



Breese Schedule 2018

*****Updated Jan 4, 2018*****

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

Ki-Do's 27th Anniversary!
June 1990-2017

Ki-Do Class Times 2018

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 2018 Dates

- Jan 8-11 Operation Black-Out – Special theme week to challenge students with low lighting focus and concentration *Black-Out Missions*. In addition, Ki-Do Instructors take this opportunity to secretly review S.E.R.T. (Special Emergency Response Training). Lights may go out without warning! Audience should be prepared for everything! The students will be! Students will love it, but not as much as the instructors!
- Jan 15 NO CLASS – Martin Luther King Day. This holiday is all about equality & celebrating the 5 First Amendment Freedoms: Speech, Press, Religion, Petition, & Assembly. Enjoy!
- Jan 16 & 18 Yellow (Perseverance) Stripe Test. Everyone is welcome to witness students demonstrating their skills for rank advancement. Full uniform required!
- Jan 22-Feb 15 Perfect Attendance: The Golden Dragon Challenge - Students attending 7 or more classes by the next Rank Promotion will be awarded an invitation to attend. Students and their guests will learn the secrets of the Tiger (confidence), Snake (inner strength), Panther (focus), Tortoise (patience), Mantis (self-control), & Monkey (adaptability) through fun and interactive lessons and activities to become the Golden Dragon.

Ki-Do Important 2018 Dates

- Jan 22-Feb 15 Students will be challenged to develop a higher level of respect for self and others.
- Feb 5-8 Buddy Days for all Dragon and Jr. Black Belt Classes. Students may invite a friend to attend a fun filled class with them. Guests should be at least 4 years old & be willing to participate in some Karate focus & self-control activities.
- Feb 13-15 Green (Respect) Stripe Test. Green Stripe is a special rank, composed of several challenging tasks, that signifies growth & improvement. Family & friends are all welcome to attend & share in the excitement. Full uniform required!
- Feb 19 No Class – President's Day. Enjoy the holiday!
- Feb 19-Mar 15 Perfect Attendance: Golden Dragon Card Set Students may earn the complete Golden Dragon Card Set and all its secrets by attending 7 or more classes.
- Feb 19-Mar 15 Students will be challenged to develop one of the highest levels of respect & confidence, Black Belt Modesty.
- Feb 23 Perfect Attendance: The Golden Dragon Challenge - Special hands-on seminar for students & their guests. Fun & engaging activities based on various animals designed to develop greater responsibility, respect, focus, self-control, assertiveness & confidence. Dragon & guest 5:30-6:30, Jr Black Belt & guest 6:30-8:00. Uniforms **NOT** required! Earn an invitation, invite a guest, & prepare for an unforgettable time!
- Mar 13-15 Rank Promotion & Board Breaking - Students will be expected to demonstrate Black Belt Perseverance, Respect, and Modesty, as well as, wooden board breaking. Family and friends are welcome to attend these action packed tests! Full uniform required.
- Mar 19-Apr 12 Perfect Attendance: Students attending 7 or more classes will earn the Master Dragon!
- Mar 19-Apr 12 Students will be studying the importance of honesty through special lessons and discussions to prepare them for their rank test.
- Mar 26-17 DJ Week – Music will be played during class times to help motivate students to be their best. Students may recommend their favorite songs.
- Mar 29-Apr 2 Closed for Easter Break. Enjoy the holiday!
- Apr 10 & 12 Orange Stripe Test - Requirements encourage students to be open, honest, and willing to grow and change. Denial of weaknesses prevents students from improving themselves. Full uniform required!
- Apr 16-May 10 Perfect Attendance: Students earning 7 stamps will be awarded with a special Ki-Do Fortune for their dedication to self-improvement.
- Apr 16-May 10 Black Belt Self-discipline will be the focus of study!
- Apr 23-26 Ki-Do's Child Safety Seminar - Students and their guests will be captivated with fun interactive lessons to instill life saving knowledge & skill. These important techniques will be presented in all Dragons and Jr. Black Belt class times. Free for all! Parents, teachers, and guardians are encouraged to attend. Let's all learn how to keep our children safe!