

Martial Arts

Karate For Youth & Adult

Ages 5 and up

Through karate, children and adults develop strength, coordination, agility, self-confidence and self-discipline from the Illinois Shotokan Karate Club, under the direction of John DiPasquale. Uniform and testing fees are optional. Beginning students are not permitted to register into the current session after the second class. Higher levels will be accepted after the start date, but full class fee will be required. Participants and their siblings must be supervised and monitored at all times by parents. Parent/child and youth classes are held together. (10 weeks)

Code	Level	Age	Belt	Time	R/NR Fee
1103-0	Pre-Karate	5-7	0-2 prior sessions	4-4:45 p.m.	\$80/\$92
1103-1	Pre-Karate	5-7	Permission needed	4:50-5:35 p.m.	\$80/\$92
1103-2	Youth Karate	8-14	White Belts	5:35-6:30 p.m.	\$80/\$92
1103-3	Youth Karate	8-14	Orange-Blue Belts	6:35-7:30 p.m.	\$80/\$92
1103-4	Youth Karate	8-14	Green Belts & up	7:35-8:30 p.m.	\$80/\$92
1103-5	Parent/Child*	7-14	White Belts	5:35-6:30 p.m.	\$80/\$92
1103-6	Parent/Child*	7-14	Orange-Blue Belts	6:35-7:30 p.m.	\$80/\$92
1103-7	Parent/Child*	7-14	Green Belts & up	7:35-8:30 p.m.	\$80/\$92
1103-8	Adult Karate	15 & up	Beginner/Cont.	8:30-9:30 p.m.	\$80/\$92
1103-9	Adult Karate	15 & up	Int/Inst. permission	8:30-9:45 p.m.	\$93/\$105

*Parent must attend, fee is per person.

Instructor: Illinois Shotokan Karate Club Staff

Min/Max: Parent/Child (8/16), Beg. Adult and Pre-Karate (6/20)

and all other: (6/30)

Site: SKRC

PM: GH

Thursdays, from 4/8 - 6/10

Sullivan's Karate School

Ages 4 - adult

Karate is an art that stresses defense rather than offense. Sensei Matt is a 3rd degree black belt who teaches the traditional style of Okinawan karate, and is designed for youths, teens and adults. Uniforms can be purchased through the instructor, \$30 for youth and \$35 for adult. Parents can participate with their enrolled children for no additional charge. (11 weeks)

Beginning class (white & yellow belts)

Code	Day	Date	Time	R/NR Fee
1104-0	W	4/14-6/23	5:45-6:30 p.m.	\$45/\$55

Advanced class (Green belts and above)

Code	Day	Date	Time	R/NR Fee
1104-1	W	4/14-6/23	6:30-7:15 p.m.	\$45/\$55

Adult Class (14 years and up)

Code	Day	Date	Time	R/NR Fee
1104-2	W	4/14-6/23	7:15-8 p.m.	\$45/\$55

Instructors: Matt Sullivan Site: SKRC

Min/Max: 4/30 PM: GH

Taekwondo — is a 2000-year-old martial art, offering a variety of benefits for people of all ages and abilities. Students have the opportunity to improve concentration and self esteem, achieve lifelong fitness and learn self-defense skills. Classes are taught under the direction of Grand Master Ki Hong Kim* (8th Dan World Tae Kwon Do Federation.) A \$45.00 uniform fee is required at the first class. Belt testing is offered through The KH Kim's Taekwondo at an additional fee. All colored belt students are required to have complete sparring gears.

Little Dragons

Age 4-5

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.

Code	Level	Date	Day	Time	R/NR Fee
1060-0	All Belt	4/6-6/8	T	4-4:40 p.m.	\$110/\$120

Site: SKRC Min/Max: 5/12 PM: GH

Early Taekwondo

Age 6-7

This program helps kids develop conditioning, coordination, listening skill, and self-confidence through creative activities.

Code	Level	Date	Day	Time	Fees
1060-1	White-Green	4/6-6/8	T	4:40-5:25 p.m.	\$110/\$120
1060-2	Purple & UP	4/6-6/8	T	6:20-7:05 p.m.	\$110/\$120

Site: SKRC Min/Max: 5/20 PM: GH

Youth Taekwondo

Age 8-13

This program 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.

Code	Level	Date	Day	Time	Fees
1060-3	White-Green	4/6-6/8	T	5:30-6:15 p.m.	\$110/\$120
1060-4	Purple & UP	4/6-6/8	T	6:20-7:05 p.m.	\$110/\$120

Site: SKRC Min/Max: 5/20 PM: GH

Parent/Child Taekwondo

Age 7 and 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 the Taekwondo techniques including punching, kicking, and blocking.

Code	Level	Date	Day	Time	Fees
1060-5	All Belt	4/6-6/8	T	7:10-8 p.m.	\$110/\$120

Site: SKRC Min/Max: 5/15 PM: GH

Adult Taekwondo

High School and up

This program concentrates on Taekwondo techniques through the study of forms, stances, and the skills of punching, kicking, and blocking

Code	Level	Date	Day	Time	Fees
1060-6	All Belt	4/6-6/8	T	7:10-8 p.m.	\$110/\$120

Site: SKRC Min/Max: 5/10 PM: GH