

2012 Jhoon Rhee Arlington Schedule

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703-532-RHEE (7433)

KNEEHIGH NINJA SCHEDULE (30 min⁺) Ages 4 to 7

Belt Rank Color designates center stripe through belt	Mon		Tues		Wed		Thur		Fri		Sat	
	Floor A	Floor B	Floor A	Floor B	Floor A	Floor B	Floor A	Floor B	Floor A	Floor B	Floor A	Floor B
Kneehigh Ninjas No Belt and White, Gold	2:30	4:20	6:00		2:30 4:30		6:00		6:15		10:00 am	
Kneehigh Ninjas Orange Belt	2:30	4:20	5:00 6:00		2:30 4:30		6:00		6:15		10:00 am	
Kneehigh Ninjas Green Belt	2:30	4:20 6:00	5:00 6:00		2:30 6:00 Handpads		4:20 Handpads	6:05	5:00		9:15 Handpads	
Kneehigh Ninjas Purple and Blue Belt	2:30	6:00		4:30	2:30 6:00 Handpads		4:20 Handpads	6:05	5:00		9:15 Handpads	
Kneehigh Ninjas Red and Brown Belt		5:00 Full Gear		4:30		6:05 Full Gear	4:20 Handpads	6:05	5:00		10:45 Full Gear	
Kneehigh Ninjas Black Belt and Higher		5:00 Full Gear				6:05 Full Gear		4:30 Handpads			10:45 Full Gear	

Owners / Instructors – Master Barry Shackelford, M.S., Master Francis Pineda

Instructors – Mrs. Deanna Hawk, Ms. Anna Rome, Mr. Fernando Gan, Mrs. Clare Bournigal, Mr. Rodrigo Mendoza

Kardio Instructors – Mrs. Leilani Quinn, Ms. Katherine Arnwine



- **PUNCTUALITY** – Class credit will only be guaranteed to those students who arrive to class on time. Please be at the school approximately 10 minutes **before** listed class 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.
- Junior and adult students may attend any lower level rank class at your age level for ½ class credit.
- **PRIVATE LESSONS (20 minutes)** may be scheduled with a Black Belt Instructor for \$30 (\$25 MEMBER RATE). \$5 charge for additional family members. Please schedule an appointment. Available times: M: 5:30, T: 5:30, W: 3:00, 4:45, Th: 5:00, 5:15.
- Parents of children age 6 and under **must** remain for the duration of the class. Children age 9 and under **must** be escorted to and from the school.
- We encourage you to park in the free garage parking (behind/beneath Harris Teeter) and utilize the back entrance.

JUNIOR / FAMILY SCHEDULE (45 min⁺) Ages 7 and up

Belt Rank	Mon		Tues		Wed		Thur		Fri		Sat	
	Floor A	Floor B	Floor A	Floor B	Floor A	Floor B	Floor A	Floor B	Floor A	Floor B	Floor A	Floor B
White		6:30		5:15		5:15				5:15	12:15	
Gold	6:30			5:15	5:15				5:30			12:30
Orange	4:15			6:00	6:45	3:30		5:15			1:00	
Green	4:15			6:00	6:45	3:30		5:15			1:00	
Purple			4:15			3:30	6:45			6:00		1:15
Blue			4:15			3:30		6:45		6:00		1:15
Red				6:45		4:30		6:45	4:15		11:30 am	
2nd Brown	5:00			6:45		4:30			4:15		11:30 am	
1st Brown	5:00					6:45	5:00			4:15		11:30 am
Black / Green Tip and ↓			6:45			6:45				4:15		11:30 am
Black / Purple Tip and ↑	5:45		6:45			6:45						

TEEN / ADULT SCHEDULE (45 - 60 min)

Belt Rank	Mon	Tues	Wed	Thur	Fri	Sat
White & Gold (Floor)	7:30 (B) Adults must have complete sparring gear	7:30 (B)	7:30 (A)	7:30 (B)	6:45 (B)	1:45 (A) Teen Class All Ranks (13 – 19 yrs. old)
Orange – Black (Floor)		7:30 (B)	7:30 (B)	7:30 (B)	6:45 (B)	
		6:45 Black (B)	6:45 Brn / Blk (B)	6:45 Red (B)		

KARDIO KICKBOXING (60 min) Ages 13 and up

Kardio Kickboxing		7:30 Floor A				8:00 am Floor B
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*Class ending time may exceed the scheduled time by 5-10 minutes for stripe/belt recognition and awards.