



## LIONS MARTIAL ARTS ACADEMY

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

### BEGINNER MARTIAL ARTS

**Age: 3 years & up**

Lions Martial Arts teaches 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. Tshirt is included in price; uniforms can be purchased for \$25. This is a contractual program. (BW)

Age:	Code:	Day:	Date:	Time:
3-4 yrs	140002A	Tu+Th	Aug. 27-Nov. 5	4:30-5pm
7-12 yrs	140002B	Tu	Aug. 27-Nov. 5	6-6:50pm
7-12 yrs	140002C	Th	Aug. 29-Nov. 7	6-6:50pm
13 yrs +	140002D	W	Aug. 25-Nov. 6	7:30-8:15pm

**Fee:** \$110 R / \$130 NR

**Location:** Lions Martial Arts Studio

**Min / Max:** 1 / 20

**Register By:** One week prior

### AIKIDO

**Age: 13 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):
140004A	M	Aug. 26-Nov. 4	8:15-9pm	\$60/\$80
140004B	W	Aug. 28-Nov. 6	8:15-9pm	\$60/\$80

**Location:** Lions Martial Arts Studio

**Min / Max:** 1 / 20

**Register By:** Aug. 19 & Aug. 21

### TAI CHI FOR EVERY BODY

**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. Experience how truly relaxing and fun Tai Chi can be. This is a contractual program. (BW)

Code:	Day:	Date:	Time:	Fee (R/NR):
140024A	F	Aug. 23-Nov. 8	6:30-7:30pm	\$40/\$54

**Location:** Lions Martial Arts Studio  
**Min / Max:** 1 / 20  
**Register By:** Aug. 16



# 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, Sept. 9-Dec. 16 (15 weeks)  
**Location:** Recreation Center Gym, 240 Commerce Drive, Grayslake  
**Fee:** \$161 R / \$184 NR  
**Instructor:** ISKC Staff  
**Register By:** Sept. 2

Code:	Level:	Time:
<b>Shotokan Pre-Karate (4 - 7 years)</b>		
140006A	Beginner/Continuer	4-4:45pm
140006B	Novice (White w/stripes & up)	4:50-5:35pm
<b>Shotokan Youth/Adult Karate (7 years &amp; up)</b>		
140007A	Beginner/Continuer (White-Red Belts)	6-6:55pm
140007B	Novice (Orange & Yellow Belts)	7-7:55pm
140007C	Inter/Adv (Blue Belt & up)	8-8:55pm
<b>Shotokan Parent/Child Karate (7 years &amp; up)</b>		
140008A	Beginner/Continuer (White-Red Belts)	6-6:55pm
140008B	Novice (Orange & Yellow Belt)	7-7:55pm
140008C	Inter/Adv (Blue Belt & up)	8-8:55pm

### Friday Classes

**Dates:** Friday, Sept. 6-Dec. 13 (14 weeks)  
**No Class:** Nov. 29  
**Location:** FitNation, 1655 Nations Drive, Gurnee  
**Fee:** \$151 R / \$172 NR  
**Instructor:** ISKC Staff  
**Register By:** Aug. 30

Code:	Level:	Time:
<b>Shotokan Pre-Karate (4 - 7 years)</b>		
140006C	Beginner/Continuer	4:30-5:15pm
140006D	Novice (3 or more prior sessions)	5:15-6pm
<b>Shotokan Youth Karate (8 - 14 years)</b>		
140007D	Beginner/Continuer (White-Orange Belts)	6-6:55pm
140007E	Novice (Yellow-Green Belts)	7-7:55pm
140007F	Inter/Adv (Purple Belt & up)	8-8:55pm
<b>Shotokan Parent/Child Karate (7 years &amp; up)</b>		
140008D	Beginner/Continuer (White-Orange Belts)	6-6:55pm
140008E	Novice (Yellow-Green Belts)	7-7:55pm
140008F	Inter/Adv (Purple Belt & up)	8-8:55pm
<b>Shotokan Adult Karate (15 years &amp; up)</b>		
140009A	Beginner/Continuer (White-Orange Belts)	6-6:55pm
140009B	Novice (Yellow-Green Belts)	7-7:55pm
140009C	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, Sept. 3-Dec. 17  
**Location:** Libertyville Sports Complex  
 1950 N. US 45, Libertyville  
**Fee:** \$192 per person  
**Instructor:** KH Kim Taekwondo Staff

Code:	Level:	Time:	Min/Max:
<b>Little Dragons</b>			
140005A	All Belts	4:45-5:25pm	2 / 8
<b>Early Taekwondo</b>			
140005B	All Belts	5:30-6:20pm	2 / 10
<b>Youth Taekwondo</b>			
140005C	All Belts	6:25-7:15pm	2 / 10
<b>Parent/Child Taekwondo</b>			
140005D	All Belts	7:20-8:35pm	2 / 10
<b>Adult Taekwondo</b>			
140005E	All Belts	7:20-8:35pm	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.

