

Student Manual

Knee High Ninjas

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jhoon rhee tae kwon do

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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. 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. There are 10 Jhoon Rhee studios in the Washington Metropolitan area, and an additional 20 plus affiliated studios and clubs throughout the country, and the world.

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 two movies; "When Tae Kwon Do Strikes" and "The Silent Master". 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. 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 over 80% of our young students are attaining the required average or above within a year of beginning our program. 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. Be sure to read all the enclosed material before you test for your White Belt. Most of the questions you may have should be answered by the information in this packet. 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." On behalf of our current students, the staff, and Grand Master Jhoon Rhee, we thank you for your trust in our program and welcome you to the Jhoon Rhee Family.

Sincerely,

Master Shackelford and Master Pineda

About Your Membership

There are two types of membership in our Institute:

- 1. Introductory 4 Week Membership (You are Here!)**
- 2. Regular School Membership**

During your trial membership, please remember the following:

1. Arrive to class on time! We suggest children dress in their uniform prior to arriving at the school.
2. A parent or guardian must escort children age 9 and under to and from the school for classes.
3. A parent or guardian must be in the school during class for children age 4 to 6, and in the vicinity of the school for students age 7 to 11.
4. You are limited to any 2 appropriate age and rank level classes per week in the trial program. Regular membership extends student classes to 3 for juniors and unlimited for adults.

You are currently enrolled in the Introductory 4 week Membership. By the start of the 3rd week, please arrange a conference with an instructor to discuss the options you have with enrolling in our regular membership.

Studio Procedures

VERY IMPORTANT INFORMATION: PLEASE READ CAREFULLY!

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 Entrance." The parking garage is only open to patrons during normal shopping center hours.

Changing Rooms:

There are separate changing rooms for males and females where you may change into your uniform. (Rest rooms are located directly across the hall, as well as at the second entrance to the Lower Level shops.) 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 on the walls of the work out 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.

Patches:

Four patches are required on your uniform; the American Flag (placed over the right shoulder), Korean flag (placed over the left shoulder with the red crest on top), the Jhoon Rhee Institute "Fist" patch (placed over the left chest), and the Jhoon Rhee International patch (placed over the right chest).

Practicing at Home:

Practicing at home is vital for the student to progress in martial arts training. 80% of what a person learns is directly attributed to the amount of time a student spends taking what they learned in class and practicing it at home. All you need is a little space and as little as 15 minutes a day. Not having enough space or time is no excuse not to practice! Some of the activities, such as stretching and balancing, can be done while you are wasting your time watching TV! The best time to practice would be before dinner or as a study break from homework. Remember the saying, "Perfect practice makes Perfect." If you are not sure about any of these activities please ask your instructor. Practice takes discipline and in order for it to be effective, you must develop a habit of practicing. Start today and monitor your progress for 21 days straight, by then you should have developed a habit of practicing.

Email Newsletter:

On a regular basis, emails are sent out to inform students of any important events such as graduation, school closings, party's, etc. Please be sure that the studio has your home or work email address. Email addresses for each school are listed on the cover of this manual.

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 is required. School policy requires that only APPROVED equipment be worn. This equipment can be purchased at the school. It is a requirement that White belt students beyond the trial have the hand pads. Once a student has achieved the level of gold belt, the rest of the protective gear is required. All sparring activities must be supervised by an adult Black Belt.

Tae Kwon Do Notebook:

All students in Junior High School and below are required to keep a Tae Kwon Do notebook (like a scrapbook of his/her progress in the program). Not required for "Kneehigh Ninjas" but is optional. Information on this notebook is enclosed on a separate sheet.

Testing and Graduations:

Testing for Ninja belts occurs every 10 to 20 classes, depending on the belt rank. The tests are held briefly at the end of class to highlight the students. The must have the proper number of classes and both the red and blue (provided from the parent through a note) 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.

Tuition Payments:

All tuition payments are due no later than the 5th of the month and must be set up automatically either with a debit card, credit card (Mastercard or Visa), or checking account. If you go on vacation you are still expected to make payments on your program during the time you are away. Please be sure to let the school know in writing, **prior** to your vacation/travel that you will be missing class. Extension of missed time is given to students with proper notification to the school.

Uniform:

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

Vacations:

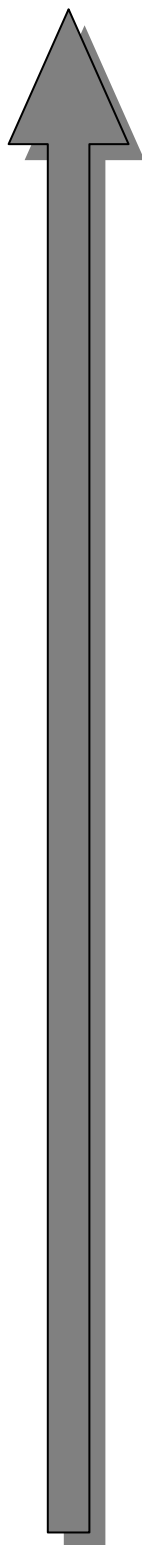
The school is typically closed for most major Holidays and for a 7 to 10 day period in the Summer (usually in July or August) and a 7 to 10 day period between Christmas and New Years. If you will be missing class for vacation or an illness for a period of more than a week, please notify the program director in writing. You are still expected to make payments on your program during the time you are away. Extension of missed time is given to students with proper notification to the school.

Jhoon Rhee Arlington Website:

Please check our website at www.ArlingtonKicks.com. The website supplies a wealth of information and downloadable content such as schedules, manuals, curriculum, and informational handouts. Information such as upcoming events and school closings is updated often.

You will receive periodic school newsletters with important information. Please be sure that we have your most current e-mail address on file. Please be aware that Jhoon Rhee Arlington will never share your e-mail address.

“Kneehigh Ninja Belt Progression



“Gold” Belts

Students enrolled in our "Kneehigh Ninja" program will advance in rank according to the belt ladder to the left.

Double Black Stripe

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 the Master instructor know that you are ready to test before the start your next class.

Black Stripe

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.

Brown Stripe

Red Stripe

From the point at which a student earns the white belt, he or she will be tested every 10-20 classes for a new striped white belt. Practicing a “Stranger Danger” drill is required for the next stripe belt.

Blue Stripe

Purple Stripe

Some students, with an instructor's recommendation, may be asked to move out of the Kneehigh Program and up to the advanced junior classes. Entry to into the Junior class schedule will be dependent upon age, developmental level, knowledge/proficiency with curriculum, etc.

Green Stripe

Orange Strip

Gold Stripe

White Stripe

No Belt (Trial)

Belt Requirements:

- White Belt: Recite Student Creed
- Gold Stripe: 10 classes after white belt; Stranger Danger
- Orange Stripe: Perform 9 seconds of discipline
- Green Stripe: Perform Basic #1 (Front Punch)
- Purple Stripe: Perform Basic #2 (Back Punch)
- Blue Stripe: Perform Basic #3 (Front Kick)
- Red Stripe: Perform high, side and low blocks
- Brown Stripe: Perform "Kamsah" form
- Black Stripe: Perform Basic #4 (Side Kick)
- Double Black Stripe: Perform Basic #5 (Round Kick) ½
- Gold/White Belt: Perform all Basics 1-5
- Gold with White Stripe: Various Curriculum

Additional Testing Requirements:

- 3 count Front Kick*
- 3 count Round Kick*
- 4 count Side Kick*

Belt Stripes

What are the Stripes?

The stripe 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. Stripes are a great way to build your child's self-esteem as well as help them build a positive attitude. This is one way Jhoon Rhee Tae Kwon Do uses positive reinforcement in your child's development.

Personal Development Stripes

Red Stripe (Attitude) - This is a class attitude stripe. The instructor will give a student this stripe when they show great attitude in class or significant improvement in a certain skill.

Blue Stripe (Home Stripe) – This stripe is given when a student turns in a note from home or school describing something positive they have done to show great attitude (i.e., saying "Yes Sir/Ma'am", completing chores without being asked, completing a school assignment, etc.) This note should be turned in with their class card. The note will be read in front of class and they will receive a stripe in front of their peers.

After a student has received both stripes and completed the minimum number of classes, he/she is ready to test for the next striped belt. Please see the Kneehigh Ninja Program levels of progression for a listing of the requirements for each belt.

Studio Rules

1. Arrive to class on-time. Students late more than 10 minutes may not be allowed to enter class. Students must ask the Instructor permission to enter class and may be denied.
2. NO FOOD IN THE SCHOOL. Do not chew gum or eat in the school. Drinks are allowed only in the waiting area.
3. Respond to all instructor questions with "Yes Ma'am" or "Yes Sir".
4. All students must address Black Belts as "Sir" or "Ma'am". This is to show respect and also to help develop humbleness.
5. Loud talking, playing, rowdy behavior, foul language, etc. will not be tolerated in the school.
6. Uniform must be worn in the workout area and must be kept clean and neat at all times.
7. All students are expected to be considerate and well-behaved. Adult students are expected to set a good example to junior students; advanced students are expected to set a good example to new students and to help such students whenever necessary.
8. Do not wear shoes in the workout area.
9. You must wear all the required school code equipment in order to spar.
10. 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.

<h2>Notebook Information</h2>

Every student in the regular program (ninja students not required to start a notebook, but recommended) must keep a Tae Kwon Do notebook. The notebook should be a plain (no fancy notebooks please!) three-ring binder (minimum ring size of 2-1/2 inches), with a plastic cover so you can slide a picture of yourself or a notebook title sheet **with your name**. The color of the notebook is left to the discretion of the individual student.

Before any belt testing your notebook must be checked by an instructor prior to the exam date and must be up-to-date before you will be allowed to take the exam. This includes a copy of the most recent report card for those in high school and below.

VERY IMPORTANT!

Each individual sheet of information you put in your notebook must have a plastic protective page cover. Highly recommended that you buy a box of 100 sheet protectors available at office supply stores. Please also organize the contents of your notebook into the following sections with tab dividers: (Purchase tab dividers that can be used with the sheet protectors)

1. **School Information** (unstaple this manual and place each sheet in a sheet protector. A copy of the most recent class schedule should be the first sheet in this section)
2. **Academic Report Cards** (from your academic school. Originals or copies)
3. **Examination Requirements Sheet for each belt level** (The school will provide a copy of belt requirements upon request.)
4. **Community Service** (information on any community service activities you have participated in)
5. **Philosophy/Life Skills** are the paragraphs you write yourselves in the listed in your "Intent To Promote" requirements prior to your belt test.
6. **Tournaments** (a journal of the tournaments you competed in and the results of your performance)
7. **Jhoon Rhee Diplomas/Certificates** (copies if you wish to frame the original.)
8. **Miscellaneous** (Any other martial arts material you wish to put in your notebook. News articles, pictures, drawings, etc.)

Equipment Requirement

SCHOOL POLICY REQUIRES STUDENTS TO
WEAR ONLY JRI ARLINGTON SCHOOL CODE/BRAND GEAR

Kneehigh Ninja (Green Stripe & up): Hand Guards

Advanced Ninja (Red Stripe & up):

Hand, Foot, and Shin Guards, Chest Guard, Groin Cup (males),
Head Guard and Mouth Guard

*Please be sure to label all your equipment with a permanent marker.

Uniform Patches

American Flag:

Right Shoulder, below seam

Jhoon Rhee International Patch:

Over the right chest (*Do not iron this patch! It will burn*)

Korean Flag:

Left Shoulder below seam.
Red Crest up, along the seam!

Jhoon Rhee School Patch:

Over the heart

Patches for your uniform will be given to you when you enroll into the regular program after your trial period. Pin the patches on while wearing them to determine placement prior to sewing. Patches are best sewed on the uniform.

Uniform Patch Placement Guide

RIGHT



American Flag



LEFT



Korean Flag
Red side is on top

- * Jhoon Rhee "Fist" patch is on the left side, International "Bowling" patch is on the right.
- * American and Korean patches should be 1 inch from shoulder seam.
- * Patches must be sewn, not ironed.
- * Additional patches, such as tournament patches, must be approved by your instructor.

**No Belt (To White Belt)
Curriculum**

BELT CONCEPT: ATTENTION AND RESPECT

White Belt Curriculum

A. Recite Student Creed (Need to memorize and recited for test):

"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!"

B. Recite 4 Daily Affirmations:

I like myself because I always take action to make good things happen.
I am humanly perfect because I never make mistakes knowingly.
I am wise because I always learn something good everyday.
I am happy that I am me because I always choose to be happy.

C. Recite Class Closing:

<p>INSTRUCTOR Class Dismissed! Might For Right! How Do We Lead! Thank You Class!</p>	<p>STUDENT Might For Right! Attitude! By Example Sir! Thank You Sir!</p>
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D. Korean Commands:

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

How To Tie Your Belt



1. Start with center of belt in the middle



2. Wrap around and tuck one side underneath.



3. Wrap back around to front. One strip is underneath the other.



4. Bring both ends to the front ensuring equal length.



5. Tuck top strip underneath both loops.



6. Pull to tighten. One strip will be upwards, the other downwards.



7. Place top strip across other strip.



8. Place top strip through loop.



9. Pull sideways to tighten.

<p>Daily Dozen Stretching Exercises</p>

1. Single leg pull
2. Abdomen bending
3. Leg split and bending
4. Bridge from a sitting position
5. Cross-leg hip twist
6. Upper body push-up
7. Vertical-leg twist
8. Bow
9. Reverse-toe touch
10. Bridge from a lying position
11. Front stretch
12. Side stretch

Self-Protection Worksheet

WHAT TO KNOW

Your Name _____
 Address _____

 Phone No. _____
 Password (don't tell) _____

Mother's Name _____
 Father's Name _____
 Neighbor's Name _____
 Phone Number _____

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 somebody you know
- Be careful in stores and malls - stay close to 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.