

MARTIAL ARTS

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

Friday Classes

Dates: Friday, Sept. 7-Dec. 14 (14 weeks)
No Class: Nov. 23
Location: FitNation, 1655 Nations Drive, Gurnee
Fee: \$147 R / \$179 NR
Instructor: ISKC Staff
Register By: Sept. 3

Code:	Level:	Time:
Pre-Karate (4 - 7 years)		
640006C	Beginner/Continuer	4:30-5:15pm
640006D	Novice (3 or more prior sessions)	5:15-6pm
Youth Karate (8 - 14 years)		
640007D	Beginner/Continuer (White-Orange Belts)	6-6:55pm
640007E	Novice (Yellow-Green Belts)	7-7:55pm
640007F	Inter/Adv (Purple Belt & up)	8-8:55pm
Parent/Child Karate (7 years & up)		
640008D	Beginner/Continuer (White-Orange Belts)	6-6:55pm
640008E	Novice (Yellow-Green Belts)	7-7:55pm
640008F	Inter/Adv (Purple Belt & up)	8-8:55pm
Adult Karate (15 years & up)		
640009A	Beginner/Continuer (White-Orange Belts)	6-6:55pm
640009B	Novice (Yellow-Green Belts)	7-7:55pm
640009C	Inter/Adv (Purple Belt & up)	8-8:55pm

Monday Classes

Dates: Monday, Sept. 10-Dec. 17 (15 weeks)
Location: Recreation Center Gym, 240 Commerce Drive, Grayslake
Fee: \$158 R / \$190 NR
Instructor: ISKC Staff
Register By: Sept. 3

Code:	Level:	Time:
Pre-Karate (4 - 7 years)		
640006A	Beginner/Continuer	4-4:45pm
640006B	Novice (White w/stripes & up)	4:50-5:35pm
Youth/Adult Karate (7 years & up)		
640007A	Beginner/Continuer (White-Red Belts)	6-6:55pm
640007B	Novice (Orange & Yellow Belts)	7-7:55pm
640007C	Inter/Adv (Blue Belt & up)	8-8:55pm
Parent/Child Karate (7 years & up)		
640008A	Beginner/Continuer (White-Red Belts)	6-6:55pm
640008B	Novice (Orange & Yellow Belt)	7-7:55pm
640008C	Inter/Adv (Blue Belt & up)	8-8:55pm



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)

CLASS DESCRIPTIONS

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: 14 years & 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, Sept. 4-Dec. 18
Location: Libertyville Sports Complex
 1950 N. US 45, Libertyville
Fee: \$192 per person (16 weeks)
Instructor: KH Kim Taekwondo Staff
Register By: Aug. 28

Code:	Level:	Time:	Min/Max:
Little Dragons			
640005A	All Belts	4:45-5:30pm	2 / 8
Early Taekwondo			
640005C	All Belts	5:35-6:20pm	2 / 10
Youth Taekwondo			
640005E	All Belts	6:25-7:10pm	2 / 10
Parent/Child			
640005G	All Belts	7:15-8:05pm	2 / 10
Adult			
640005H	All Belts	7:15-8:05pm	2 / 10



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.

MARTIAL ARTS



LIONS MARTIAL ARTS ACADEMY

401 S. Route 83
Grayslake, IL 60030
www.grayslakemartialarts.com



KIDS MARTIAL ARTS

Age: 3 - 12 years

This is an 11-week class in Martial Arts. We teach a blend of traditional Tae Kwon Do and Karate blended with a modern approach to self defense and kickboxing. For our younger students, we teach them to be good listeners, respectful and leaders in their community and classroom. All our students will gain strength, coordination, balance, self defense skills and confidence. Classes are taught by certified Master Instructors. This is a contractual program. (BW)

Age:	Code:	Day:	Date:	Time:
3-4 yrs	640002A	Tu+Th	Aug. 23-Nov. 1	4:30-5pm
5-6 yrs	640002B	Tu+Th	Aug. 23-Nov. 1	5-5:30pm
7-12 yrs	640002C	Th	Aug. 23-Nov. 1	6-6:50pm

Fee: \$99 R /\$123 NR
Location: Lions Martial Arts Studio
Min / Max: 1 / 20
Register By: Aug. 16



TAI CHI FOR ALL AGES

Age: 11 years & up

Tai Chi (pronounced "tie-CHEE") is an ancient, slow moving exercise that originated in China around 1200 AD. 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. This is a contractual program. (BW)

Code:	Day:	Date:	Time:	Fee (R/NR):
640024A	W	Aug. 8-Oct. 17	6:30-7:15pm	\$77/\$96

Location: Lions Martial Arts Studio
Min / Max: 1 / 20
Register By: Aug. 7

AIKIDO

Age: 15 years & up

This introductory class focuses on blending with an attacker's motion, rather than colliding with it. Aikido is an art that develops strong core centering and unmatched fluidity through simple movements. We train in a traditional Japanese environment that is safe and fun for adults. This is a contractual program. (BW)

Code:	Day:	Date:	Time:	Fee (R/NR):
640004A	W	Aug. 22-Oct. 1	8:15-9pm	\$99/\$123

Location: Lions Martial Arts Studio
Min / Max: 1 / 20
Register By: Aug. 15

LOOKING FOR OTHER ACTIVE PROGRAMS?

Check out Youth Athletics (p. 25-33), Adult/Teen Athletics (p. 39) and Fitness (p. 40-42) for other great programs like Youth Volleyball, Youth Flag Football, Yoga, Pilates, Adult Softball Leagues, and much more!

Save the Date

The 11th Annual Pumpkin Fest is on Thursday, Oct. 18 in Central Park! Rain date: Thursday, Oct. 25.