



OHANA MARTIAL ARTS ACADEMY
 995 Progress Drive, Unit 104
 Grayslake, IL 60030
 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)

Code:	Day:	Date:	Time:	Fee (R/NR):
340000A	Th	Apr. 5-May 10	6:15-7pm	\$69/\$86
340000B	Th	May 17-June 21	6:15-7pm	\$69/\$86

Location: Ohana Martial Arts Studio
Instructor: Chris Lund, Certified Brazilian Jiu-Jitsu Black Belt
Min / Max: 1 / 20
Register By: Mar. 29 & May 10

INTRODUCTION TO BRAZILIAN JIU-JITSU

Age: 14 years & 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)

Code:	Day:	Date:	Time:	Fee (R/NR):
340001A	M	Apr. 2-May 7	7:15-8:15pm	\$69/\$86
340001B	M	May 14-June 25 (No Class May 28)	7:15-8:15pm	\$69/\$86

Location: Ohana Martial Arts Studio
Instructor: Chris Lund, Certified Brazilian Jiu-Jitsu Black Belt
Min / Max: 1 / 20
Register By: Mar. 26 & May 7



LIONS MARTIAL ARTS ACADEMY
 401 S. Route 83
 Grayslake, IL 60030
 www.grayslakemartialarts.com

INTRO TO KICKBOXING

Age: 13 years & up

Enjoy the ultimate cardio workout while learning a mix of kickboxing and true sport karate. Get moving with upbeat music mixes and fast-paced, high energy instruction. Certified instructors will be guiding and encouraging you through your fitness journey. This is a great activity for all age levels. **11 week class.** This is a contractual program. (BW)

Code:	Day:	Date:	Time:	Fee (R/NR):
340027A	W	Mar. 14-May 23	7:30-8:15pm	\$99/\$123

Location: Lions Martial Arts Studio
Min / Max: 1 / 10
Register By: Mar. 7

KIDS MARTIAL ARTS

Age: 4 - 13 years

This class is a blend of traditional and modern martial arts. It focuses 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. **11 week class.** This is a contractual program. (BW)

Age:	Code:	Day:	Date:	Time:
4-6 yrs	340002A	Th	Mar. 15-May 24	4:30-5pm
7-13 yrs	340002B	Th	Mar. 15-May 24	6-6:45pm

Fee (R/NR): \$99/\$123
Location: Lions Martial Arts Studio
Min / Max: 1 / 20
Register By: Mar. 8

INTRODUCTION TO ESKRIMA AND KALI

Age: 13 years & up

A beginner's course in Eskrima, a fighting style indigenous to the Philippines believed to have evolved from Chinese, Malaysian and Indonesian martial arts forms. It is a mostly weapons-based fighting style that combines punches, kicks, takedowns and joint lock techniques with stick and sword or knife fighting techniques. **11 week class.** This is a contractual program. (BW)

Code:	Day:	Date:	Time:	Fee (R/NR):
340023A	Sa	Mar. 17-May 26	12-1pm	\$99/\$123

Location: Lions Martial Arts Studio
Min / Max: 1 / 20
Register By: Mar. 10

MARTIAL ARTS



KH KIM TAEKWONDO

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 Headquarters.)

A \$45 uniform fee is required at the first class. Belt testing is offered through The KH Kim Taekwondo twice a year for an additional fee. All colored belt students are required to have complete sparring gears. **Refunds are not allowed after the second week of class.** (BW)

LITTLE DRAGONS

Ages: 4 - 5 years

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

Ages: 6 - 7 years

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

YOUTH TAEKWONDO

Ages: 8 - 13 years

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

Ages: 7 years & up

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

Ages: 16 years and up

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.

KH KIM TAEKWONDO CLASSES

All classes are held on Tuesday

Dates: Tuesday, Apr. 3-June 5
Location: Libertyville Sports Complex
 1950 N. US 45, Libertyville
Fee: \$120 R / \$135 NR
Instructor: KH Kim Taekwondo Staff
Register By: Mar. 27

Code:	Level:	Time:
Little Dragons		
340005A	Beginners to Green Belts	4-4:40pm
340005B	Purple Belts & higher	4:40-5:25pm
Early Taekwondo		
340005C	Purple Belts & higher	4:40-5:25pm
340005D	White to Green Belts	5:25-6:10pm
Youth Taekwondo		
340005E	White to Green Belts	6:10-6:55pm
340005F	Purple Belts & higher	6:55-7:40pm
Parent/Child		
340005G	All Belts	7:40-8:30pm
Adult		
340005H	All Belts	7:40-8:30pm



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

SUMMER WILL BE HERE BEFORE YOU KNOW IT!

Don't forget to check out all our different Summer Camps on pages 40-55.

ILLINOIS SHOTOKAN KARATE CLUB

The Illinois Shotokan Karate Club (ISKC) is Chicagoland's premier karate school taught under the instruction of John DiPasquale, a four-time National Champion and US National Coach. If you have a specific karate question, contact ISKC at (847) 359-0666 or visit www.iskc.com.

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). From beginners to advanced, there's something for everyone! (BW)

GENERAL INFORMATION

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. 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.

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

PRE-KARATE

Ages: 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

Ages: 7 years & 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

Ages: 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.

ILLINOIS SHOTOKAN KARATE CLUB CLASSES

Dates: Friday, Apr. 6-June 8 (10 weeks)
Location: FitNation, 1655 Nations Drive, Gurnee
Fee: \$105 R / \$129 NR
Instructor: ISKC Staff
Register By: Mar. 30

Code:	Level:	Time:
Pre-Karate (4 - 7 years)		
340006C	Beginner/Continuer	4:30-5:15pm
340006D	Novice (3 or more prior sessions)	5:15-6pm
Youth Karate (8 - 15 years)		
340007D	Beginner/Continuer (White-Orange Belts)	6-6:55pm
340007E	Novice (Yellow-Green Belts)	7-7:55pm
340007F	Inter/Adv (Purple Belt & up)	8-8:55pm
Parent/Child Karate (7 years & up)		
340008D	Beginner/Continuer (White-Orange Belts)	6-6:55pm
340008E	Novice (Yellow-Green Belts)	7-7:55pm
340008F	Inter/Adv (Purple Belt & up)	8-8:55pm
Adult Karate (15 years & up)		
340009A	Beginner/Continuer (White-Orange Belts)	6-6:55pm
340009B	Novice (Yellow-Green Belts)	7-7:55pm
340009C	Inter/Adv (Purple Belt & up)	8-8:55pm

Dates: Monday, Apr. 9-June 11 (9 weeks)
(No Class May 28)
Location: Recreation Center Gym, 240 Commerce Drive, Grayslake
Fee: \$95 R / \$119 NR
Instructor: ISKC Staff
Register By: Apr. 2

Code:	Level:	Time:
Pre-Karate (4 - 7 years)		
340006A	Beginner/Continuer	4-4:45pm
340006B	Novice (White w/stripes & up)	4:50-5:35pm
Youth/Adult Karate (7 years & up)		
340007A	Beginner/Continuer (White-Red Belts)	6-6:55pm
340007B	Novice (Orange & Yellow Belt)	7-7:55pm
340007C	Inter/Adv (Blue Belt & up)	8-8:55pm
Parent/Child Karate (7 years & up)		
340008A	Beginner/Continuer (White-Red Belts)	6-6:55pm
340008B	Novice (Orange & Yellow Belt)	7-7:55pm
340008C	Inter/Adv (Blue Belt & up)	8-8:55pm