

# 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](http://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, June 17 - Aug. 26 (11 weeks)  
**Location:** Recreation Center Gym, 240 Commerce Drive, Grayslake  
**Fee:** \$118 R / \$145 NR  
**Instructor:** ISKC Staff  
**Register By:** June 10

Code:	Level:	Time:
<b>Shotokan Pre-Karate (4 - 7 years)</b>		
940006A	Beginner/Continuer	4-4:45pm
940006B	Novice (White w/stripes & up)	4:50-5:35pm
<b>Shotokan Youth/Adult Karate (7 years &amp; up)</b>		
940007A	Beginner/Continuer (White-Red Belts)	6-6:55pm
940007B	Novice (Orange & Yellow Belts)	7-7:55pm
940007C	Inter/Adv (Blue Belt & up)	8-8:55pm
<b>Shotokan Parent/Child Karate (7 years &amp; up)</b>		
940008A	Beginner/Continuer (White-Red Belts)	6-6:55pm
940008B	Novice (Orange & Yellow Belt)	7-7:55pm
940008C	Inter/Adv (Blue Belt & up)	8-8:55pm

### Friday Classes

**Dates:** Friday, June 14-Aug. 30 (11 weeks)  
**No Class:** July 12  
**Location:** FitNation, 1655 Nations Drive, Gurnee  
**Fee:** \$118 R / \$145 NR  
**Instructor:** ISKC Staff  
**Register By:** June 10

Code:	Level:	Time:
<b>Shotokan Pre-Karate (4 - 7 years)</b>		
940006C	Beginner/Continuer	4:30-5:15pm
940006D	Novice (3 or more prior sessions)	5:15-6pm
<b>Shotokan Youth Karate (8 - 14 years)</b>		
940007D	Beginner/Continuer (White-Orange Belts)	6-6:55pm
940007E	Novice (Yellow-Green Belts)	7-7:55pm
940007F	Inter/Adv (Purple Belt & up)	8-8:55pm
<b>Shotokan Parent/Child Karate (7 years &amp; up)</b>		
940008D	Beginner/Continuer (White-Orange Belts)	6-6:55pm
940008E	Novice (Yellow-Green Belts)	7-7:55pm
940008F	Inter/Adv (Purple Belt & up)	8-8:55pm
<b>Shotokan Adult Karate (15 years &amp; up)</b>		
940009A	Beginner/Continuer (White-Orange Belts)	6-6:55pm
940009B	Novice (Yellow-Green Belts)	7-7:55pm
940009C	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, June 18-Aug. 20  
**Location:** Libertyville Sports Complex  
 1950 N. US 45, Libertyville  
**Fee:** \$110 per person  
**Instructor:** KH Kim Taekwondo Staff

Code:	Level:	Time:	Min/Max:
<b>Little Dragons</b>			
940005A	All Belts	4:45-5:30pm	2 / 8
<b>Early Taekwondo</b>			
940005B	All Belts	5:35-6:20pm	2 / 10
<b>Youth Taekwondo</b>			
940005C	All Belts	6:25-7:10pm	2 / 10
<b>Parent/Child Taekwondo</b>			
940005D	All Belts	7:15-8:05pm	2 / 10
<b>Adult Taekwondo</b>			
940005E	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.

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.



## LIONS MANTIAL ARTS ACADEMY

401 S. Route 83, Grayslake, IL 60030 | [www.grayslakemartialarts.com](http://www.grayslakemartialarts.com)

## YOUTH 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:
3-6 yrs	940002A	Tu	June 18-Aug. 20	5-5:45pm
7-12 yrs	940002B	Tu	June 18-Aug. 20	6-7pm
13+ yrs	940002C	Th	June 20-Aug. 22	8-9pm
<b>Fee (R/NR):</b>	\$99/\$123			
<b>Location:</b>	Lions Martial Arts Studio			
<b>Min / Max:</b>	1 / 20			
<b>Register By:</b>	June 14			