



Highland Summer Schedule 2018

*****Effective June 5, 2018*****

Ki-Do Karate, Inc. • 150 Woodcrest Drive • Highland IL 62249 • 618-654-KICK (5425) • www.ki-dokarate.com

Ki-Do's 28th Anniversary!
June 1990-2018

Summer Class Times 2018

Monday	Tuesday	Thursday
	DRAGONS 9:00-9:45 6/5/18 – 7/26/18*	DRAGONS 9:00-9:45 6/5/18 – 7/26/18*
	DRAGONS CAMP 9:45-11:00 7/17/18 – 7/26/18**	DRAGON CAMP 9:45-11:00 7/17/18 – 7/26/18**
	JR BLACK BELT 9:00-9:45 6/5/18 – 7/26/18*	JR BLACK BELT 9:00-9:45 6/5/18 – 7/26/18*
	JR BLACK BELT CAMP 9:45-11:00 7/17/18 – 7/26/18**	JR BLACK BELT CAMP 9:45-11:00 7/17/18 – 7/26/18**
	BLACK BELT 9:45-10:30 6/5/18 – 7/26/18***	BLACK BELT 9:45-10:30 6/5/18 – 7/26/18***
	DEGREE 9:45-10:30 6/5/18 – 7/26/18***	DEGREE 9:45-10:30 6/5/18 – 7/26/18***
JR BLACK BELT 4:30-5:15	DRAGONS 5:00-5:30	DRAGONS 5:00-5:30
JR BLACK BELT 5:15-6:00	DRAGONS 5:30-6:00	DRAGONS 5:30-6:00
DRAGONS 6:00-6:30	BTC 6:00-6:45	BTC 6:00-6:45
BLACK BELT 6:30-7:15	JR BLACK BELT 6:00-6:45	JR BLACK BELT 6:00-6:45
DEGREE 6:30-7:15	JR BLACK BELT 6:45-7:30	JR BLACK BELT 6:45-7:30
	BLACK BELT 7:30-8:15	BLACK BELT 7:30-8:15
	BLACK BELT 8:15-9:00	DEGREE 7:30-8:15
	DEGREE 7:30-8:15	
	DEGREE 8:15-9:00	

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.
STORM (Special Team of Role Models) - One of our most advanced level programs focusing on the development of advanced physical techniques, positive interpersonal skills and Black Belt Leadership concepts.
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

Jun-July-Aug Ki-Do Karate T-shirts may be worn in place of uniform jackets.

* Jun 5-July 26 Summer Schedule effective! Morning classes start for Dragons, JRBBTC, BBTC & Degree. Students may attend morning or evening classes and flip-flop them to work with busy schedules.

Jun 9 & 10 Schweizerfest Parade - Students may sign-up to participate on the Ki-Do Karate float.

Jun 11 & 12 Rank Promotion & Board Breaking - Students will be expected to demonstrate Black Belt Honesty, Self-discipline and Integrity. These are the key principles to developing self-respect and esteem, as well as, earning acceptance by others. Family and friends are welcome to attend these special rank tests!

Jun 14 Awards Ceremony & Ki-Do's 28th Anniversary. Thursday from 6-8:00 PM at the Highland KC Hall. Full uniform required.

Important 2018 Dates Continued

Jun 18-Jul 12 Perfect Attendance: Ki-Do Exhilarama - Students attending 7 or more classes by the next Rank Promotion will be awarded an invitation to attend. Students and their guests will enjoy several exhilarating activities, such as: Nuclear Dodgeball, Mission Possible, Jedi Lightsaber Academy, and Nonjas vs. Ninjas. Earn an invitation, invite a guest, & prepare for an unforgettable time!

Jun 18-Jul 12 Students will study Black Belt Courage and learn how to face their fears though special hands on lessons.

July 10 & 12 Blue Stripe Testing. Black Belt Courage is a requirement for Blue Stripe. Students must practice courage in all aspects of their lives, especially when facing challenges.

July 13 Perfect Attendance: Ki-Do Exhilarama - Students and their guests will enjoy several exhilarating activities, such as: Nuclear Dodgeball, Mission Possible, Jedi Lightsaber Academy, and Nonjas vs. Ninjas. Earn an invitation, invite a guest, & prepare for an unforgettable time! Dragon & guest 5:30-6:30 & Jr Black Belt & guest 6:30-8:00. **Uniforms NOT required!**

Jul 16-Aug 9 Perfect Attendance Ki-Do Cash. Students may earn \$5 worth of Ki-Do Cash. Ki-Do Cash may be used on merchandise & drinks.

Jul 16 -Aug 9 Students will be studying Self-Confidence and the importance of believing in oneself.

**Jul 17-26 Secret Spy School - Ki-Do will become the ultimate Special Agent Ninja training headquarters for this exciting summer program! Tues. and Thurs. from 9:30-11:00 AM immediately after morning classes. Camp tuition is \$48 (includes all materials and equipment). Sign-up early! Space is limited!

***Jul 17-26 Black Belt & Degree morning class times move to 11-11:45, so students may participate in summer pro.

Jul 26 Morning Classes End.

Aug 7 & 9 Red Stripe Testing - Students learn to believe in themselves physically, mentally, and emotionally, especially when confronted by bullies. T-shirt or jacket, belt & pants required.

Aug 13-Sep13 Perfect Attendance: Students attending 7 or more classes will earn the Fire Dragon Card!

Aug 14-Sep14 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.

Aug 21-24 Ki-Do's Bully Proof Program. A Black Belt has a high level of respect and confidence, traits that repel bullies. Students will learn how to defeat violence and promote mutual respect. Students may invite a guest to attend this unique program during normal class times.

Sept 3 NO CLASS - Labor Day

Sept 4 Full uniforms required for all classes. Students should start wearing their jackets again. ☺

Sept11 & 13 Rank Promotion & Board Breaking - Student 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 17-Oct 11 Perfect Attendance Halloween Party/Haunted House. Students may earn an invitation by acquiring 7 stamps. They may also invite a guest.

Sep 17-Oct 11 Black Belt Service - Students will be learning the importance of helping others in need.

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.