



jhoon rhee tae kwon do

Junior and Teen 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 neat (wrinkle free) 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. If you miss class for less than 2 weeks, please e-mail us so we can discuss making up the missed classes.

Tae Kwon Do Notebook: All students in High School and below are required to keep a Tae Kwon Do notebook (like a scrapbook of your progress in the program).

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 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

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	Approximate Timeline	
2nd Dan Black Belt	36 - 42 months	Students enrolled in the Junior and Teen Program advance in rank according to the belt ladder on the left.
1st Dan Black Belt		
1st Brown	18 - 24 months	Earning the first belt builds tremendous confidence and self-esteem in our young students. Therefore, it is important for parents to help their child prepare for the white belt test within the first few weeks of enrolling in the trial program. Parents will be surprised how hard a child will work to earn the first belt.
<i>High 2nd Brown</i> 2nd Brown		
<i>High Red</i> Red		
<i>High Blue</i> Blue		
<i>High Purple</i> Purple		
<i>High Green</i> Green	3 - 5 months	Prior to receiving the next of each solid colored belt, a junior student will receive a striped belt (current belt color with a stripe of the next belt color.) This is referred to as the “high belt” of that color; for example, “High Gold Belt.” <i>If you are a teenager, and have been given permission to attend adult classes, then you will not receive the high belts.</i>
<i>High Orange</i> Orange		Once a junior student earns his/her Gold Belt, the testing cycle will be every 3 to 4 months for the next solid colored belt.
<i>High Gold</i> Gold		Please be sure to download your curriculum requirements sheet from our website every time you move up to a new solid colored belt.
<i>High White</i> 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.

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.

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.

Personal development & curriculum achievements

The achievement system was developed to help make sure you succeed 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 self-esteem, as well as help you build a positive attitude. They 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 development.

Red Achievement Tape (Attitude at Tae Kwon Do):

This achievement is earned when you are able to demonstrate great attitude throughout several classes.

Blue Achievement Tape (Attitude at Home):

This achievement is earned when you turn in a note from home describing something positive you have done to show great attitude (i.e., saying "Yes Sir/Ma'am," completing chores without being asked). This note should be turned in with

your attendance card. The note will be read in front of class.

White Achievement Tape (Attitude/Effort in School): This achievement is earned when you turn in an item from school demonstrating great attitude or effort there (e.g., note or good report from your teacher, a good grade from school, or a report card). This should be turned in with your class card. The item will be reviewed in front of class. In the summer, a note describing something new you have learned will suffice.

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.

Your notebook

Tracking Your Progress

Every student in the regular program must maintain a Tae Kwon Do notebook in order to keep track of your progress. (Ninja students and adults over 18 not in high school are not required to start a notebook, but it is still recommended.) The notebook should be a plain three-ring binder (no fancy notebooks, please; minimum ring size of 2-1/2 inches). The notebook should have a plastic cover so you can slide a picture of yourself or a title sheet with your name. The color of the notebook is up to you.

At each belt testing, your notebook will be checked and graded as part of your test. A copy of your most recent report card must be included for those in high school and below.

Building Your Notebook

Each individual sheet of information you put in your notebook must have a plastic protective page cover. We recommend that you buy a box of 100 sheet protectors (available at most office supply stores). Please organize the contents of

your notebook into the following sections with tab dividers (use tab dividers that work with your sheet protectors). If you would like to see a sample notebook, we have one available in our office.

1. **TKD Studio Information:** Print this Program Guide and place each sheet in a sheet protector. A copy of the most recent class schedule should also be included as the first sheet in this section.
2. **Academic Report Cards:** From your academic school. Originals or copies.
3. **Examination Requirements:** A sheet for each belt level (these can be downloaded from our website).
4. **Community Service:** Information on any community service activities in which you have participated.
5. **Philosophy/Life Skills:** These are the paragraphs that you write for the “Intent To Promote” requirements prior to your belt test.
6. **Tournaments:** A journal of the tournaments in which you competed and the results.
7. **Jhoon Rhee Diplomas/Certificates:** You may use copies if you wish to frame the originals.
8. **Miscellaneous:** Any other martial arts materials you wish to include in your notebook, such as news articles, photographs, drawings, etc.

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.