

# 2021 JRI Falls Church Schedule (effective 1/4/21)

*Z = Zoom Online Classes \* = 40 min class*

**Limit 1 in studio class per week (unlimited zoom)**

Belt Rank	Mon	Tues	Wed	Thurs	Fri	Sat
<b>KNEEHIGH NINJA SCHEDULE (30 min) Ages 4 to 7.5</b>						
<b>4 &amp; 5 year olds</b>	<i>Z 3:00</i>	4:00	4:15	<i>Z 3:45</i>	---	9:30 am
<b>6 &amp; 7 year olds</b>	<i>Z 3:00</i>	4:00	4:15	<i>Z 3:45</i>	---	
<b>BLACK BELT CLUB SCHEDULE (30 minutes) Ages 7.5 &amp; up</b>						
White / (Eagle Belts)	---	6:15	<i>Z 4:15</i>	<i>Z 5:15</i>	5:30	<b>N o  S a t u r d a y  C l a s s e s</b>
Gold	<i>Z 5:15</i>	5:30	---	<i>Z 5:15</i>	4:45	
Orange	<i>Z 4:30</i>	4:45	5:00	<i>Z 4:30</i>	---	
Green	<i>Z 4:30</i>	4:45	---	4:30	<i>Z 4:45</i>	
Purple	<i>Z 6:00</i>	---	<i>Z 5:00</i>	6:00	6:15	
Blue	5:15	<i>Z 6:45</i>	---	6:00	<i>Z 4:00</i>	
Red	6:00	<i>Z 6:45</i>	6:15	---	<i>Z 4:00</i>	
Brown & Advanced Brown	3:45	<i>Z 4:00</i>	<i>Z 5:45</i>	---	7:00*	1st Brown 10:15 am*
<b>BLACK BELT</b>	6:45*	<i>Z 5:30</i> 2nd Dan up 6:45 pm	7:00*	<i>Z 6:45*</i>	---	---

**Private lesson schedule 20 min (email rheefc@gmail.com to schedule a time)**

Please email several times from the options provided and we will reply with a time that is open. Lessons can be taught via zoom or in studio. Private lessons are \$30 or can be traded for a missed week.	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>
	not available	6:15 pm	3:45 pm 6:15 pm	3:45 pm	5:45 pm 6:30 pm

**Master Instructors:** Master Chun Rhee (7th Dan) Master Manuel Bonilla (6th Dan) Master David Moss (4th Dan)

**Senior Instructors:** Mr. William Nixon (3rd Dan)

**Black Belt Assistants:** Ms. Riya Saran (3rd Dan) Ms. Avery Tarutani (3rd Dan)

• **Zoom Class:** Login ID: 4139198142 / Password: JRIFC (all caps). If you are participating in zoom only classes, we recommend you attend 3 or 4 classes per week at your rank or 1 rank lower.

• **Please log in / arrive on time (10 minutes early!)** Students who are late (once the student creed has been recited) will not be allowed to participate in class.

• **Live classes at Studio:** You **must** email Rheefc@gmail.com to reserve your class day. Due to the limited class size (max 12 students), students may attend only 1 live class per week at the studio. We will confirm if they day is available (first come/first served). This is your permanent day every week until further notice! **No makeups or walk ins.**

• **Basics Week and Forms Week:** Basics/Sparring week and Forms week alternate each week. Please check the emails we send for notification of the week we are in. The Jhoon Rhee t-shirt can be worn during sparring week only.

Please visit our main website:  
**JhoonRheeTKD.com**



For detailed information about  
our Kneehigh Ninja Program:  
**Kneehighninja.com**

West Falls Shopping Center 1136 West Broad Street, Falls Church, VA,  
Tel: 703-237-7433 Email: Rheefc@gmail.com

## **The Benefits of Jhoon Rhee Tae Kwon Do** *Established in 1962*

- \* The very first thing your child will learn is the the physiological expression of both attention (standing perfectly upright and still) and respect (bowing); the foundation of all learning and discipline.
- \* Builds confidence and character by providing your child the ability to stand up to negative peer pressure and bullying.
- \* Our musical forms training develops concentration and timing.
- \* The awarding of belt ranks gives your child a sense of achievement and accomplishment which in turn develops a child who will learn to set goals in life.
- \* Involves competition (Sport Tae Kwon Do) which helps develop a sense of sportsmanship in a safe and competitive situation.
- \* We are very careful to teach children that Tae Kwon Do is for self-defense only. The result is a child with self control who does not need to bully or show-off to other children.
- \* Most importantly, its FUN! Your child will meet many new friends and burn off extra energy.

### **5 Reasons to choose Jhoon Rhee Tae Kwon Do for your child**

There are several martial arts schools to choose from in the area, however no other organization can compare with the service provided by the Jhoon Rhee Institute of Tae Kwon Do. We encourage you to visit our competitors and compare our quality of instruction and professionalism. Here are the top 5 reasons to choose Jhoon Rhee Tae Kwon Do.

- 1. Over 50 years of service** in the Washington Metropolitan area, Jhoon Rhee Falls Church has been in the same location since 1972 and is currently owned and operated by Grandmaster Jhoon Rhee's son Master Chun Rhee.
- 2. Dedicated team of Certified Black Belt instructors** trained solely through the Jhoon Rhee System. Our Master Instructors are full time adult martial artists. We do not hire outside of our organization so you can trust our team to teach your children.
- 3. We specialize in teaching children.** We offer separate beginner classes for 4 different age groups: 4 and 5 year olds, 6 and 7 year olds, 8 to 11 year olds, and teens. Our unique Kneehigh Ninja Program ® is age appropriate for 4 to 7 year olds particularly helps younger kids develop the coordination and basics needed to handle our regular curriculum.
- 4. A rank and age based class schedule.** Many schools simply schedule based on age which results in a water downed curriculum. Our rank and age based schedule ensures your child will learn something age appropriate, new and unique to their specific belt rank. In our Junior classes (ages 7 to 11), we do not combine more than 2 belt ranks in any class and our beginners (White and Yellow belts) are by themselves to ensure the development of their basics.
- 5. Large 5000 square foot fully equipped and padded facility;** We are the largest school in the area.

### **4 Week Introductory Trial: \$195**

*includes 3 classes per week, basic uniform, school t-shirt, and blocker.  
(1 in studio class / 2 zoom classes @ rank)*

A 4 week trial is the best way to gauge a child's interest in learning Tae Kwon Do and just as important, the trial will give you the chance to evaluate our program and the service we provide. Please call (703-237-7433) or go to our website (JhoonRheeTKD.com) and make an appointment online for your child to observe a beginner class which are always in session. Once you and your child have observed a class; you can start the trial at anytime. Once your trial is completed, we offer a membership option with a monthly payment plan that is cancellable at anytime (30 days notice).