



jhoon rhee tae kwon do

Adaptive Tae Kwon Do

*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).**

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. 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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Schedule— Spring Session Begins March 7, 2020

Session length:

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

Session dates:

March 7, 14

March 21* (Modified schedule, see below)

March 28

(No classes April 4 or 11 - APS Spring Break)

April 18, 25

May 2, 9, 16, 23

ATKD Tournament is May 31, 2020.

Registration Deadline: February 15, 2020 (\$25 late fee applies after February 15, 2020)

Late (Final) Registration Deadline: February 22, 2020

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 March 21):*

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.