



# Breese Summer Schedule 2019

\*\*\*\*\*Updated July 29<sup>th</sup> 2019\*\*\*\*\*

Ki-Do Karate, Inc. • 529 N. 1st Street • Breese, IL 62230 • 618-526-8272 • www.ki-dokarate.com

Ki-Do's 29<sup>th</sup> Anniversary!  
June 1990-2019

## Ki-Do Class Times 2019

Monday	Tuesday	Thursday
		DRAGONS 5:30-6:00
DRAGONS 6:00-6:30	DRAGONS 6:00-6:30	DRAGONS 6:00-6:30
	BTC 6:30-7:15	BTC 6:30-7:15
JR BLACK BELT 6:30-7:15	JR BLACK BELT 6:30-7:15	JR BLACK BELT 6:30-7:15
BLACK BELT 7:15-8:00	JR BLACK BELT 7:15-8:00	JR BLACK BELT 7:15-8:00
DEGREE 7:15-8:00	BLACK BELT 8:00-8:45	BLACK BELT 8:00-8:45
	DEGREE 8:00-8:45	DEGREE 8:00-8:45

*Beginner's Program* - Covers requirements for first belt. Scheduled by appointment.  
*BTC* - Basic Training Course, develops fundamental self-defense skills.  
*DRAGONS* - Specialized Children's Program emphasizing development of self-control, respect, focus, and confidence in a super fun environment.  
*JR BLACK BELT* - Junior Black Belt Training Course is an advanced level program designed to help students combat common life challenges, such as peer pressure & bullies. This program helps develop pride, self-image, discipline, concentration & decision making skills.  
*BLACK BELT* - Our special adult program focusing on self-defense & fitness in an energizing, safe & friendly environment.  
*Black Belt Club* - Students enjoy earning special prizes and patches while developing Black Belt Life Skills for their everyday lives.  
*DEGREE* - Degree Training Course. For students wishing to achieve advanced Black Belt ranks & skills.  
*KAT* (Ki-Do Assistant Training) - Students receive specialized hands-on training, as well as, assistance experience in designated classes.

## Ki-Do Important 2019 Dates

- Jul 15-Aug 8 Perfect Attendance Ki-Do Cash. Students may earn \$5 worth of Ki-Do Cash. Ki-Do Cash may be used on merchandise & drinks.
- Jul 15-Aug 8 Students will be studying Self-Confidence and the importance of believing in oneself.
- Aug 12-Sep 12 Perfect Attendance: Students attending 7 or more classes will earn the Ki-Do Inner Strength Candle!
- Aug 12-Sep 12 Students will be studying Inner Strength and not only learning the difference between right and wrong, but having the inner strength to choose the right thing
- Sept 2 NO CLASS - Labor Day
- Sept 10 & 12 Rank Promotion & Board Breaking - Students will be tested on Inner Strength, the true meaning of Ki-Do, making good choices, taking care of responsibilities, and resisting unhealthy peer pressure. Full uniform required. Family & friends are welcomed!
- Sep 16-Oct 10 Perfect Attendance Halloween Party/Haunted House. Students may earn an invitation by acquiring 7 stamps. They may also invite a guest.
- Sep 16-Oct 10 Black Belt Service Project - Students will be learning the importance of service toward others. Students may bring in food items to help build our Service Tower. Items will be donated to the Food Pantry.
- Sept 23-26 Ki-Do's Bully Proof Program. A Black Belt has a high level of respect & confidence, traits that repel bullies. Students will learn how to defeat violence & promote mutual respect. Students may invite a guest to attend this unique program during normal class times.

## Ki-Do Important 2019 Dates

- Oct 8 & 10 White Stripe Testing - Students will be expected to demonstrate their physical, mental and emotional skills to earn their stripe. Family & friends are welcome. Full uniform required.
- Oct 11 Perfect Attendance Halloween Party 6:00-8:00. Games, activities, costume contest, haunted house, and more. Students may invite a guest. Uniforms are NOT required.
- Oct 14 NO CLASS - Columbus Day
- Oct 15-Nov 7 Perfect Attendance: The instructors will have a Ki-Do Bracelet for students attending 7 or more classes!
- Oct 21-24 Pillow Fu Battles for Dragons & JRBBTC during normal class times. Yes, it is like Kung Fu, but much more fun. This program teaches students how to use backpacks for self-defense by practicing with a much safer pillow. Students may invite a guest to attend these special classes. Everyone should bring their favorite pillow for battle!
- Oct 31 NO CLASS - Happy Halloween!
- Nov 4-26 Ki-Do Christmas Sale - Merchandise discounted 10%-30%, including stock and special order items.
- Nov 5 & 7 Black Stripe Testing - Students will be expected to demonstrate Black Belt Responsibility. Family & friends are welcome. Full uniform required.
- Nov 11 NO CLASS - Veteran's Day - Let's celebrate & appreciate their service for our freedom!
- Nov 12-Dec 5 Perfect Attendance: Students attending 7 or more classes will earn a Ki-Do Family Tree Poster.
- Nov 12-Dec 5 Students will be studying the importance of honor and how to develop this important quality.
- Nov 12 -14 Crazy Feet Week - Ki-Do will provide washable markers, stamps, and other art supplies for students wishing to decorate their feet during classes!
- Nov 25 & 26 Adult VIP Days for all Dragons & Junior students. Students may treat a special guest to an exciting class. Fun for all fitness levels. Adult VIP may be parents, grandparents, aunts, uncles, family or friends (VIPs should be 16 years or older). VIPs should wear comfortable clothing and shoes.
- Nov 28 NO CLASS - Thanksgiving! Enjoy the Holiday!
- Dec 3 & 5 Rank Promotion & Board Breaking - Students will be tested on their Black Belt Honor. Full uniform required. Family and friends are welcome to attend these exciting tests!
- Dec 9-12 S.N.O.W. (Special Ninja Ops Week) - Students will perform "Special Ninja Ops" during these classes.
- Dec 9-Jan 23 Perfect Attendance: Students attending 7 or more classes will earn a Ki-Do prize.
- Dec 16-19 The Ki-Do Instructors will be giving out special student gifts during classes.
- Dec 23-31 NO CLASS - Christmas Break!
- Jan 2 NO CLASS - New Year's
- Jan 6 Classes Resume

**Are you getting Ki-Do Ninja Notes (e-mail reminders of important dates)? Don't miss out! Request to be added: [ki.do.karate.info@gmail.com](mailto:ki.do.karate.info@gmail.com).**