



jhoon rhee tae kwon do

KneeHigh Ninja Program Guide

TKD Life Skills, Inc.

2449 North Harrison Street • Suites 2 & 3 (Lower Level) • Arlington, Virginia 22207

703.532.RHEE (7433) • office@arlingtonkicks.com • www.arlingtonkicks.com

Welcome

Dear New Student:

Welcome to the Jhoon Rhee Institute (JRI) of Tae Kwon Do, one of the most prestigious Martial Arts Institutions in the world. The institute was founded by 10th Degree Black Belt Grandmaster Jhoon Rhee, on June 28, 1962. Grandmaster Rhee is known as the “Father of American Tae Kwon Do.” Some famous students of Grand Master Rhee include Muhammad Ali, George Allen, Jack Anderson, Bruce Lee and over 100 U.S. Congressmen and Senators. Over 80,000 Washingtonians have benefited from our program since its opening.

Grand Master Rhee’s honors include a 1975 Professional Karate Magazine Hall of Fame Award, a 1976 Martial Arts Man of the Century Award at the American Bicentennial Sports Awards Banquet, and a 1983 Black Belt Magazine Man of the Year Award. Grand Master Rhee is also the author of five Tae Kwon Do books, and has starred in the movie “When Tae Kwon Do Strikes” and has appeared in other movies/documentaries. He is also the only Asian American who served as the national chairman for the American Independence Day Festival in 1983. Most recently, Grand Master Rhee was selected as one of the top 200 most famous immigrants to the United States by the National Immigration Forum, in conjunction with the U.S. Immigration and Naturalization Service. Grand Master Rhee was the sole Korean-American to receive the honor.

We are confident that you will benefit from our philosophical and physical training program. We put great emphasis on the importance of education pertaining to Knowledge in the mind, Honesty in the heart, and Strength in the body. Since 1978, our Black Belt candidates of primary and secondary school level have been required to achieve at least a “B” average in their school studies. We are proud to say that today many of our students are achieving straight “A’s” by the time of their Black Belt exam. Today, thousands of martial arts studios across the country have adopted the “B” average policy which the Jhoon Rhee Institute originally initiated.

We would like to congratulate you on the choice you have made in becoming one of our students. We will do everything we can to motivate you to become a conscientious and strong future leader. Most of the questions you may have should be answered by the information in this program guide. If there is anything that we can help you with, or if you need any other questions answered, please do not hesitate to ask. Please set your goals, work hard, and we’ll help you reach your ultimate goal—the coveted “Jhoon Rhee Black Belt.”

Thank you for your trust in our program and welcome to the Jhoon Rhee Family!

Sincerely,

Master Shackelford and Master Pineda
Co-Owners

On your first day of class

Please stop by the main office on Floor A the day of your first class. We will have your attendance card waiting for you. We will also review the process of finding your card in the card boxes, how to bow on and off the training floor, and answer any other questions you may have. Please remember you are limited to any two appropriate age and rank level classes per week.

Attendance Cards are used to monitor your progress, attendance, and where you are in your program (either trial or regular member). *Your card can be found in the office if:*

- You have been absent for 1 week or longer.
- You are close to the end of your agreement.
- We have other questions for you.

School guidelines & policies

Punctuality: Arrive to class on time! We suggest children dress in their uniform prior to arriving at the school. Class credit will only be guaranteed to those students who arrive to class on time. If you are more than 5 minutes late for class, you may or may not be allowed to enter class depending on class size and instructor's discretion.

Parent Supervision: Parents of *children age 6 and under must* remain for the duration of the class.

Parents of children age 7 and up are encouraged to stay for class. However, whether you stay or not, *children age 9 and under must* be escorted to and from the school. Please do not drop your child off in the parking lot and allow them to walk in unattended.

Parking at Jhoon Rhee Tae Kwon Do: We encourage you to park in the free garage parking (behind/

beneath Harris Teeter) and utilize the back entrance. Walk along the sidewalk in the back and enter the door marked "2449 Lower Level Shops." The parking garage is only open to patrons during normal shopping center hours.

Lobby Etiquette: Please be respectful and keep food and drink to a minimum. If a mess is made, please be responsible and attend to it immediately. Loud talking and playing, rowdy behavior, foul language, etc., will not be tolerated. *Quiet please!* Please be considerate to parents wishing to observe class and keep the noise down. The noise is also distracting to those in class.

Changing Rooms: There are separate changing rooms for males and females where you may change into your uniform. (Rest rooms are located across the hall from the studio entrance on both floors.) If you need to change, please allow

School guidelines & policies (continued)

enough time before the scheduled class time. All bags and shoes are to be placed in the “cubbies” in the waiting area or along the walls of the workout area. Please do not leave any personal belongings in the school for any extended period of time. The staff or studio is not responsible for any lost or stolen items left in the studio.

Uniforms: The white uniform is the standard uniform for students in our Trial Program. If you are enrolled in our regular program, you may also wear the red uniform which you will receive at enrollment. Black Belt students may wear black uniforms. Only instructors are allowed to wear other color/style uniforms. Uniforms must always have uniform patches and be clean, odor free, and pressed before each class.

Belt Testing: Testing for Ninja belts varies depending on the belt rank. The tests are held briefly at the end of class to highlight the students. They must have the proper number of classes and the required stripes to test. In order to help parents prepare, the test days are typically highlighted with a colored box on their card. *There are no testing fees for the KneeHigh Ninja (striped) belts.*

Sparring and Protective Equipment: Due to mandatory insurance regulations, all protective padding for the feet, hands, rib, and head, as well as a mouth guard and groin cup (males) is required for Sparring classes. School policy requires that only *approved* equipment be worn. This equipment can be purchased at the school. These classes are optional.

Tuition Payments: All monthly tuition payments are set up on an automatic payment system which runs the 5th of the month. This is processed automatically either with a checking account or credit card (MasterCard or Visa). In the event that your payment is declined a \$15 surcharge will be applied.

Vacations: The school is typically closed for most major Holidays and for a 7 to 10 day period in the Summer (usually in July or August), a 7 to 10 day period between Christmas and New Years, and 1 week during Spring Break. If you will be missing class for vacation or an illness for a period of 2 weeks or longer, please notify the school via e-mail or certified letter to receive an extension of missed time. You are still expected to make payments on your program during the time you are away. If you miss class for less than 2 weeks, please e-mail us so we can discuss making up the missed classes.

E-mail/School Newsletter: E-mails are periodically generated to inform students of any important dates such as graduation, school closings, events, etc. E-mail addresses are never shared. Please be sure that we have your best e-mail address on file and that all responsible parties (spouse, nanny, etc.) receive notices that apply to your child. Our e-mail address is arlington@tkdlifeskills.com.

Jhoon Rhee Arlington Website: Please visit our website at www.arlingtonkicks.com. The website supplies a wealth of information and downloadable content such as schedules, manuals, curriculum, videos, and informational handouts. Information such as upcoming events and school closings is updated often.

Studio procedures for students

Behavior

1. Respond to all instructor questions with “Yes Ma’am” or “Yes Sir.” All students must address Black Belts as “Sir” or “Ma’am.” This is to show respect and also to help develop humbleness.
2. In accordance with respectful Korean customs and traditions we give and receive things from each other using two hands.
3. Do not wear socks or shoes in the workout area or chew gum.
4. All students must Bow when entering or leaving the Dojang. This is to show respect for the place where we build our character and strength.
5. All students are expected to be considerate and well-behaved. Adult students are expected to set a good example for junior students; advanced students are expected to set a good example to new students and to help such students whenever necessary.

Student Creed

Recited at the opening of each class:

“To build true confidence through Strength in my Body, Honesty in my Heart, and Knowledge in my Mind. To keep friendship with one another and to build a Strong and Happy community. Never fight to achieve selfish ends, but to develop Might For Right!”

Class Closing

<i>Instructor:</i>	<i>Student Response:</i>
Class dismissed!	Might for right!
Might for right!	Attitude!
How do we lead?	By example, sir!
Thank you, class!	Thank you, sir!

Korean Commands & Numbers

<i>Korean:</i>	<i>English:</i>
Chario	Move to Attention
Kyoung Nay	Bow (For Respect)
Shio	At Ease
Joon bee	Ready Stance
She jak	Begin
Goman	End
Dojang	Tae Kwon Do School
Tae Kwon Do	The way of the feet and hands
Diro Dorah	Turn
Dobok	Uniform
Hana	One
Dool	Two
Set	Three
Net	Four
Tausut	Five
Yausut	Six
Ilgope	Seven
Yaudul	Eight
Ahope	Nine
Yaul	Ten

Belt progression & curriculum

Belt Rank	Belt Test	Belt Achievements
White	Student Creed	Red/Blue
Yellow Stripe	9 Second Bow	Red/Blue
Orange Stripe	Stranger Danger	Red/Blue
Green Stripe	Front Punch, Back Punch, Front Kick	Red/Blue
Purple Stripe	Kamsah (First 4 Moves)	Red/Blue
Blue Stripe	Blocks & Reflexes	Red/Blue
Red Stripe	Block Combinations	Red/Blue/Black
Brown Stripe	3 Count Round Kick	Red/Blue/Black
Black Stripe	Kamsah (All 10 Moves)	Red/Blue/Black/Black
Double Yellow Stripe	4 Count Side Kick	Red/Blue/Black/Black
Double Orange Stripe	All KneeHigh Ninja Curriculum	Red/Blue/White/Black/Black
Double Green Stripe	1st Three White Belt Basics (defensive/offensive)	Red/Blue/White/Black/Black
Double Purple Stripe	1st Two White Belt Sparring Basics	Red/Blue/White/Black/Black
Double Blue Stripe	4th White Belt Basic (defensive/offensive)	Red/Blue/White/Black/Black
Double Red Stripe	5th White Belt Basic (defensive/offensive)	Red/Blue/White/Black/Black
Double Brown Stripe	All Previous Curriculum	Red/Blue/White/Black/Black

White belt & student creed

Belt Concept: Attention and Respect

The White Belt is the first belt earned and to receive it, a “KneeHigh Ninja” student must be able to memorize and recite the Student Creed. When your child has memorized the creed, please let an Instructor know that you are ready to test before the start of your next class.

Student Creed

“To build true confidence through Strength in my Body, Honesty in my Heart, and Knowledge in my Mind. To keep friendship with one another and to build a Strong and Happy community. Never fight to achieve selfish ends, but to develop Might For Right!”

White belt & student creed (continued)

Earning the first belt builds tremendous Confidence and Self -Esteem in our young students. Therefore, it is important to help your child memorize the creed and earn the white belt within the first few days/weeks of enrolling in the

trial program. You'll be surprised how hard your child will work to earn the first belt.

From the point at which a student earns the white belt, he or she will be tested at specific intervals for a new striped white belt. Practicing a "9 Second Bow" drill is required for the next stripe belt.

Personal development & curriculum achievements

The achievement system was developed to help make sure your child succeeds not just in Tae Kwon Do, but outside as well. The system's goal is to help develop positive life skills that are "transferable" from the Tae Kwon Do class to home and school. Achievement tapes are a great way to build your child's self-esteem, as well as help them build a positive attitude. They are awarded at the end of class in front of their peers. This is one way Jhoon Rhee Tae Kwon Do uses positive reinforcement in your child's development.

Red Achievement Tape (Attitude at Tae Kwon Do):

This achievement is earned when the student is able to demonstrate great attitude throughout several classes.

Blue Achievement Tape (Attitude at Home): This achievement is earned when a student turns in a note from home describing something positive they have done to show great attitude (i.e., say-

ing "Yes Sir/Ma'am," completing chores without being asked). This note should be turned in with their attendance card. The note will be read in front of class.

White Achievement Tape (Attitude/Effort in School):

This achievement begins at the rank of Double Orange Stripe Belt and is earned when a student turns in an item from school demonstrating great attitude or effort there (i.e., note or good report from their teacher, a good grade from school, or a report card). This should be turned in with their class card. The item will be reviewed in front of class. In the summer, a note describing something new the student has learned will suffice.

Black Achievement Tape (Basic Curriculum Proficiency):

This achievement begins at the rank of Red Stripe Belt and is earned when a student demonstrates basic proficiency of their tae kwon do techniques during class. This helps motivate

Personal development & curriculum achievements (continued)

the student to learn their curriculum. It also helps the instructor's know what areas students may need help with.

Black Achievement Tape (Advanced Curriculum Proficiency): This achievement begins at the rank of Black Stripe Belt and is earned when a student demonstrates advanced proficiency of their tae kwon do techniques during class. It is only awarded after a student has already earned their first Black Achievement Tape. Again, this helps reinforce and motivate the student to learn their curriculum. It also helps the instructors know what areas students may need help with.

After a student has earned all the appropriate achievement tapes, completed the minimum number of classes, and done their best in class, he/she is ready to test for the next striped belt.

Some students, with an instructor's recommendation, may be asked to move out of the KneeHigh Ninja Program and up to the advanced Junior Program. Entry into this more demanding program will be dependent upon age, developmental level, knowledge/proficiency with curriculum, and instructor approval.

Self-protection worksheet

What to Know

Your Name _____

Address _____

Phone Number _____

Secret Password (don't tell) _____

Mother's Name _____

Father's Name _____

Neighbor's Name _____

Neighbor's Phone Number _____

Description of Parent's Car _____

Who is a stranger? _____

How do you answer the phone or door? _____

When do you use 911 and how do you call? _____

What do you say on 911? _____

What to Recognize

False authority: pretending to be someone that they are not (Police Officer).

Bribery: offering things; money, toys, candy, etc.

Crisis: false emergencies.

Danger: lying about actions or situations that the child is in.

Ego: appealing to the child's self-image.

False Caring: offering sympathy or empathy with the child's situation.

Games: using play to manipulate the child's actions.

Help: asking the child for assistance.

Idol: pretending to be a person of importance to the child.

Jobs: offering the enticement of reward in exchange for help.

What is dangerous touching?

What is a dangerous place?

What is a safe place?

What do strangers look like?

What to Do

Keep away at least 3 feet: If someone you don't know approaches you, take 3 steps back.

Don't talk to strangers: *Always* ask permission from your parents before you do anything with a stranger; you must see and hear your parents give you permission (strangers may trick children that they talked to a parent and permission was granted).

Yell: Attract attention to get help, let people know that you are in trouble. *No! You're not my (mom, dad, parents)! Fire! Help!*

Run to a safe place: a store or neighbor's home.

Tell: go tell somebody you know.

Stay close: in stores and malls, stay with your parents.

Follow your parent's rules.

Parents: be careful about monogramming or writing your child's full name on clothing or bags; strangers use this information to lure children!

Create a "Safety Code Word" for your child.