

Karate For Youth & Adult **Thursdays, from 6/17 – 9/2**

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. (12 weeks)

Code	Level	Age	Belt	Time	R/NR Fee**	Min/Max
2103-0	Pre-Karate	5 – 7	0 – 2 prior sessions	4 – 4:45 p.m.	\$99/\$111	6/20
2103-1	Pre-Karate	5 – 7	Permission needed	4:50 – 5:35 p.m.	\$99/\$111	6/20
2103-2	Youth Karate	8 – 14	White Belts	5:35 – 6:30 p.m.	\$99/\$111	6/30
2103-3	Youth Karate	8 – 14	Orange – Blue Belts	6:35 – 7:30 p.m.	\$99/\$111	6/30
2103-4	Youth Karate	8 – 14	Green Belts & up	7:35 – 8:30 p.m.	\$99/\$111	6/30
2103-5	Parent/Child	7 – 14*	White Belts	5:35 – 6:30 p.m.	\$99/\$111	8/16
2103-6	Parent/Child	7 – 14*	Orange – Blue Belts	6:35 – 7:30 p.m.	\$99/\$111	8/16
2103-7	Parent/Child	7 – 14*	Green Belts & up	7:35 – 8:30 p.m.	\$99/\$111	8/16
2103-8	Adult Karate	15 & up	Beginner/Cont.	8:30 – 9:30 p.m.	\$99/\$111	6/20
2103-9	Adult Karate	15 & up	Int./Instructor permission	8:30 – 9:45 p.m.	\$114/\$126	6/30

*with a parent **per person

Instructors: Illinois Shotokan Karate Club Staff

Site: SKRC

PM: GH

Sullivan's Karate School ages 4 and up

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. For more information go to the website www.sullivanskarateschool.com. (11 weeks)

Beginning Class (white & yellow belts):

Code	Day	Date	Time	R/NR Fee
2104-0	W	6/30 – 9/8	5:45 – 6:30 p.m.	\$45/\$55

Advanced Class (Green belts and above):

Code	Day	Date	Time	R/NR Fee
2104-1	W	6/30 – 9/8	6:30 – 7:15 p.m.	\$45/\$55

Adult Class (14 years and up):

Code	Day	Date	Time	R/NR Fee
2104-2	W	6/30 – 9/8	7:15 – 8 p.m.	\$45/\$55

Tae Kwon Do

Tae Kwon Do (TKD) is a 2000-year-old martial art and offers a variety of benefits for people of all ages and abilities. Students can improve concentration and self esteem, achieve lifelong physical fitness and learn self-defense skills. Classes are taught by Grand Master Ki Hong Kim (8th Dan World TKD Federation). A \$45 uniform fee is required at the first class. Belt testing is offered through the KH Kim's Oriental Arts Training Center (OATC) at an additional fee. All colored belt students are required to have complete sparring gear. (10 weeks)

Little Dragons

Ages 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	Day	Date	Time	R/NR Fee
2060-0	T	6/15 – 8/17	4:30 – 5:10 p.m.	\$100/\$110

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

Early Tae Kwon Do

Ages 6 – 7

Designed especially for the younger children, this program helps kids develop conditioning, coordination, listening skills and self-confidence through creative activities.

Code	Day	Date	Time	R/NR Fee
2060-1	T	6/15 – 8/17	5:15 – 6 p.m.	\$100/\$110

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

Youth Tae Kwon Do

Ages 8 – 13

This program includes a balanced cardiovascular workout, including punching, kicking and blocking skills, using the Tae Kwon Do tradition and self control. Participants will improve coordination, power of concentration, balance, and both physical and mental discipline.

Code	Day	Date	Time	R/NR Fee
2060-2	T	6/15 – 8/17	6:05 – 6:55 p.m.	\$100/\$110

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

Adult Tae Kwon Do

Adults (High School and up)

Restricted to high school students and older, this program concentrates on Tae Kwon Do techniques through the study of forms, stances, and the skills of punching, kicking and blocking.

Code	Day	Date	Time	R/NR Fee
2060-3	T	6/15 – 8/17	7 – 7:50 p.m.	\$100/\$110

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

Parent/Child Tae Kwon Do

Ages 7 and up with a parent

This class provides families with a fun opportunity to spend time together while improving physical and mental conditioning through cardiovascular drills, calisthenics, and traditional Tae Kwon Do techniques, including punching, kicking and blocking.

Code	Day	Date	Time	R/NR Fee
2060-4	T	6/15 – 8/17	7 – 7:50 p.m.	\$100/\$110

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