in it and then they went to Centennial and then. Move to Platinum. And we just didn't use. They weren't very quality, but we have our own version of of the mess that we've been outside. Gyms like not Powers. Well, ignore the page. Ignoring not just that nobody has them right now. Future card. The cool game 11 saves you one course. You're welcome, Simon. Louder. They're going to hang for six seconds in the forehand. Over. Under. Mixed. Um, three pull-ups in a row. Do we want to fight for doing it as well? I pulled the run for him. Yeah, I think that's fine. Using that used to being uncomfortable. Yeah. And like especially like going over here, it's going to strengthen them from that. And actually to take a step back. They shouldn't be this way. Their whole body turn around because if their hands are faced like a chin up, yeah, they won't. They're gonna have their face. Turned around so that they pull apart into the salmon ladder and let's just say three hand positions and not have them go backwards. Correct. Thank you. Over. Next. Yeah. Three. Yeah. So it would be like this and then this and so regular grip. I went out level for example letter here but this. This is a fine though, but I do feel like this is part of that. Obviously you need to pull up to be able to do things. So. And then move the bar in place three times in a row whenever you want, pretty much. Magnesium. Because I don't. I gotta make this quickly because you're on level one right now. Do you have a drill for how they move their body? Because that's like 90% of it. This the same of the fish, while you know, talking about the fish wiggle is essentially going hollow arch, hollow arch, kind of. And I have them do that on the ground or have them do it while they hang. But obviously they can be swimming while they do it, like kids think it's swinging. It's not correct. So that is essential. That's like 50% of the height of Sam, Larry, we I, we probably should have had on there. If we don't have it for I think it's in coaching and coaching tips that says make sure they don't have too much slang or the bar will come off the wrong recently, OK? But no go up do that don't do to me. But you don't have to call it into your name. I do Fish wiggles, salmon wiggle, hollow arch whenever it is. Oh. But I mean, some kids just muscle it because they're really strong and they don't do the whole, like, motion. They just go, you know, but that's some teenagers I have. But otherwise most kids aren't doing the correct, like, form and everything. Salmon flopping. Yeah, Yeah, The way was. But you're still trying to explain and just trying to decide between, yeah, like you see. Be able to know how to do the adjustment before they were able to look at the to be able to like kind of. And I mean this is obviously insane word but the reason I'm stressing this is because just last week for the first time in two years one of my boys who's 11 years old finally understood how to do the wiggle and he managed to get up the salmon ladder because of it and like the world and that's really rare to be able to to go from like. Starting point like beginning to like the fifth level real quick. And he went all the way up because he understood how that works and that was just super satisfying to see it happen. It is. It's like I used to always teach like circles and stuff like that fish entree, do you like the worm and like the worm and then scoop your feet through to like back extension rules and stuff. So I saw a lot of its strength and for the kids. Who are muscling it? They'll get tired. But for the guys who don't have as much arm strength, they need the form. Just like level three and four artistic girls from math and arts, right? So you'd have to have that form if you don't collect muscle. And that's where all that salmon wiggle comes into play. And I do these weird hand motions like this because this is what your body has to do. And so, yeah, you're absolutely right. Exactly. OK, so we have the salmon wiggle and then move the bar in place three times in a row. The challenge is going to be moving in five times a row, moving as many times as you can without falling, and then move the bar with no swing. So we taught them how to Hollywood and there we go. Level to go to progressions are going to be to move it in five, move it five times in a row. Uh, hit the? Hit the bottom of the rung above. Is that the like the next book you're hitting it? Not taking out and going up yet. You're hitting pretty much just pushing it straight up. OK, yeah. Yeah. No, no, no. The other one is. Yeah, sorry. I still have the entire folder. For that fire vendor floor routine, yes, yes, that will happen. Yeah, hitting, hitting the, hitting the first, the bottom part book or wrong or whatever. That's where most of my kids rapping. Honest. Most of them are right there. I'm gonna keep going because we only got charged for four more minutes and then move one from up with all 433. I've done it like this, but it felt weird. So yeah, you literally have to turn your body. To your face in the opposite way and then. Yeah, it's a lot less scary that way. Yeah, exactly. If they still have enough strength, yeah, not happened to me. Have them. Yeah, OK. Swing baskets swing side to side. Swings, then release in the front. And highlight the second basket. Yeah. Like, there's variations in this one. I see the most variants on this one ever. I've seen kids grab this like this. I've seen they did some weird things. You know, Howard's best on the crowded and then the whole body of twist. I've seen a bunch of different stuff, but I usually just try to teach regular facing the whole time. Yeah, so we'll just swing it back by the two hands or one hand and then try to touch the next basket with this. As possible, and then try to tuck the only one swing. Painted. Two is going to be there's going to be someone high 5. Sweetie Sweet. High five. The second basket with the second basket. OK, the same thing, but now we're specifying. Yeah, now that's when you actually grabbing the second basket. And then once we've grabbed the second basket, we're gonna hide by the 3rd basket. And then the second basket with those few swings as possible, try to grab second baskins as possible and high 5. Can we just grab it? Yeah, yeah. This is this is weird. In between to follow the text here, Sir. Don't get all crazy on me. Yeah, this is most of the time, if they're doing this previous thing, they're just gonna try to grab it. This one doesn't have like, the consequences of not like, not bad, you know, like. They're doing the flying squirrel and you peel, you know, have you, when you're like have barely hit the bar, but then you feel you makes your fingers feel weird and your whole body goes numb for this one. Doesn't happen with this, so. They usually just get it. OK, there's three more, so I'm. I'm going. Michael Wayne doesn't Scottsdale only have that? We have. We have those bars that are many million shades so. When you do the. One of those that you might. Ignore that. Come on, man. And climb through using only the signs, so inside the tunnel. Yeah, yeah, I I I tried to read these a little bit like and then on the outside. Never the top. Correct. And then outside climb across the side of the line and then the whole thing. And we we we climb underneath as well. We have our kids bound, yes. So because they're. Hunters are gonna be to buy him on the side for time, on the outside for time, and then climb up, climb one one of the sides with all your hands. Level 2 on the outside, Climb across the side of net on the outside, climb under the net on the outside, which is what you say. You get inside by halfway through on ceiling. So that's climbing on the top of the neck, but on the inside of it. So you're inside the net climbing halfway through this ceiling. Does that make sense? Because we all know we never go on top of it and then inside the climb through on ceiling. Doing it without stopping, no pauses, no nothing and climbing for the best, OK? Sticking that through the whole thing. I mean. You have to jump off. If you have any to just reach back out to me too, I mean, or whatever's office. So just. Thanks. Thank you. Yeah. Bye. OK, flywheel they are. What are the facts? You don't have. What leads up to the ladder on your third section? Sam and Ladder. And then we have Flying Squirrel and then Steps. And then the section next to that. The part next to the Spurs Cannonball alley going into Yeah, because you have. The cliffhangers. Yeah, yeah. Reals. Yeah, and it's one of those things of like, it's hard because Scottsdale is a little bit different, but we want to make sure that we're like following this one to a team, because all of the other gyms that come forward will have the other ninja popsicles. Not your guys. You guys have the coolest one, but you also have the most difficult. Yes. OK, so flywheels don't? Just swinging and steel slapping the next bar. Technically that would be a. So, so you're talking about? The bars with the variations. And the. It was like. Here. So hard. Please. You are supposed to steal, slap the fly wheels because you grew up on the side. So oh, you have, like we do have wheels, but they're not. They're not of Chipotle if, unless you make it all with the same Lander. We have two big high red ones, but they're not. They're not. That is, that is what the flywheels, yeah. And well, the only way to make that is if you can all exam, there's no way to do it. The loved ones can't do it. So if you're talking about that, we have only two and they're huge red ones and they go like this, but they're like for adults and teenagers Curiosity for ease, is there a way that if you said Simon bar higher or if you like move the same environment box where the salmon bars, you could potentially jump to fly to get the footage. I wouldn't recommend it. Maybe to get the footage we have to stack a lot of boxes because it's like at the highest point and then there's a huge drop onto the. So just throwing it out there that if it if it were to workout then you put the big, you know one of the red boxes nice and sturdy there and on it and you at your height are able to like jump onto the flywheel then look at flywheel. If we can try and just let me know, don't worry about it, OK, yeah, I'll go over. And then swing and trying to seal, slap your hands. Swinging one side and then weighing on one side of the shade of her feet. And I know all of the luchador feet. Back. Yeah, but so if yours is like feet that like comes down and whatever, they're all of that. Knocking copied over apparently. That is the. I'll find it and I'll I'll probably have to resend these over someone. This is. Gotcha, gotcha. OK, so I'll have to get that one, but it's playing the same. You just would go mod box back to where we were. So now we have. Seal slaps so you're gonna have the mod box. Country charm and then high 5. The second one is the next one. Kind of the third part. Climb to the middle of the monkey bars. Complete the monkey bars. Challenges are going to be skipping a bar, using jumping from bar to bar to him. And then going backward. Two is going to be complex. Complete half of the Rockholds. Can you complete the? I just literally like, nobody, just, they kept turning. Yeah, we fixed, like, I think it's that. So, OK, guys, well, I didn't think so. Changes our climate climb across while crossing over on every move. And then climb across giving. And like again on the climb across getting old right if you were there and you like go for that hold and you don't make it and you fall Jane Gray font you're talking about the the metal red bars on the side. Could could cause the way we have it set up just is we have regular monkey bars and then from my point of view we have the watch I mean and then there's like a weird red metal bars that stuck out on the side and usually. Based on the way that he has written, this might be one thing he text him for to clarify. Would be. I'm assuming based on the way it's written that it says complete out the rockhold and then complete the rock holes that the cross the climb across. Crossing over is the rockhold is my assumption. And seeing that the schools sent you already. Skip cars. Another one. I'm assuming that it means of climbing. I don't think he put the side steps in here yet, so the the the ones that I'm talking about are not here. What are you saying? It's all part of mod box, but it's not in the cart. Yeah, OK, it could actually like end up being part of that extra or. And in the process. Structure it to figure out why we actually have Ninja. Yeah. And give it a reason. Yeah. Because like, I'd love to have some kind of like competitive team something just like gymnastics, you know? Yeah, I mean yeah, this there's there's, you know the goal would be to have a level 1-2 and three and some kind of competitive league just like. Is is my alternate goal. I'm trying to see if we can work our way there, but. That could be like we don't have Level 3 yet. This is just for right now. And once we have Level 3, that opens up even more on this. Yeah, I've got them right here, but an IT them, but there's only two, two of them I think and the level that's kind of at that point, it's they're like most of them are teenagers and and those are the only guys who really are able to do this stuff, the Level 2. This stuff is insanely hard, and the Level 2 is only usually make it up the first half of the the beginning part of of all the stuff we've mentioned. And I might have a couple level twos who could complete some of that stuff. Yeah, no, I agree. I think it's really hard. I'm not that bad. It's good that we have the whole thing later in case we have that one superstar kid that can go all the way, but. Is one of the like it needs to be. This is Torres with all of his experience of making the courses being on Ninja like literally being on the show for years and all of this stuff like this is what this is what his step by step processes. Now there's going to be a slight very slight difference between his experience and potentially like. The years of Coke experience at The View have so like when they like, they could restructure this entire thing. But like in all reality, I had a really hard time doing. All of my kids are going to be able to do this. Maybe we can back it up a little bit or even things like that Arch and Hollow. That was like it too. Yeah. And again like. Torres has so much information at his disposal. When I went through and took his stuff, I tried to reword it maybe a little bit more how we know we can drastic stars. But then also with those fun keys and stuff at the end of day, like he's an Indian guy and he's does some coke, he does the coaching and stuff, but like he's an injured guy. So it's like if there are other little things in here that we know are going to be really helpful to get the kids to understand what we're trying to teach them Because I wanted more courses on this training. But the rollouts happening they want it like now some this is all we get for it. But like in the future all these courses I want just like the gymnastics. I want the sticking points about correcting type thing so that you can like, oh you see a kid doing this with their hands. They're cheating. They're going to peel tell them this, you know you're trying to get into swing. They got to be able to like. Popular hips up because that's what causes the same. Like, yeah, nobody's gonna be able to just figure out flying squirrel by themselves. Like, I mean, you can, but it'll be a lot easier to have a cookie like, oh, I know the kid can't hold on because they're catching with their people in them. Just like gymnastics. Yeah, a lot. It's funny, there's a lot of looks a little bit weird, but a lot of times you have a lot of kids who are put in park or ninja who just not have that natural like. Previous drenth flammability and they just throw them in there and already kind of like 1/2 superstar you know as to where someone I feel like with gymnastics and it's a little bit more like you were saying we're building from the ground up and teach him the correct transitioning. And sometimes with ninja even though all that is there too and there's how to transition everything that some of that stuff gets like skipped you know because a lot of ninja related things are just. Pure strength related or something like that. When in reality it's true, they're actually the same kind of just different, different beats because they parallel each other but in different way. Yeah. And we need to be able to explain that. Yeah, that's, that's why. That's why we're doing this. And that's why we're trying to create all these things, So little things like like the Salmon Flop and all that stuff, literally. Make notes of it. Make notes. e-mail them to me. You know my e-mail. Just like. Go for it. I'm happy to listen to it. I'm happy to put in as much as I can and everything that makes sense, like genuinely. Then I think the more perspectives you have, the better the end products gonna be because you have like somebody looking at it from his eyes, you know, that sees it one way and then you see it one way. And then I'm over here like like, OK, you know, but it's but It's yeah, it's one of the things too, where Doris took his ninja experience, but in my experience, you didn't do this and then you're taking I don't coach ninja. I've had a coach a couple ninja classes and let me tell you, they were awful. They they were not on the giver had a ninja course. OK they they were just like a free for all here you go. Here's seven boys stick you in the back corner go for it. Right. Like you know like yeah I I I can coach them but like it is not enjoyable for me to get on to that like let's get on to like boys level to get them pay attention like that's it's not it's. How I coach is not what I do and like so and I don't have a lot of experience coaching. So you also can bring that unique as well like add to it with things that the kids do and like and say and things that work in that type of thing. And this is just that, like, there's a lot more going into this, but this is just that. They're the majority of places that have a ninja coursework as trained on it, as Scottsdale was. And so it becomes a thing of like, we get all the airbags and like, kick. It's like here's the obstacle, ninja you came here because you like kids when we taught you erase level one. Here's how to do ninja yeah you know step by step and make sure you can be yeah you might next one, like can you have it 4 \* 1. So we're still going to like train and encourage in the same sense of gymnastics where it's not like. Oh, you might find it three times. Now grab it. It's like, well, great, Can you have you have it three times? close your eyes, fell out your name, and then try to grab it like it's all of that stuff that's still there. This is just to create the document that says if I grab this Lesson plan getting sent and watch that video, I know it wasn't. That's all it is. It's just gonna get put to the course where you'll you'll get assigned. You'll get assigned those word like sorry if you have 4 obstacles in your intercourse you designed for online training with the number of courses, training courses and those get sent on your popsicles. Go watch that. They'll show all of the steps and challenges and then you go cool and you go coach it and like there's a lot more to learn about coaching ninja. But. I know we are. We are close on time, so. Do we have any questions on this? Taking a recording. So I'm gonna go through and like make a ton of notes, like the things like the ones to skip and if we have questions, that kind of thing. And then what exactly for the entire thing? When do we need to have this done? Next week by next week? Wednesday. By next Wednesday? Yeah, I believe, yeah. If you can, I would need that e-mail by Wednesday. And they didn't have to take all this and I'll summarize it, put like everything so we can. Honestly, it won't take long to fill it. Like it feels like a lot. Like all of the films Recreational Course just created, right? One through three was filmed in 18 hours. Yeah. For one through 3. Once. Video filmed for 18 hours. Total fun, yeah, just to put that out. Time is just like in between when you're like I need 5 minutes. Yeah, yeah, not the tough part but if there's no other questions. Thank you guys so much. Really, really appreciate it. And I am so excited that you too. I'm excited to learn something like gonna be cool new things. Yeah, yeah. So for the for the keys and stuff, if you wanna have a document of your notes. And whatnot. But like in all honesty, if you just have bullet points or like an Excel document, whatever you want, Oh yeah, it it's so easy for me to copy and paste them directly into the document. So, and this is, it's on the e-mail. Did you e-mail this? Does everybody have it or. Pages to Jocelyn OK, I will read e-mail just because a couple of them got updated, which is a couple notes. Like try the mod box, Yeah, I mean try the flywheels if you can. You don't have the wing, the wing nut, that type of stuff. Ohk OK Yeah, sounds good. OK, awesome. Thank you. Welcome. Thank you. Have a good rest of your day too.