

ILLINOIS SHOTOKAN KARATE

Illinois Shotokan Karate Club is Chicagoland's premier karate school taught under the instruction of John DiPasquale, four-time National Champion, President of the American Shotokan Karate Association, and former 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 continuing 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 (4-6 Years) • In our Pre-Karate safety 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 routine.

ADULT KARATE (15 Years & Older) • Our adult classes release tension, develop total body fitness, and

Winter Session - 12 Weeks			
Tuesday Classes			
January 3 - March 21		\$156 Res./\$161 Non-Res.	
Program #	Time	Level/Color	Age
301313-02	6:00 - 7:00 p.m.	Beginner/Novice White - Orange	7 & Up
301313-03	7:00 - 8:00 p.m.	Intermediate Yellow - Purple	7 & Up
301313-04	8:00 - 9:00 p.m.	Advanced Brown - Black	7 & Up

Saturday Classes			
January 7 - March 25		\$156 Res./\$161 Non-Res.	
Program #	Time	Level/Color	Age
301313-01	9:00 - 9:55 a.m.	Beginner/Continuer Pre-Karate	4 - 6
301313-05	10:00 - 11:00 a.m.	Beginner/Novice White - Blue	7 & Up
301313-06	11:00 a.m. - Noon	Intermediate Green - Black	7 & Up

SPRING CLASSES - 10 Weeks			
Tuesday Classes			
April 4 - June 6		\$130 Res./\$135 Non-Res.	
Program #	Time	Level/Color	Age
401413-02	6:00 - 7:00 p.m.	Beginner/Novice White - Orange	7 & Up
401413-03	7:00 - 8:00 p.m.	Intermediate Yellow - Purple	7 & Up
401413-04	8:00 - 9:00 p.m.	Advanced Brown - Black	7 & Up

Saturday Classes			
April 1 - June 3		\$130 Res./\$135 Non-Res.	
Program #	Time	Level/Color	Age
401413-01	9:00 - 9:55 a.m.	Beginner/Continuer Pre-Karate	4 - 6
401413-05	10:00 - 11:00 a.m.	Beginner/Novice White - Blue	7 & Up
401413-06	11:00 a.m. - Noon	Intermediate Green - Black	7 & Up

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 • 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.

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 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.

Any registration for Tuesday classes received after 5:00 p.m. on the first day of class & registration for Saturday classes received after 5:00 p.m. on the Friday before the first class, will be charged a \$15 late fee.