

JRI Falls Church Schedule (starts 7/6/26)

Office Hours: Monday to Friday 4:00 to 8:00 pm / **Closed Saturday and Sunday**

Belt Rank	Mon	Tues	Wed	Thurs	Fri	Sat/Sun
KNEEHIGH NINJA SCHEDULE (30 min) Ages 5.5 to 7.5 <i>Limit 2 classes per week</i>						No Classes on Saturday and Sunday.
Kneehigh Ninjas	---	4:55	4:55	4:55	---	
BLACK BELT CLUB SCHEDULE (All Classes 45 min) Ages 7.5 and up (T/A reserved for teens and adults 12 years and up) <i>Limit 3 classes per week / 1 class per day</i> <i>If you can't attend your belt rank class, attend a lower rank class for review!</i>						
White	---	5:30	6:15	---	5:30	
Yellow & Orange	5:30	---	5:30	6:15	4:45	
Green & Purple	4:45	6:15	---	5:30	7:00	
Blue & Red	6:15	7:00	---	---	6:15	
Brown & Advanced Brown	7:45	---	7:00	7:00	---	
BLACK BELT	7:00	7:45 <i>Blue Stripes and Higher only</i>	7:45	7:45	---	
Teen/Adult <i>Sparring Week</i> Green to Brown Belt ages 12+ have the option to attend this class. You can still attend your reg. class	7:45 TA <i>All sparring gear required to attend this class</i>	---	7:00 TA <i>All sparring gear required to attend this class</i>	7:00 TA <i>All sparring gear required to attend this class</i>	---	

Master Instructors: Master Chun Rhee (8th Dan) Master Manuel Bonilla (7th Dan)

Senior Instructors: Ms. Avery Tarutani (3rd Dan) Mr. Daniel Miller (2nd Dan) Ms. Cindy Moss (2nd Dan)

Black Belt Assistants: Mr. Inhee Do (2nd Dan) Mr. Kai Magnus Nordvik (2nd Dan) Mr. Julian Aguilar (2nd Dan)
 Ms. Sumay McPhail (2nd Dan) Ms. Lorel Tarutani (2nd Dan) Mr. Ethan Verano (1st Dan)

After School Directors: Mrs. Desha Nixon (1st Dan) Mr. Sang J. Hwang

Are you receiving our weekly email newsletter?

*For weekly announcements, events and updates please make sure you or your child is subscribed.
 Email Master Rhee to add your email address: RheeFC@gmail.com*

- Attendance:** Ninja Students may attend 2 classes per week. Black Belt Club students may attend a maximum of 3 classes per week. We recommend Black Belt Club students occasionally attend lower belt classes for review as they progress toward Black Belt.
- Please arrive on time!** Students who are late (once the student creed has been recited) will not be allowed to participate in class.
- Private Lessons:** (20 minutes) are available with a Black Belt Instructor during the summer months only. Lessons are \$35 or can be traded for a missed week. Please request lessons via email (rheefc@gmail.com). Lessons may include another student of the same rank.
- Sparring Week / Forms Week / Basics Week:** sparring or basics week will typically alternate with forms week. Please check the emails we send for notification of the week we are in. All students must wear the full uniform during forms week. The Jhoon Rhee t-shirt is acceptable during sparring and basics 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:** Ages 12 and older. During sparring week only, **all** teen adult students orange belt to Black Belt, please follow the sparring week schedule.

Please visit our main website:
JhoonRheeTKD.com



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

**Ask us about our After School Pick up program from:
Haycock, Lemon Road and Shrevewood Elementary School.**

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 (12 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 junior beginners (white) have all classes 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 email Rheefc@gmail.com 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 required).