

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 and Youth/Adult 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

Monday Classes

Dates: Monday, Jan. 7-Mar. 25 (11 weeks)
No Class: Feb. 18
Location: Recreation Center Gym, 240 Commerce Drive, Grayslake
Fee: \$118 R / \$147 NR
Instructor: ISKC Staff
Register By: Jan. 4

Code:	Level:	Time:
Pre-Karate (4 - 7 years)		
740006A	Beginner/Continuer	4-4:45pm
740006B	Novice (White w/stripes & up)	4:50-5:35pm
Youth/Adult Karate (7 years & up)		
740007A	Beginner/Continuer (White-Red Belts)	6-6:55pm
740007B	Novice (Orange & Yellow Belts)	7-7:55pm
740007C	Inter/Adv (Blue Belt & up)	8-8:55pm
Parent/Child Karate (7 years & up)		
740008A	Beginner/Continuer (White-Red Belts)	6-6:55pm
740008B	Novice (Orange & Yellow Belt)	7-7:55pm
740008C	Inter/Adv (Blue Belt & up)	8-8:55pm

Friday Classes

Dates: Friday, Jan. 11-Mar. 22 (11 weeks)
Location: FitNation, 1655 Nations Drive, Gurnee
Fee: \$118 R / \$147 NR
Instructor: ISKC Staff
Register By: Jan. 4

Code:	Level:	Time:
Pre-Karate (4 - 7 years)		
740006C	Beginner/Continuer	4:30-5:15pm
740006D	Novice (3 or more prior sessions)	5:15-6pm
Youth Karate (8 - 14 years)		
740007D	Beginner/Continuer (White-Orange Belts)	6-6:55pm
740007E	Novice (Yellow-Green Belts)	7-7:55pm
740007F	Inter/Adv (Purple Belt & up)	8-8:55pm
Parent/Child Karate (7 years & up)		
740008D	Beginner/Continuer (White-Orange Belts)	6-6:55pm
740008E	Novice (Yellow-Green Belts)	7-7:55pm
740008F	Inter/Adv (Purple Belt & up)	8-8:55pm
Adult Karate (15 years & up)		
740009A	Beginner/Continuer (White-Orange Belts)	6-6:55pm
740009B	Novice (Yellow-Green Belts)	7-7:55pm
740009C	Inter/Adv (Purple 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. 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 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.

KH KIM TAEKWONDO CLASSES

All classes are held on Tuesday

Dates: Tuesday, Jan. 8-Mar. 19
Location: Libertyville Sports Complex
 1950 N. US 45, Libertyville
Fee: \$132 per person
Instructor: KH Kim Taekwondo Staff
Register By: Jan. 5

Code:	Level:	Time:	Min/Max:
Little Dragons			
740005A	All Belts	4:45-5:30pm	2 / 8
Early Taekwondo			
740005C	All Belts	5:35-6:20pm	2 / 10
Youth Taekwondo			
740005E	All Belts	6:25-7:10pm	2 / 10
Parent/Child			
740005G	All Belts	7:15-8:05pm	2 / 10
Adult			
740005H	All Belts	7:15-8:05pm	2 / 10

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.



LIONS MARTIAL ARTS ACADEMY

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

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):
740004A	W	Dec. 19-Mar. 6	8:15-9pm	\$99/\$123 (No class: Dec. 26)

Location: Lions Martial Arts Studio

Min / Max: 1 / 20

Register By: Dec. 15

KIDS MARTIAL ARTS

Age: 3 - 12 years

We teach a blend of traditional Tae Kwon Do and Karate blended with a modern approach to self defense and kickboxing. We teach our younger students to be good listeners, respectful and leaders in their community and classroom. All students 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	740002A	Tu+Th	Dec. 20-Mar. 7	4:30-5pm
5-6 yrs	740002B	Tu+Th	Dec. 20-Mar. 7	5-5:30pm
7-12 yrs	740002C	Th	Dec. 20-Mar. 7	6-7pm

Fee: \$99 R / \$123 NR

No Class: Dec. 25 & Jan. 1

Location: Lions Martial Arts Studio

Min / Max: 1 / 20

Register By: Dec. 15