



**jhoon rhee tae kwon do**

# Adaptive Tae Kwon Do

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*For children (starting age 4) and teens.  
Eight classes out of ten weeks.*

*\$285 for first-time students (includes uniform).\*  
\$230 for renewing students (does not include uniform).\**

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## 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](http://www.adaptivetkd.com).

## Instructor

Master Avi Rome is a 4th Degree Black Belt with more than 10 years of teaching experience. He 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. He 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 classes. \$25 additional cost for registering past the registration deadline.*



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# Adaptive Tae Kwon Do

Schedule— Summer Session Begins June 15, 2019

*Session length:*

8 classes out of 10 options; includes 2 opportunities to “drop-in” for additional classes for a fee of \$25.

*Session dates:*

June 15, 22, 29

July 6 & July 13 (No Classes, Closed for Summer Break)

July 20 (Modified Schedule)

July 27

August 3, 10, 17, 24

August 31 (No Classes, Closed for Labor Day Weekend)

September 7

*Registration Deadline: May 19, 2019 (\$25 late fee applies between May 19 - May 25)*

*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 July 20):*

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](mailto:adaptivetkd@arlingtonkicks.com) to set up an initial appointment.