2009 Schedule effective September 8th, 2009

2009 Jhoon Rhee Arlington Schedule

www.arlingtonkicks.com arlington@jhoonrheetkd.com 703-532-RHEE (7433)

KNEEHIGH NINJA SCHEDULE (30 min+) Ages 4 to 6

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 4:15		6:00		2:30 4:15		2:30 6:00		6:00		9:15 am	
Kneehigh Ninjas Orange Belt	2:30	4:20	6:00		2:30	4:30	2:30 6:00		6:00		9:15 am	
Kneehigh Ninjas Green Belt	2:30		6:00		2:30 6:00*		2:30 4:15*	6:05	6:00		10:45* am	
Kneehigh Ninjas Purple and Blue Belt	2:30			6:05	2:30 6:00*		2:30 4:15*	6:05	6:00		10:45* am	
Kneehigh Ninjas Red Belt and Higher		5:00**				6:05**		4:30*			10:00** am	

**** Ninja's are to bring Hand Pads only*** ***** Ninja's are to bring COMPLETE sparring gear***

Owners / Instructors – *Master Barry Shackelford, M.S., Master Francis Pineda*
Instructors – *Ms. Deanna Goelzer, Ms. Anna Rome, Mr. Fernando Gan, Ms. Lisa Rice*
Kardio Instructors – *Ms. Leilani Quinn, Ms. Adrienne Bambach, Ms. Anna Rome*
Assistant / Adjunct Instructors - *Mr. Thomas Lynch, Ms. Adrienne Bambach, Mrs. Clare Bournigal, Thomas O'Neil*

- **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. Rates may change w/o notice.
- 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				5:00		5:00		5:00		12:15	
Gold		6:30	5:00		3:30	5:15				5:00		12:30
Orange	5:45			5:15	3:30	6:45		5:15				2:00
Green		5:45		4:30	3:30		6:45				1:00	
Purple			4:15		3:30		6:45			4:15	1:00	
Blue			4:15				6:45		4:15			1:15
Red			4:15					6:45	4:15		11:30 am	
Brown	5:00				6:30				4:15		11:30 am	
Black				6:45	6:30				4:15			11:30 am

TEEN / ADULT SCHEDULE (45 - 60 min)

Belt Rank	Mon	Tues	Wed	Thur	Fri	Sat
White & Gold Floor A		6:45	7:30	7:30	6:45	1:45 (A) Adults must have complete sparring gear
Orange – Black (Floor)	7:30 (A)	6:45 (A) 6:45 Black (B)	7:30 (A) 6:30 Brn / Blk (A)	7:30 (A) 6:45 Red (B)	6:45 (A)	

KARDIO KICKBOXING (60 min) Ages 13 and up

Kardio Kickboxing		7:45				8:00 am

+Class ending time may exceed the scheduled time by 5-10 minutes due to stripe/belt recognition awards.