

2018 JRI Falls Church Schedule

Belt Rank	Mon	Tues	Wed	Thurs	Fri	Sat
KNEEHIGH NINJA SCHEDULE (30 min) Ages 4 to 7 Limit 2 classes per week						
4 & 5 year olds	---	4:30	---	4:30	---	9:00 am
6 & 7 year olds	---	5:00	4:30	5:00	5:15	9:45 am
JUNIOR SCHEDULE (Weekdays 45 min/Saturdays 30 min) Ages 7.5 & up Limit 3 classes per week						
White / (Eagle Belts)	4:30	---	6:30	---	5:45	10:30 am (45 min)
Gold	5:15	---	5:45	---	6:30	10:30 am (45 min)
Orange/Green	6:45	5:30	---	---	4:30	12:00 pm
Purple/Blue	---	6:15	5:00	5:30	---	12:30 pm
Red/Brown Advanced Brown	6:00	---	---	6:15	7:15	1:00 pm
TEEN/ADULT & BLACK BELT SCHEDULE (weekday 45-60 min) Ages 12 & up						
White to Brown Belt	7:30 pm	7:45 pm	---	7:45 pm	---	see above
BLACK BELT Green Stripe & lower Blue stripe & up	---	7:00 pm	7:15 pm	---	---	11:15 am (45 min)
		---		7:00 pm		

Staff

Master Instructors: Master Chun Rhee (6th Dan) Master Manuel Bonilla (6th Dan) Master Jackie Curiel (4th Dan)

Senior Instructors: Mr. Pablo Calderon (3rd Dan) Mr. William Nixon (2nd Dan)

Assistant Instructors: Mr. Nathaniel Wyerman (2nd Dan) Mr. Joshua Hufnagel (2nd Dan)

Office Manager: Mrs. Desha Nixon (1st Dan)

•**Attendance:** Students in the Ninja Program may attend 2 classes per week. Students in the Black Belt Club (BBC) may attend 3 classes a week (maximum 2 weekday classes and 1 Saturday class). BBC students may attend any lower rank class at your age level for class credit.

•**Please be on time!** Students who are late will not be allowed to participate in class.

•**Private Lessons:** (20 minutes) are available with a Black Belt Instructor. Rates will vary depending on the level of the instructor. E-mail your request to Master Rhee at RheeFC@gmail.com.

•**Sparring Week and Forms Week:** Check your email for our weekly newsletter to confirm the week we are in. Sparring week will always alternate with forms week. All students must wear the full uniform during forms week. The school t-shirt is acceptable during sparring week. Please also remember to bring all required sparring gear during sparring week. Sparring Gear is never required during the Saturday classes.