



## Teaching Peace Over Violence- For 25 Years!

Head Master Instructor David Daiber is proud of his 25 years serving the metro area. He is even more proud of all of the lives he's touched and youngsters who have been positively impacted through the Ki-Do Karate program.

Ki-Do Karate, Inc. teaches these 12 Black Belt Principals: Perseverance, Respect, Modesty, Honesty, Self-Discipline, Integrity, Courage, Self-Confidence, Inner Strength, Service, Responsibility, and Honor in an effort to teach young people to focus on Peace Over Violence. Some of the ways these principals are reinforced:

Ki-Do- translated means Inner Strength. This is the power within each of us that pushes you toward your goals, helps you take care of your responsibilities even when you don't want to, gives us the strength to resist unhealthy peer pressure, and choose to do the right thing even when no one is looking.

Being our Best!physically, mentally, and emotionally. Through the Ki-Do Karate program students learn to set goals and work toward achieving them to develop not only their

physical selves, but their minds and emotional states as well.

**Self-confidence:** When people feel good about themselves they are less likely to feel the need to prove themselves, less likely to make poor choices. Ki-Do Karate builds an atmosphere of positive reinforcement to develop in students the desire to be recognized for doing good rather than drawing attention for doing wrong.

**Two Big Mistakes** that you can let a mean person do to you: control how you feel about yourself, and control how you interact with others. Do not let another person control how you think, how you feel, how you act. The only person you have to convince is yourself. People are drawn to positive, confident people.

**Bully Proof Program:** Teaches youngsters how to talk, walk, and act to not become a target. Students focus on building confidence to stand up for themselves and others.

**Emphasis of non-violence:** A true Black Belt takes a non-violent approach or response to situations. If someone becomes aggressive the best approach is to

disengage from the situation. If they can't touch you it makes it hard for them to hurt you. Students are also taught de-escalation techniques rather than returning aggressive words or actions.

Happiness comes from doing things for others, to focus on others rather than yourself. The best way to turn a bad day around is to do something good for someone else rather than focusing on yourself.

Our goal is to teach kids to discipline themselves, to build positive habits that build confidence and success, making them less likely to engage in negative behavior. Ki-Do Karate, Inc. now has 4 locations in the metro area: Highland, Breese, Troy and Columbia, Illinois. We have reached more than 2,000 students over the past 25 years.

Ki-Do Karate, Inc. will be celebrating it's 25<sup>th</sup> Anniversary at the annual awards night on Thursday, June 18, 2015 at the Knights of Columbus Hall in Highland from 6:00-8:00pm.