

BRAVE WAY SELF DEFENSE**Age: 12 years & up**

Give us two hours and we will teach you and your family how to defend yourselves. Originally certified by the State of Illinois to teach police officers, this is one of the easiest to learn and most effective self-defense classes that you can take. We're not going to teach you a bunch of stuff that might not work in a life or death situation. The techniques we teach will stop an attacker immediately. They are easy to learn and use, don't require constant practice or years of training to master, and work regardless of your age, size, strength, speed, skill or physical ability. You will work with a partner to learn the techniques taught in class which include defenses against armed and unarmed attackers; single/multiple attackers; standing, sitting, and ground techniques; and rape defense/prevention. This is not a Stranger Danger lecture. You will learn to anticipate and avoid potentially dangerous situations and how to defend yourself from a physical attack including; grabs, punches, chokes, bear hugs, headlocks, kicks, knives, guns, and more from a much bigger and stronger attacker. Participants will also be given a take home Personal Safety Guide to help make you safer in all areas of your lives. This Class Could Save Your Life. **The class is targeted at teens and adults, but 8-11 year olds can also sign up and take the class with an adult.** All girls at or near dating age should take this class. This is a contractual program. **(TP)**

Location: Recreation Center MPA**Fee:** \$26 Res. / \$33 Nonres.**Min / Max:** 6 / 12**Register By:** One week Prior to class

Code:	Date:	Time:
720103A	Wed., January 18	7:00 - 9:00pm
720103B	Monday, February 13	7:00 - 9:00pm
720103C	Saturday, March 11	9:15 - 11:15am
720103D	Wed., April 12	7:00 - 9:00pm

TAI CHI FOR EVERY BODY**Age: 14 years and Up**

Discover how Tai Chi can be the perfect activity for your entire family. Tai chi is a low-impact and fun exercise that promotes bone and muscle strength, flexibility, and improves balance. Practicing Tai chi can lead to stronger body and mind. Experience how truly relaxing and fun Tai chi can be. This is a contractual program. **(BW)**

Location: Lions Martial Arts Studio, 155 Wick St.**Fee:** \$35 per person**Min / Max:** 1 / 20**Register By:** Nov. 30 & Jan. 18

Code:	Date:	Time:
740024A	Wed., Dec. 7 - Jan. 4	6:45 - 7:30pm
740024B	Wed., Jan. 25 - Feb. 22	6:45 - 7:30pm

Lions Martial Arts Academy**155 Wick Street****Grayslake, 60030****www.lionsmartialarts.com****KIDS MARTIAL ARTS****Age: 3 - 6 years**

This unique martial arts class is a blend of traditional and modern martial arts. For the beginning student, we focus on basic kicks, self-defense and bully prevention. Includes cardiovascular workout and stretching routines. We mix in great fast muscle and coordination drills that build balance and coordination. Belt testing is conducted at the end of each session. This is a contractual program. **(BW)**

Location: Lions Martial Arts Studio, 155 Wick St.**Fee:** \$65 per person**Min / Max:** 1 / 20**Register By:** Nov. 30 & Jan .17

Code:	Date:	Time:
740002A	Tues & Thurs., Dec. 6 - Jan. 12	4:30 - 5:00pm
740002B	Tues & Thurs., Jan. 24 - Feb. 23	4:30 - 5:00pm

YOUTH MARTIAL ARTS**Age: 7 - 11 years**

This unique martial arts class is a blend of traditional and modern martial arts. For the beginning student, we focus on basic kicks, self-defense and bully prevention. Includes cardiovascular workout and stretching routines. We mix in great fast paced drills and modern performance style martial arts. Belt testing is conducted at the end of each session. This is a contractual program. **(BW)**

Location: Lions Martial Arts Studio, 155 Wick St.**Fee:** \$75 per person**Min / Max:** 1 / 20**Register By:** Nov. 30 & Jan .17

Code:	Date:	Time:
740003A	Tues & Thurs., Dec. 6 - Jan. 12	6:00 - 6:45pm
740003B	Tues & Thurs., Jan. 24 - Feb. 23	6:00 - 6:45pm

TAI CHI 4 KIDS**Age: 5 - 8 years**

This program is designed to blend the meditative and physical benefits of Tai Chi into a fun activity that appeals to kids. It's been proven to improve children's concentration, coordination, and fitness level. This is a contractual program. **(BW)**

Location: Lions Martial Arts Studio, 155 Wick St.**Fee:** \$35 per person**Min / Max:** 1 / 20**Register By:** Nov. 30 & Jan. 18

Code:	Date:	Time:
740026A	Wed., Dec. 7 - Jan. 4	5:00 - 5:45pm
740026B	Wed., Jan. 25 - Feb. 22	5:00 - 5:45pm

Taekwondo, one of the newest Olympic sports, is a 2000-year-old martial art, offering a variety of benefits for people of all ages and physical abilities. Students have the opportunity to improve concentration and self-esteem, achieve lifelong physical fitness, and learn self-defense skills. Classes are taught under the direction of G.Master Ki Hong Kim* (9th Dan World Taekwondo Federation.) A \$45.00 uniform fee is required at the first class. Belt testing is offered through The KH Kim Taekwondo, at an additional fee, and is held twice a year. All colored-belt students are required to have complete sparring gears. **Refunds are not allowed after the second week of class. (BW)**

Little Dragons

This introductory class is designed to captivate the interest of our youngest students ages 4 - 5 years old. Skills are developed through gentle instruction and appropriate games for their ability. This class focuses on developing balance, coordination, and respect for the discipline of martial arts training.

Early Taekwondo

Designed especially for the younger children of 6 - 7 years, this program helps kids develop conditioning, coordination, listening skill, and self-confidence through creative activities.

Youth Taekwondo

This program is for ages 8 - 13 years and includes a balanced cardiovascular workout, including: punching, kicking, and blocking skills, using the Taekwondo tradition, and self-control. Participants will improve coordination, power of concentration, balance, and both physical and mental discipline.

Parent/Child Taekwondo

This class provides families (7 years & up) with a fun opportunity to spend time together while improving physical and mental conditioning through cardiovascular drills, calisthenics, and traditional Taekwondo techniques, including punching, kicking, and blocking.

Adult Taekwondo

Restricted to high school students and older, this program concentrates on Taekwondo techniques through the study of forms, stances, and the skills of punching, kicking, and blocking. This is a great program for those looking to maintain and improve their physical fitness.



Date: Tuesday, Jan. 10 - Mar. 21 (11 weeks)
Location: Libertyville Sports Complex
 1950 N. US 45 Libertyville, IL 60048
Fee: \$132 per person
Instructor: KH Kim Taekwondo Staff

Code:	Course:	Level:	Time:	Min / Max:
740005A	Little Dragons	White to Green	4:00 - 4:40pm	2 / 8
740005B	Little Dragons	Purple & up	4:40 - 5:25pm	2 / 8
740005C	Early Taekwondo	Purple & up	4:40 - 5:25pm	2 / 10
740005D	Early Taekwondo	White to Green	5:25 - 6:10pm	2 / 10
740005E	Youth Taekwondo	White to Green	6:10 - 6:55pm	2 / 10
740005F	Youth Taekwondo	Purple & up	6:55 - 7:40pm	2 / 10
740005G	Parent / Child	All Belt	7:40 - 8:30pm	2 / 10
740005H	Adult Taekwondo	All Belt	7:40 - 8:30pm	2 / 10



For more information or any questions please call Marianne Puthenmadom, Program Director at KH Kim Taekwondo.
 khkimpark@gmail.com
 (847) 480-9224

SHOTOKAN KARATE

Join the program that has so much to offer - develop coordination, strength, personal safety skills, agility, self-confidence, discipline and more. This is a great program for adults to participate along side their child(ren). Taught by Illinois Shotokan Karate Club (ISKC) instructors that were trained by U.S. Team member and four-time National Champion, John DiPasquale. This program packs the right stuff - opportunities for beginners to advanced. If you have a specific karate question, contact ISKC at (847) 359-0666. **(BW)**

Uniforms and belt testing options are available through the ISKC for an additional fee. Students new to the program or who have taken one or two sessions, sign up for the Beginner/Continuer class.

Note: Parent/Child, Adult and Youth classes will train together.

Pre-Karate (4 - 7 years)

Young children will develop agility, strength and coordination skills through fun and creative activities. This program, specifically designed to work with growing minds and bodies, enhances memory and agility skills, too.

Youth / Adult Karate (7yrs & up)

These classes help develop flexibility, strength, and coordination in fun, yet disciplined activities. It offers a good mix of strength training, with cardiovascular and flexibility exercises. Students increase their coordination, agility and poise, as well as learn lasting personal safety skills. They also benefit from the mental stimulation of learning the choreographed moves of the kata and the discipline of conforming to the class rules.

Parent/Child (7 years & up)

An excellent opportunity to spend quality time with your child, while conditioning muscles, developing coordination, and improving cardiovascular fitness.

***Fees are per person.**

MONDAYS

Date: January 2 - March 20

Location: Rec Center, 240 Commerce Dr., Grayslake

Fee: \$117 Res. / \$1147 Nonres.

Pre-Karate (4 - 7 years)

Code:	Level:	Time:
740006A	Beginner / Continuer	4:00 - 4:45pm
740006B	Novice (white w/stripes & up)	4:50 - 5:35pm

Youth/Adult Karate (7 yrs. & up)

Code:	Level:	Time:
740007A	Beginner / Continuer (white-red belts)	6:00 - 6:55pm
740007B	Novice (Orange & Yellow Belt)	7:00 - 7:55pm
740007C	Inter / Adv. (Blue belt & up)	8:00 - 8:55pm

Parent/Child Karate (7 yrs. & up)

Code:	Level:	Time:
740008A	Beginner / Continuer (white-red belts)	6:00 - 6:55pm
740008B	Novice (Orange & Yellow Belt)	7:00 - 7:55pm
740008C	Inter / Adv. (Blue belt & up)	8:00 - 8:55pm

FRIDAYS

Date: January 13 - March 24

Location: FitNation, 1655 Nations Drive, Gurnee

Fee: \$107 Res. / \$134 Nonres.

Pre-Karate (4 - 7 years)

Code:	Level:	Time:
740006C	Beginner / Continuer	4:30 - 5:15pm
740006D	Novice (3 or more prior sess.)	5:15 - 6:00pm

Youth Karate (8 - 14 years)

Code:	Level:	Time:
740007D	Beginner / Continuer (white-red belts)	6:00 - 6:55pm
740007E	Novice (Orange - Green)	7:00 - 7:55pm
740007F	Inter / Adv. (Purple belt & up)	8:00 - 8:55pm

Parent/Child Karate (7 yrs. & up)

Code:	Level:	Time:
740008D	Beginner / Continuer (white-red belts)	6:00 - 6:55pm
740008E	Novice (Orange - Green)	7:00 - 7:55pm
740008F	Inter / Adv. (Purple belt & up)	8:00 - 8:55pm

Adult Karate (15 yrs. & up)

Code:	Level:	Time:
740009A	Beginner / Continuer (white-red belts)	6:00 - 6:55pm
740009B	Novice (Orange - Green)	7:00 - 7:55pm
740009C	Inter / Adv. (Purple belt & up)	8:00 - 8:55pm

Beginner students will not be permitted to register into the current session after the second class has met. Registration for continuers through advanced students will be accepted after the start date, but full payment is required.

KIDS BOXING

Age: 6 - 15 years, Boys & Girls

Join this fun class and learn a new sport. This class will teach your child the basic fundamentals of boxing using proper form and technique in an exciting and safe environment. The instructor will use fun games and non-contact exercises on different types of bags and in the ring to teach your child that this sport is not only fun but great exercise as well. Grab a friend and try something new this winter. Equipment will be provided. This is a contractual program.

Location: Conquer Boxing Gym-Libertyville Sports Complex

Fee: \$99.00 per person

Register By: Jan. 2 & Feb. 20

Code:	Date:	Time:
770027A	Mon & Wed., Jan. 9 - Feb. 15	5:00 - 6:00pm
770027B	Tues & Thurs., Jan. 10 - Feb. 16	5:00 - 6:00pm
770027C	Mon & Wed., Feb. 27 - Apr. 12 (No Class Mar. 27 & Mar. 29)	5:00 - 6:00pm
770027D	Tues & Thurs., Feb. 28 - Apr. 13 (No Class Mar. 28 & Mar. 30)	5:00 - 6:00pm

SPEED & AGILITY / SPORTS CONDITIONING

Age: 12 - 18 years, Boys & Girls

This class is specifically for teens who want to improve their game by getting faster, stronger, and tougher by improving their endurance, agility, balance and power. This program will help with reaction time, running mechanics, injury prevention, strength, power, explosiveness and speed. This is a contractual program.

Location: Conquer Boxing Gym-Libertyville Sports Complex

Fee: \$149.00 per person

Register By: Jan. 2 & Feb. 20

Code:	Date:	Time:
770028A	Mon & Wed., Jan. 9 - Feb. 15	6:00 - 7:00pm
770028B	Mon & Wed., Feb. 27 - Apr. 12 (No Class Mar. 27 & Mar. 29)	6:00 - 7:00pm

FIGHT CLUB FOR LADIES

Age: 16 years - adults

Total body workout specifically designed for women. Focus will be on those hard to tone areas including abs, butt, legs and arms in an intense 45-minute cardio / resistance workout using a variety of boxing moves and different types of bags. Taught by professional boxer Ryan Hill. Get your friends together and spend every Friday with us! This is a contractual program.

Location: Conquer Boxing Gym-Libertyville Sports Complex

Fee: \$49.00 per person

Register By: Dec. 30 & Feb. 17

Code:	Date:	Time:
770029A	Friday, Jan. 6 - Feb. 10	5:00 - 5:45pm
770029B	Friday, Feb. 24 - Apr. 7 (No Class Mar. 31)	5:00 - 5:45pm



BOXING

Age: 16 years - adults

Teaches beginner to advanced level fighters the fundamentals of boxing using proper form and technique to ensure safety, develop speed and power punches as well as the lost art of counter punching. Typical group sessions combine shadow boxing, jumping rope, heavy bag, upper cut bag, double end bag and one-on-one hand mitts, full contact is optional. Find out why boxers are often known to be the most well-conditioned athletes in the world. Equipment is available for purchase or to borrow. This is a contractual program.

Hours (60-minute group training classes)

Monday & Wednesday: 9:30am, 4:00pm, 5:00pm

Tuesday & Thursday: 4:00pm, 5:00pm

Friday: 9:30am

Saturday: Open Gym from 9:30am - 12:00pm

Location: Conquer Boxing Gym-Libertyville Sports Complex

Fee: \$149.00 per month - unlimited classes

Code:	Date:
770030A	Jan. 2 - Jan. 31
770030B	Feb. 1 - Feb. 28
770030C	Mar. 1 - Mar. 31

CROSS TRAINING

Age: 16 years - adults

Using a blend of CrossFit and boot camp style workouts, Cross Training is different every day to eliminate boredom and create new challenges. By integrating push-ups, pull-ups, squats and other strength building exercises with running, sprinting drills and plyometrics designed to increase speed and build cardiovascular endurance, you are guaranteed to shed extra pounds and get fit FAST! This is a contractual program.

Hours (60-minute group training classes)

Monday, Wednesday & Friday: 6:00am, 8:30am

Tuesday & Thursday: 6:00pm

Location: Conquer Boxing Gym-Libertyville Sports Complex

Fee: \$149.00 per month - unlimited classes

Code:	Date:
770031A	Jan. 2 - Jan. 31
770031B	Feb. 1 - Feb. 28
770031C	Mar. 1 - Mar. 31