

## Ki-Do Karate Highland Schedule 2025

\*\*\*\*\*Updated Feb. 18, 2025\*\*\*\*\*

### Ki-Do Program Class Times

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

### Ki-Do Important Dates/Events

- Feb 18+20** Green (Respect) Stripe Test: Green Stripe is a special rank, composed of several challenging tasks, that signifies growth & improvement. Full uniform required!
- Feb 24-Mar 20** Students will be challenged to develop high levels of Black Belt Respect, Confidence, and Modesty.
- Mar 18+20** Rank Promotion & Board Breaking: Students will be expected to demonstrate Black Belt Perseverance, Respect, and Modesty, as well as wooden board breaking. Full uniform required.
- Mar 24-Apr 17** Students will be studying the importance of Honesty through special lessons and discussions to prepare them for their rank test.
- Apr 15+17** 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 21-May 15** Black Belt Self-discipline will be the focus of study.
- May 13+15** Purple Stripe Testing. Students will be challenged to develop their self-discipline. Like a mountain (the Purple Stripe symbol), students must learn to stand solid and firm, controlling themselves physically and mentally. Full uniform required!
- May 20-Jun 13** Students will be studying the importance of Black Belt Integrity.
- May 26-29** NO CLASS - Summer Break/Memorial Day
- Jun-July-Aug** Ki-Do Karate T-shirts may be worn in place of uniform jackets.
- Jun 17 & 19** 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.
- Jun 23-Jul 17** Students will study Black Belt Courage and learn how to face their fears through special hands on lessons.