

## Ki-Do Karate Highland Schedule 2025

\*\*\*\*\*Updated June 23, 2025\*\*\*\*\*

### Ki-Do Program Class Times

Monday	Tuesday	Thursday
	<b>DRAGONS</b> 5:00 PM - 5:30 PM	<b>DRAGONS</b> 5:00 PM - 5:30 PM
<b>DRAGONS</b> 5:35 PM - 6:05 PM	<b>DRAGONS</b> 5:35 PM - 6:05 PM	<b>DRAGONS</b> 5:35 PM - 6:05 PM
<b>JR BLACK BELT</b> 6:10 PM - 6:50 PM	<b>JR BLACK BELT</b> 6:10 PM - 6:50 PM	<b>JR BLACK BELT</b> 6:10 PM - 6:50 PM
<b>JR BLACK BELT</b> 6:55 PM - 7:35 PM	<b>JR BLACK BELT</b> 6:55 PM - 7:35 PM	<b>JR BLACK BELT</b> 6:55 PM - 7:35 PM
<b>BLACK BELT/DEGREE</b> 7:40 PM - 8:20 PM	<b>BLACK BELT/DEGREE</b> 7:40 PM - 8:20 PM	<b>BLACK BELT/DEGREE</b> 7:40 PM - 8:20 PM
	<b>BLACK BELT/DEGREE</b> 8:20 PM - 9:00 PM	

### Ki-Do Important Dates/Events

- Jun 23-Jul 17 Students will study Black Belt Courage and learn how to face their fears though special hands on lessons.
- Jun 23-Jul 17 Ki-Do Kicking Contest during regular class times. Medals will be awarded for the top kickers in each division. Divisions will be based on age and program.
- Jul 15 & 17 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.
- Jul 21 Classes are cancelled. Sorry for the inconvenience.
- Jul 22-Aug 14 Students will be studying Self-Confidence and the importance of believing in oneself.
- Aug 12 & 14 Red Stripe Testing - Students learn to believe in themselves physically, mentally, and emotionally, especially when confronted by bullies.
- Aug 18-Sep 11 Students will be studying Inner Strength and learning not only the difference between right and wrong, but also to have the inner strength to choose the right thing.
- Sept 1 NO CLASS - Labor Day
- Sept 2 Full uniforms required for all classes. Students should start wearing their jackets again.
- Sept 9 & 11 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 15-18 Pillow Fu Battles for Dragons & Jr. BB 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!
- Sep 15-Oct 9 Perfect Attendance Halloween Party/Haunted House. Students may earn an invitation and invite a guest.