



jhoon rhee tae kwon do

Adult 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! 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.

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. *Quiet please!* Please be considerate to others

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 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

School guidelines & policies (continued)

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 neat before each class.

Belt Testing: Testing is generally held every month. You will always be notified when you are nearing your test date. Students who pass the test for the gold belt or higher rank will receive their belt during a formal school graduation (testing fees apply). At the graduation the student will receive a belt and diploma. The Black Belt Test is a separate event conducted with the Black Belt candidates from other Jhoon Rhee schools.

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.

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. Our e-mail address is office@arlingtonkicks.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

Conduct

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	Approximate Timeline	
2nd Dan Black Belt		
1st Dan Black Belt	36 - 42 months	Students enrolled in the Adult Program advance in rank according to the belt ladder on the left.
1st Brown <i>(Half Brown/ Half Black)</i>		Students will test approximately every 3 to 4 months for the solid color belts.
2nd Brown <i>(and High 2nd Brown)</i>		Please be sure to download your curriculum requirements sheet from our website every time you move up to a new solid colored belt.
Red		
Blue	18 - 24 months	
Purple		
Green		
Orange		
Gold	3 - 5 months	
White		
No Belt (trial)		

White belt essentials

Belt Concept: Attention and Respect

The White Belt is the first belt earned and to receive it, a student must be able to memorize and recite the Student Creed. When you have 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!”

Equipment requirements

School policy requires our students to use equipment that is branded as and meets the code of JRI Arlington School. No other equipment is allowed.

The following is a list of the equipment that will be needed at various belt ranks. Please be sure to label all your equipment with a permanent marker.

Jhoon Rhee Tae Kwon Do is not a “full contact” or “MMA” school. Only “light” contact in sparring is allowed. Emphasis is placed on technique and control. All students must wear all mandatory protective gear (see above) in order to spar. Incidences of contact that is deemed “excessive” will result in suspension of the student’s sparring time and will require subsequent training to ensure the student is ready to return to sparring.

White Belt: Hand Guards.

Gold Belt: Foot and Shin Guards, Chest Guard, Groin Cup (males), Head Guard with Face Shield, and Mouth Guard.

Purple Belt and Higher: Belt Stretcher.

Brown Belt: Music Forms CD and both the American and Korean flags.

Personal development & curriculum achievements

The achievement system is designed to motivate students to learn their curriculum and to encourage personal development. Achievement tapes are awarded at the end of class in front of your peers. This is one way Jhoon Rhee Tae Kwon Do uses positive reinforcement in your progress.

Red Achievement Tape (Tae Kwon Do or Fitness Related Goal): This achievement is given when an adult turns in a “Goal Sheet.” This goal should be related to specific training, Tae Kwon Do curriculum, or fitness goals that the student has. This assists the student in reaching their training goals and also helps the instructors better understand what training goals the student has.

Blue Achievement Tape (Physical): This achievement is given at the instructor’s discretion. It may be given after a student shows improvement in flexibility, strength, or endurance. As long as a student shows physical improvement in class, he/she will be rewarded with a stripe.

White Achievement Tape (Goal Setting): This achievement is given when an adult turns in a “Goal Sheet.” At times, the difference between whether a goal is accomplished or not can be as simple as writing it down. The goals can be anything that helps improve your life, from cleaning a certain room to setting professional goals.

Black Achievement Tapes: There are three Black Achievement Tapes at each belt level to cover technical aspects of the curriculum, such as basics/combinations, forms, and sparring.

Silver “Testing” Tape: You must prove proficiency in the curriculum in order to move from tip to tip, signified by a silver stripe awarded by an instructor. Once you receive this stripe you will be eligible to test.

Adult goal sheet

Name _____

Red (TKD or Fitness Goal)

or

White (Personal Goal)

Check here if you do not wish to have your goal read in class.

1. What is your goal?

2. Steps you will take to accomplish this goal.

3. Approximate time frame in which you hope to complete this goal.

Please copy this sheet for each goal at each belt level.