



Highland Schedule 2018

*****Updated Aug. 23, 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

Ki-Do Class Times 2018

Monday	Tuesday	Thursday
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

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. ☺

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

Ki-Do Important 2018-2019 Dates

Sep 17-Oct 11 Black Belt Service Project - Students will be learning the importance of service toward others, a key to true happiness. During this week students will be asked to bring in food items to build a huge Service Tower in our lobby. Items will be donated to the Food Pantry.

Oct 8 NO CLASS - Columbus Day

Oct 9 & 11 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 19 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 15-Nov 11 Perfect Attendance: The instructors will have an award for students attending 7 or more classes!

Oct 22-25 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 Happy Halloween! Have a spooktacular time!

Nov 5-29 Ki-Do Christmas Sale - Merchandise discounted 10%-30%, including stock and special order items.

Nov 6 & 8 Black Stripe Testing - Students will be expected to demonstrate Black Belt Responsibility. Family & friends are welcome. Full uniform required.

Nov 12-Dec 6 Perfect Attendance: Students attending 7 or more classes will earn a Ki-Do gift.

Nov 12-Dec 6 Students will be studying the importance of honor and how to develop this important quality.

Nov 12 -15 Crazy Feet Week - Ki-Do will provide washable markers, stamps, and other art supplies for students wishing to decorate their feet during classes!

Nov 19 & 20 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 22 NO CLASS - Thanksgiving! Enjoy the Holiday!

Dec 4 & 6 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 10-13 S.N.O.W. (Special Ninja Ops Week) - Students will perform "Special Ninja Ops" during normal class times.

Dec 10-Jan 24 Perfect Attendance: Students attending 7 or more classes will earn a Ki-Do prize.

Dec 17-20 The Ki-Do Instructors will be giving out special student gifts during classes.

Dec 24-31 No Class - Christmas Break!

Jan 1 NO CLASS - New Year's Day!

Jan 3 Classes Resume

Jan 7-10 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 Tactics). Students will love it, but not as much as the instructors!