



**Ohana Martial Arts Academy**  
995 Progress Drive, Unit 104  
Grayslake, 60030  
[www.ohanama.com](http://www.ohanama.com)

## BULLY PROOF JIU-JITSU

Age: 7 - 13 years

In the Bully Proof program we don't just teach Jiu-Jitsu, we play Jiu-Jitsu. Using Martial Art related performance games, we teach children basic self-defense techniques while instilling the foundational principles of leverage and control. The Bully Proof program is designed to introduce children to the basic techniques and foundational principles of the "gentle art" of Jiu-Jitsu. We focus on a core set of non-aggressive self-defense techniques that teach children to "neutralize and negotiate" with the bullies. Our goal is to make the lessons fun so that the children want to keep coming back. **A \$55 uniform fee for new students will be collected at the first class.** This is a contractual program. **(BW)**

**Location:** Ohana Martial Arts Studio  
**Instructor:** Chris Lund, Certified Brazilian Jiu-Jitsu Black Belt  
**Fee:** \$69 Resident / \$86 Nonresident  
**Min / Max:** 1 / 20  
**Register By:** Mar. 2 & Apr. 20

Code:	Date:	Time:
840000A	Thurs., Mar. 9 - Apr. 13	6:15 - 7:00pm
840000B	Thurs., Apr. 27 - June 1	6:15 - 7:00pm

## INTRODUCTION TO BRAZILIAN JIU-JITSU

Age: 14 years and Up

Brazilian Jiu-Jitsu offers many personal benefits including stress-relief, a great full-body work out and confidence that transfers to other parts of your life. All the techniques in this program are purely defensive and utilize a less aggressive approach to personal safety. No experience is needed to begin. All classes are taught in a cooperative training environment and we are committed to ensuring that every new student has an enjoyable experience regardless of age or athletic ability. Beginning students are welcome. **A \$65 uniform fee for new students will be collected at the first class.** This is a contractual program. **(BW)**

**Location:** Ohana Martial Arts Studio  
**Instructor:** Chris Lund, Certified Brazilian Jiu-Jitsu Black Belt  
**Fee:** \$69 Resident / \$86 Nonresident  
**Min / Max:** 1 / 20  
**Register By:** Mar. 2 & Apr. 20

Code:	Date:	Time:
840001A	Thurs., Mar. 9 - Apr. 13	7:15 - 8:00pm
840001B	Thurs., Apr. 27 - June 1	7:15 - 8:00pm

**Lions Martial Arts Academy**  
[www.lionsmartialarts.com](http://www.lionsmartialarts.com)

## KIDS MARTIAL ARTS

Age: 4 - 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 Resident / \$81 Nonresident  
**Min / Max:** 1 / 20  
**Register By:** Feb. 28 & Apr. 25

Code:	Date:	Time:
840002A	Tues & Thurs., Mar. 7 - Apr. 13	4:30 - 5:00pm
840002B	Tues & Thurs., May 2 - June 8	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 Resident / \$93 Nonresident  
**Min / Max:** 1 / 20  
**Register By:** Feb. 28 & Apr. 25

Code:	Date:	Time:
840003A	Tues & Thurs., Mar. 7 - Apr. 13	6:00 - 6:45pm
840003B	Tues & Thurs., May 2 - June 8	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 Resident / \$43 Nonresident  
**Min / Max:** 1 / 20  
**Register By:** Mar. 1 & Apr. 26

Code:	Date:	Time:
840026A	Wed., Mar. 8 - Apr. 12	5:00 - 5:45pm
840026B	Wed., May 3 - June 7	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, April 4 - June 6 (10 weeks)  
**Location:** Libertyville Sports Complex  
 1950 N. US 45 Libertyville, IL 60048  
**Fee:** \$120 per person  
**Instructor:** KH Kim Taekwondo Staff

Code:	Course:	Level:	Time:	Min / Max:
840005A	Little Dragons	White to Green	4:00 - 4:40pm	2 / 8
840005B	Little Dragons	Purple & up	4:40 - 5:25pm	2 / 8
840005C	Early Taekwondo	Purple & up	4:40 - 5:25pm	2 / 10
840005D	Early Taekwondo	White to Green	5:25 - 6:10pm	2 / 10
840005E	Youth Taekwondo	White to Green	6:10 - 6:55pm	2 / 10
840005F	Youth Taekwondo	Purple & up	6:55 - 7:40pm	2 / 10
840005G	Parent / Child	All Belt	7:40 - 8:30pm	2 / 10
840005H	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:** April 3 - June 12 **(No Class May 29)**

**Location:** Rec Center, 240 Commerce Dr., Grayslake

**Fee:** \$100 Res. / \$124 Nonres.

**Pre-Karate (4 - 7 years)**

<b>Code:</b>	<b>Level:</b>	<b>Time:</b>
840006A	Beginner / Continuer	4:00 - 4:45pm
840006B	Novice (white w/stripes & up)	4:50 - 5:35pm

**Youth/Adult Karate (7 yrs. & up)**

<b>Code:</b>	<b>Level:</b>	<b>Time:</b>
840007A	Beginner / Continuer (white-red belts)	6:00 - 6:55pm
840007B	Novice (Orange & Yellow Belt)	7:00 - 7:55pm
840007C	Inter / Adv. (Blue belt & up)	8:00 - 8:55pm

**Parent/Child Karate (7 yrs. & up)**

<b>Code:</b>	<b>Level:</b>	<b>Time:</b>
840008A	Beginner / Continuer (white-red belts)	6:00 - 6:55pm
840008B	Novice (Orange & Yellow Belt)	7:00 - 7:55pm
840008C	Inter / Adv. (Blue belt & up)	8:00 - 8:55pm

**FRIDAYS**

**Date:** April 7 - June 9

**Location:** FitNation, 1655 Nations Drive, Gurnee

**Fee:** \$100 Res. / \$124 Nonres.

**Pre-Karate (4 - 7 years)**

<b>Code:</b>	<b>Level:</b>	<b>Time:</b>
840006C	Beginner / Continuer	4:30 - 5:15pm
840006D	Novice (3 or more prior sess.)	5:15 - 6:00pm

**Youth Karate (8 - 14 years)**

<b>Code:</b>	<b>Level:</b>	<b>Time:</b>
840007D	Beginner / Continuer (white-orange)	6:00 - 6:55pm
840007E	Novice (yellow - green belts)	7:00 - 7:55pm
840007F	Inter / Adv. (Purple belt & up)	8:00 - 8:55pm

**Parent/Child Karate (7 yrs. & up)**

<b>Code:</b>	<b>Level:</b>	<b>Time:</b>
840008D	Beginner / Continuer (white-orange)	6:00 - 6:55pm
840008E	Novice (yellow - green belts)	7:00 - 7:55pm
840008F	Inter / Adv. (Purple belt & up)	8:00 - 8:55pm

**Adult Karate (15 yrs. & up)**

<b>Code:</b>	<b>Level:</b>	<b>Time:</b>
840009A	Beginner / Continuer (white-orange)	6:00 - 6:55pm
840009B	Novice (yellow - green belts)	7:00 - 7:55pm
840009C	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.