

# JRI Falls Church Schedule (starts 7/5/23)

Belt Rank	Mon	Tues	Wed	Thurs	Fri	Sat	
<b>KNEEHIGH NINJA SCHEDULE</b> (30 min) <b>Ages 5.5 to 7.5</b> <i>Limit 2 classes per week</i>							
<b>Kneehigh Ninjas</b>	---	4:45	4:45	5:30	---	No Classes on Saturday. One Saturday a month reserved for Black Belt Club belt testing and semi private lessons. Please read emails for dates and times.	
<b>BLACK BELT CLUB SCHEDULE</b> (45 min/ <b>Bold Classes 60 min</b> ) <b>Ages 7.5 and up</b> <i>Limit 3 classes per week (students may attend any class at or below their current rank)</i> <b>Teen/Adult classes (TA) for students ages 13 and older.</b> <i>Teen and Adults can attend ANY class in their rank.</i>							
<b>White / (Eagle Belt)</b>	7:45 TA	5:15	6:00 7:45 TA	7:30 TA	5:30		
<b>Yellow</b>	6:15 7:45 TA	6:00	7:45 TA	7:30 TA	4:45		
<b>Orange</b>	4:45 7:45 TA	---	5:15 7:45 TA	7:30 TA	4:45/6:15		
<b>Green</b>	4:45 7:45 TA	---	5:15 7:45 TA	<b>7:30 TA</b> 60 min	6:15		
<b>Purple/Blue</b>	5:30 7:45 TA 60 min	---	<b>7:45 TA</b> 60 min	4:45 7:30 TA 60 min	7:00		
<b>Red/Brown Advanced Brown</b>	7:00	6:45	---	6:45	---		
<b>BLACK BELT</b>	---	<b>7:30</b> 60 min	<b>6:45</b> 60 min	6:00	---		
<b>Teen/Adult Sparring Week</b> (white to black belt) 60 min	7:45 TA	---	7:45 TA	<b>7:30 TA</b> All sparring gear required to attend this class	---		

**Master Instructors:** Master Chun Rhee (7th Dan) Master Manuel Bonilla (6th Dan) Master Phil Baroody (5th Dan)  
Master David Moss (4th Dan)

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

**Black Belt Assistants:** Ms. Stella Mategrano (2nd Dan) Mr. Daniel Miller (2nd Dan)  
Ms. Karina Bhatt (2nd Dan) Ms. Zoe Hicks (2nd Dan) Ms. Julia Baer (2nd Dan)

**Office Manager:** Mrs. Desha Nixon (1st Dan) Ms. Sena Mazanec

•**Attendance:** Students in the Ninja Program may attend 2 classes per week. BBC students may attend a maximum of 3 classes per week. BBC students may attend any lower rank class at your age level for class credit.

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

•**Saturday Semi Private Lessons:** (20 minutes) are available with a Black Belt Instructor on Saturday test days only (times tba). Lessons are \$35 or can be traded for a missed week. Lesson reservations can be made once we send the announcement via email. Highly recommended that you reply as soon as we send the email as times are taken relatively quickly. Lessons may include another student of the same rank.

•**Sparring Week / Forms Week / Review Week:** sparring week and forms week typically alternate each week. The last week of every month will be review week. Please check the emails we send for notification of the week we are in. All students must wear the full uniform during forms and review week. The Jhoon Rhee t-shirt is acceptable during sparring week. Jhoon Rhee t-shirts are also acceptable any week June through August. Please remember to bring all required sparring gear for sparring week.

•**Teen/Adult Sparring Week:** During sparring week only, **all** teen adult students please follow the sparring week schedule. During sparring week, teen/adult students who attend the Thursday 7:30 class must have all sparring gear.

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



Birch & Broad Shopping Center  
(across Don Beyer Volvo)  
1136 West Broad Street, Falls Church, VA,  
Tel: 703-237-7433 Email: RheeFc@gmail.

## The Benefits of Jhoon Rhee Tae Kwon Do

*Established in 1962*

- \* The very first thing your child will learn is 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 60 years of service** in the Washington Metropolitan area. Jhoon Rhee Falls Church has been in the same location since 1974 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 3 different age groups: 5-7 year olds, 7.5-12 year olds, and teen/adults (13 and up). Our unique Kneehigh Ninja Program ® for children 5 to 7 years old particularly helps children in this age group develop the coordination and basics needed to handle our regular curriculum.
- 4. A rank and age based class schedule.** Many schools have a water downed curriculum so they lump 3 or 4 belt ranks into one class. 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 12), we do not combine more than 2 belt ranks in any class and our beginners (white and gold belts) have at least 2 classes per week by themselves to ensure the development of their basics.
- 5. Large 6500 square foot fully equipped and padded facility.** We are the largest school in the area.

### 4 Week Introductory Trial: \$195

*2 classes per week includes a basic uniform (flexible schedule / choose any two classes)*

*(children who enroll in the Ninja program have an 8 week /1 class per week option)*

Our 4 week trial is the best way to gauge a child's interest in learning Tae Kwon Do. The trial will also 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. Please choose a beginner class that matches your/child's age range. 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).