

Talia Gewirtz Builds Ninja Warrior Course to Aid Healing in Devastated Israeli Community

Talia Gewirtz's Ninja Unites Initiative Brings Hope and Resilience to the people of Kibbutz Nir Oz

MAPLEWOOD, NJ, UNITED STATES, April 15, 2025 /EINPresswire.com/ -- Talia Gewirtz is designing a ninja warrior course to help rebuild strength, confidence, and joy among youth from Kibbutz Nir Oz, one of the hardest-hit Israeli communities from the October 7th Hamas attacks.

Kibbutz Nir Oz endured an unimaginable tragedy, where they suffered a staggering [25.65% casualty rate per population](#), the highest among affected communities. The survivors were displaced and continue to live in temporary homes while facing the immense challenge of rebuilding their lives. Gewirtz's initiative, [Ninja Unites](#), aims to build a ninja course for the community to give the surviving children a positive outlet amid their hardships and a safe space for healing.



"Providing them with opportunities to regain strength—both mentally and physically—through shared experiences, play, and movement can be incredibly healing," Gewirtz shares. "The sport of Ninja teaches you to overcome obstacles, strategize in real time, and build confidence."

Gewirtz, a top-ranked international ninja warrior athlete, has spent the last six years competing against different people from all over the world. Her experience illuminated the unifying nature

of the sport, regardless of competitors' political, cultural, or religious backgrounds. "When facing a physical or mental obstacle on the course, we are all just people trying to tackle each obstacle and complete the course," she says. "The community is amazingly collaborative, with opponents cheering each other on every step of the way. I always feel my peers want me to complete that next obstacle!"

Now, she hopes to bring that same spirit of support and resilience to community members of Kibbutz Nir Oz in their temporary home. Following the October 7th massacre, Gewirtz and her family traveled to Israel so early after the war started in December of 2023 to volunteer, support wounded soldiers, and show solidarity. "We went to the site of the Nova Festival, which at the time, was not yet a memorial like it is today. There were still remnants of that horrific day...shoes, water bottles, coolers and clothing of teens and young adults my size," recalls Gewirtz.

Further south, she met Chen Itzik, a Nir Oz resident leading the rebuilding efforts. Seeing the devastation firsthand and learning about Israel's love and obsession with ninja warrior, she saw an opportunity to make a difference. "When I visited Chen's family, his kids were so excited to watch my ninja videos," she says. "I thought, 'Maybe I can raise money for a ninja rig in their temporary community and then in their permanent home!'"

Given ninja's growing popularity in Israel, Talia is working to build a course to offer not only fun and exercise, but also a path to emotional resilience and a renewed sense of empowerment. To bring her vision to life, she is fundraising for the project within her local community and collaborating with companies in Israel to design and construct the perfect course model. With over \$9,000 raised, more than 50% of her goal, Gewirtz invites others to contribute at <https://www.gofundme.com/f/ninjaunitesforniroz> in support of her mission to help heal the people of Nir Oz.





About Talia Gewirtz

Talia Gewirtz, a junior at Columbia High School in Maplewood, NJ, is a four-sport athlete competing in ninja, field hockey, lacrosse, and powerlifting. She has ranked among the top elite female athletes in the World Ninja League, placing 2nd in the Elite Division at the 2024 Northeast Regionals and earning a spot in the Premier Series in 2023 and 2024. Beyond ninja, she serves as a Varsity Captain of her field hockey team, was ranked first at the NJ All-Conference Selection for Union-Essex Conference, and was awarded MVP Offensive Player.

Outside of her athletic pursuits, Gewirtz is a National Honor Society member and co-President of the Girls Helping Girls Period Club and a member of the Women in Sports Club. She also volunteers for several community organizations, including the Diller International Fellowship and Lasagna Love. Her leadership roles, community service, and professional experiences reflect her commitment to elevating her community.

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