

# 2019 JRI Falls Church Schedule

Belt Rank	Mon	Tues	Wed	Thurs	Fri	Sat
<b>KNEEHIGH NINJA SCHEDULE</b> (30 min) Ages 4 to 7 Limit 2 classes per week						
<b>4 &amp; 5 year olds</b>	---	4:30	---	4:30	5:15 <small>5 year olds only</small>	9:00 am
<b>6 &amp; 7 year olds</b>	---	5:00	4:30	5:00	5:15	9:45 am
<b>JUNIOR SCHEDULE</b> (Weekdays 45 min/Saturdays 30 min) Ages 7.5 -12 Limit 3 classes per week						
White / (Eagle Belts)	4:30	---	6:30	---	5:45	10:30 am (45 min)
Gold	5:15	---	5:45	---	6:30	10:30 am (45 min)
Orange/Green	6:45	5:30	---	---	4:30	12:15 pm
Purple/Blue	---	6:15	5:00	5:30	---	12:45 pm
Red/Brown Advanced Brown	6:00	---	---	6:15	7:15	1:15 pm
<b>TEEN/ADULT &amp; BLACK BELT SCHEDULE</b> (weekday 45-60 min) Ages 12 & up						
White to Brown Belt	7:30 pm (60 min)	7:45 pm (60 min)	---	7:45 pm (60 min)	---	see above
<b>BLACK BELT</b> <small>Green Stripe &amp; lower</small>	---	7:00 pm	7:15 pm (60 min)	---	---	11:15 am (60 min)
	<small>Blue stripe &amp; up</small>	---		7:00 pm		

**Master Instructors:** Master Chun Rhee (7th Dan) Master Manuel Bonilla (6th Dan) Master Jackie Curiel (4th Dan)

**Senior Instructors:** Mr. William Nixon (2nd Dan)

**Black Belt Assistants:** Mr. Nathaniel Wyerman (2nd Dan) Mr. Simon Jones (2nd Dan) Ms. Riya Saran (2nd Dan)  
Ms. Avery Tarutani (2nd Dan) Ms. Lucy Gravholt (2nd Dan)

**Office Manager:** Mrs. Desha Nixon (1st Dan)

- Attendance:** Students in the Ninja Program may attend 2 classes per week. Students in the Black Belt Club (BBC) may attend 3 classes a week (maximum 2 weekday classes and 1 Saturday class). BBC students may attend any lower rank class at your age level for class credit.
- Please be on time!** Students who are late (once the student creed has been recited) will not be allowed to participate in class.
- Private Lessons:** (20 minutes) are available with a Black Belt Instructor. Rates will vary depending on the level of the instructor. E-mail your request to Master Rhee at RheeFC@gmail.com.
- Sparring Week and Forms Week:** Basics/Sparring week and Forms week alternate each week. Please check the emails we send for notification of the week we are in. All students must wear the full uniform during forms week. The Jhoon Rhee t-shirt is acceptable during Basics/Sparring Week and Saturday classes only. Please also remember to bring all required sparring gear.