

## COULD THIS FIT?

# Every child, with a diagnosis or without one.

AGES 5-17

NO DIAGNOSIS  
NEEDED

MIXED COHORTS

### What families bring

Families arrive with all kinds of starting points: ADHD, autism, anxiety, trauma, depression, giftedness, sensory needs, hard transitions, trouble focusing, low confidence, or simply not belonging anywhere yet.

REGULATION

FOCUS

BELONGING

### What TRUETH plans for

Before your child starts, we plan the things that usually go wrong: sensory load, how instructions are given, mobility, pacing, what happens on a hard day, and how your child prefers to enter a room. That conversation is private and it happens before anyone asks your child to do anything.

SENSORY

COMMUNICATION

PACING

### What safety means here

Contact is controlled and taught progressively. Sparring is not the point. Instruction happens in an observable room with clear rules about physical contact. There is a named way to raise a concern and no retaliation for raising one. A child who leaves the mat has not failed.

OBSERVE

TOUCH RULES

CONCERN ROUTE

### Cost is the last conversation, not the first.

Sliding scale and full scholarships. No child is turned away because of cost.

## START HERE

# The first step is a conversation.

Tell us your child's age and one sentence about what is hard right now. That is enough to begin. You do not need a diagnosis, a referral, an IEP or any paperwork at all.

## WHAT HAPPENS NEXT

- 1 Share your context**  
Your child's age, and one thing that is hard.

- 2 Talk with the team**  
Fit, accommodations, scheduling and your questions.

- 3 Choose a next step**  
Visit and watch, or plan a start date. Both are normal.

EMAIL [hani@jointrueth.com](mailto:hani@jointrueth.com)  
CALL 425.931.2582  
WEB [trueth.group](https://trueth.group)

Visit before committing. Your child may watch from the side, and parents are welcome to observe.



**SCAN TO START**  
TRUETH Foundation  
Woodinville, Washington 98072  
501(c)(3) · EIN 39-2576788

### IF YOU NEED HELP RIGHT NOW

- If a child is in immediate danger call 911.
- For mental health crisis support in the United States, call or text 988.
- TRUETH is not a crisis service.

Tuition today runs from \$0 to \$195 and up per month. Cost is the last conversation, not the first.



TRUETH FOR FAMILIES

# No child is broken.

*Every child carries something extraordinary.*

TRUETH Jin Sun Do uses breath, patterned movement, emotional literacy and earned mastery to help children practice regulation in a room built for belonging.



Original TRUETH movement illustration, digitally generated. Not a photograph and not a likeness of any person.

AGES 5 TO 17 · NO DIAGNOSIS NEEDED

TRUETH complements professional care. It does not diagnose, treat, or replace medical, psychological or educational services.

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[trueth.group](https://trueth.group)

THE METHOD

Every session, three elements.

1. Structured breathwork

Repeatable breathing patterns practised before, during and after effort, so the child feels a state change in their own body rather than being told about one. Practice: settle, pace, recover.

BEFORE

DURING

AFTER

2. Movement sequences

Progressive patterns that build focus, coordination, discipline, persistence and control. The sequences are hard on purpose, because the point is mastering something real. Practice: try, adjust, repeat.

FOCUS

COORDINATE

CONTROL

3. Emotional literacy

Naming and communicating what is happening inside, inside a group where every child belongs and no one is the designated problem. Practice: notice, name, ask, repair.

NOTICE

NAME

COMMUNICATE

EVERY SESSION RUNS THE SAME WAY

ARRIVE

BREATHE

MOVE

NAME

EARN

Earned mastery

Children progress through belts, and each cohort ends with a Warrior Ceremony where the child receives their belt in front of their family and community. Belts are earned in person. Online learning does not award rank.

PROGRAMS + TUITION

The same method, sized to the child and the family.

Little Tigers

AGES 5-7

Shorter sessions, more repetition, turn taking, breath introduced through play.

Kids and teens

AGES 8-17

Longer sequences, regulation under effort, leadership, belt progression.

Inclusive cohorts

MIXED

Neurodivergent and neurotypical children train together, so no one is in the group because of a label.

Family program

PARENT + CHILD

A shared language for regulation, and the experience of doing something hard together.

Parent courses

CAREGIVERS

Regulation at home, predictable transitions, stepping in earlier, and protecting your own capacity.

MIXED COHORTS

ACCESS PLANNING

IN-PERSON BELTS

MONTHLY TUITION

\$0

Scholarship

No application or income proof required to begin.

\$45-95  
Supported

Your family contributes what it can. Supporters cover the gap.

\$145  
Standard

Roughly what one seat costs to deliver.

\$195+  
Sustaining

Covers your seat and helps create one for another child.

Included in every band: uniform, belt testing and Warrior Ceremony participation. Bands are private, never visible on the mat, and never discussed in front of students. If your circumstances change, the band changes with them, in either direction.

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YOUR FIRST VISIT

Predictable, pressure free, and clear.

1 Reach out

Share your child's age and one challenge. That is the whole first message.

2 Talk

A 15 to 20 minute conversation about what helps and what does not. You already know things no assessment will tell us.

3 Visit

Watch a session before committing. Your child can observe from the side. Some children do better knowing you are watching. Some do better knowing you are not. Both are normal.

4 Plan

Agree the accommodations, how we will communicate, and a private tuition band.

The first few weeks will be uneven.

A strong session followed by a hard one is not a sign this is not working. What we watch for is your child reaching for the breathing on their own, outside this room.

WHAT TRUETH WILL NOT DO

- Ask a family to stop therapy, medication or a treatment plan.
- Promise a clinical outcome.
- Shame a child for dysregulating.
- Turn a child away because the family cannot pay.

Same child. Same class. Same uniform. Same opportunity to earn.