

- Featuring:
- TKD Classes for all ages
- Cardio Kickboxing, Tai Chi,
- Cane Defense, and more!



SATURDAY October 25th, 2025



STARTING AT: 9:00 AM







KD 30th Anniversary

Event Schedule

9-10 AM Ages 4-6 "Tiny, but Mighty" Lil Dragons

10-11 AM Ages 7-12

KD Kids
"Defense & Confidence"

11-12 PM Ages 13+

TKD Teens & Adults: "Can it break?! I dunno... let's see!"

12-1 PM Ages 30+

The Art of Tai Chi with Serpil Ricks

1-2 PM Ages 55+ Where there's a will, there's a way Cane Defense

2-3 PM Ages 16+ Cardio Kickboxing: "Fight to the Finish" with Curtis Romeo

3-4 PM Ages 16+ "Self Defense 101" with the Masters

4-6 PM

30th Anniversary Celebration (Dragons & Guest Only)