

ILLINOIS SHOTOKAN KARATE 17

Illinois Shotokan Karate Club is Chicagoland's premier karate school taught under the instruction of John DiPasquale, four-time National Champion, U.S. National Coach, and President of the U.S. National Karate Federation.

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 the full class fee is required plus the late fee.

Uniforms and belt-testing are options available through the ISKC instructor.

PRE-KARATE (4-7 Years) • Young children will develop flexibility, strength, and coordination in fun, yet disciplined, activities. This program is specifically designed for growing minds and bodies to enhance memory and agility, Watch your child's confidence blossom and their skills improve.

YOUTH KARATE (7-14 Years) • Karate classes will put children in touch with their bodies and offers a good mix of strength training, with cardiovascular and flexibility exercises. Children 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.

ADULT KARATE (15 Years & Older) • Release tension and develop total body fitness! In addition to self-defense skills, karate develops flexibility and muscle tone, all while improving core strength. From work to home, the benefits of karate can be felt in all aspects of life.

PARENT/CHILD KARATE (Children 7 & Up) • An excellent opportunity to spend quality time with your child, while conditioning muscles, developing coordination, and improving cardiovascular fitness. Please note that the Youth, Parent/Child, and Adult classes train together. **Fees are per person**

Tuesday Classes ~ 11 Weeks NO CLASS AUGUST 4			
June 16 - September 1		\$121 Res./\$126 Non-Res.	
Program #	Time	Level/Color	Age
101113-02	6:00 - 7:00 p.m.	Beginner/Novice White - Orange	7 & Up
101113-03	7:00 - 8:00 p.m.	Intermediate Yellow - Purple	7 & Up
101113-04	8:00 - 9:00 p.m.	Advanced Brown - Black	7 & Up

Saturday Classes ~ 11 Weeks NO CLASS JULY 4			
June 13 - August 29		\$121 Res./\$126 Non-Res.	
Program #	Time	Level/Color	Age
101113-01	9:00 - 9:55 a.m.	Beginner/Continuer Pre-Karate	4 - 7
101113-05	10:00 - 11:00 a.m.	Beginner/Novice White - Yellow	7 & Up
101113-06	11:00 a.m. - Noon	Intermediate Blue - Purple	7 & Up
101113-07	Noon - 1:00 p.m.	Advanced Brown- Black	7 & Up



NOTE: Participants should wear loose fitting clothes to class. Through the cooperation of the Oak Lawn Park District and the Illinois Shotokan Karate Club, we are able to offer Hickory Hills residents additional classes at the Oak Lawn Park District at a resident rate. Registration for Oak Lawn classes is taken at the pavilion: Oak Lawn Park District, 9401 S. Oak Park Ave., 857-2420. Residents of Hickory Hills, Oak Lawn, and/or Burbank receive resident rate.

Classes are held at Krueger Park, 9100 S. 88th Ave.