

# ILLINOIS SHOTOKAN KARATE

Illinois Shotokan Karate Club is Chicagoland's premier karate school taught under the instruction of John DiPasquale, a four-time National Champion, US National Coach and President of the US National 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.
- Uniforms and belt-testing are options available through the ISKC instructor for an additional fee.

**PRE-KARATE (4-7 Years)** • In our Pre-Karate classes, young children 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)** • ISKC's Youth 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)** • Our Adult classes release tension, develop total body fitness, and build stamina and overall productivity! In addition to self-defense skills, karate increases flexibility, cardiovascular endurance, and muscle tone, while improving core strength.



**PARENT/CHILD KARATE (Children 7 & Up)** \*Fees are per person • Parent/Child classes are a great way 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 may train together.

**NOTE: Participants should wear loose fitting clothes to class along with a face mask. 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 Oak Lawn Park District, 9401 S. Oak Park Ave., Oak Lawn, IL. 708-857-2420.**

**Residents of Hickory Hills, Oak Lawn, and/or Burbank receive resident rate.**

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

Tuesday Classes			
September 8 - December 15		\$165 Res./\$170 Non-Res.	
Program #	Time	Level/Color	Age
201213-02	6:00 - 7:00 p.m.	Beginner/Novice White - Orange	7 & Up
201213-03	7:00 - 8:00 p.m.	Intermediate Yellow - Purple	7 & Up
201213-04	8:00 - 9:00 p.m.	Advanced Brown - Black	7 & Up

Saturday Classes			
September 12 - December 19		\$165 Res./\$170 Non-Res.	
Program #	Time	Level/Color	Age
201213-01	9:00 - 9:55 a.m.	Beginner/Continuer Pre-Karate	4 - 7
201213-05	10:00 - 11:00 a.m.	Beginner/Novice White - Yellow	7 & Up
201213-06	11:00 a.m. - Noon	Intermediate Blue - Purple	7 & Up
201213-07	Noon - 1:00 p.m.	Advanced Brown- Black	7 & Up

**Please visit [www.ISKC.com](http://www.ISKC.com) for more information or call 847-359-0666.**

**Any registration for Tuesday classes received after 5:00 p.m. on Tuesday, September 8 & registration for Saturday classes received after 5:00 p.m. on Friday, September 11 will be charged a \$15 late fee.**