



jhoon rhee tae kwon do

Adaptive Tae Kwon Do

*For boys and girls, ages 4 and up.
Eight classes out of ten weeks.*

\$275 for first-time students (includes uniform).
\$220 for renewing students (does not include uniform).**

For Children with Special Needs

Here at Jhoon Rhee Arlington, we have developed an Adaptive Tae Kwon Do Program designed specifically for children with special needs. This program “adapts” the standard Tae Kwon Do techniques and teaching strategies to best suit the specific needs of each student. The class is structured for children who have Autism Spectrum Disorders or other Developmental or Intellectual Disabilities.

Students will receive individualized instruction while learning to excel in a group setting. These weekly half-hour classes will give students an excellent opportunity to improve their motor skills, coordination, focus, and self-control through martial arts drills and games. For a more extensive look at the program, visit the Adaptive Tae Kwon Do website at www.adaptivetkd.com.

Instructor

Master Avi Rome is a 4th Degree Black Belt with more than 10 years of teaching experience. She has a Bachelor of Science degree in Integrative Studies with a concentration in Creative Arts and Therapy. This degree combines the fields of Psychology, Recreational Therapy, and Body Mechanics. She also conducts workshops for the special needs community throughout the Northern Virginia area.

Student Requirements

- Children must be a minimum of 4 years of age.
- Receptive communication skills.
- Ability to follow 1- and 2-step commands with prompting.
- Student must have a parent/guardian in the school during class.
- Toilet trained.

** This program is separate from our regular member programs. Cost is based on an 8-class session. There are no refunds or extensions of time for attending fewer than 8.*



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Schedule— Winter/Spring Session Begins February 18, 2017

Session length:

8 classes out of 10 weeks; this includes 2 opportunities to “make-up” missed classes.

Session dates:

February 18, 25*

(*February 25th is a modified schedule)

March 4, 11, 18, 25

April 1, 8, 22, 29

(No Classes on April 15th)

Class times:

Beginner Students 3:00 pm – 3:30 pm

Pre-Teen/Teen Students 3:45 pm – 4:15 pm

Intermediate 1 Students 2:15 pm – 2:45 pm

Intermediate 2 Students 10:45 am – 11:15 am

Advanced Students 10:00 am – 10:30 am

**Modified class times (On 2/25):*

Beginner Students 10:15 am – 10:45 am

Pre-Teen/Teen Students 10:50 am – 11:20 am

Intermediate 1 Students 9:40 am – 10:10 am

Intermediate 2 Students 9:05 am – 9:35 am

Advanced Students 8:30 am – 9:00 am

Class size:

Limit of 12 students per class.

[For More Information](#)

If you are interested, please contact us at 703-532-7433 or email adaptivetkd@arlingtonkicks.com to set up an initial appointment.