



ILLINOIS SHOTOKAN KARATE

847-359-0666 www.iskc.com

Children and adults universally enjoy learning the art of karate. Classes are taught by Illinois Shotokan Karate Club's expert instructors under the direction of John DiPasquale, four-time National Champion, U.S. Karate National Coach and President of the National Karate Federation of the U.S.

MARTIAL ARTS

PRE-KARATE (4-7 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 rules.

ADULT KARATE (15 Years +)

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 (7+)

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.



- Uniforms and Belt-Testing are options available through the ISKC instructor.
 - Please note that the Youth, Parent/Child and Adult classes may train together.
 - 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.
- Location:** Sullivan Community Center- 635 Aspen Drive - Vernon Hills

CODE CLASS	AGE	DAY	TIME	JUNE 13-SEPT 7
10079 Adults-Beginner/Advanced (all levels)	15+	Thu	8:30-9:30 pm	\$118 R/\$133 NR
10080 Adults-Beginner/Continuer (white-red belts)	15+	Sat	10:40-11:40 am	\$118 R/\$133 NR
10082 Adults-Novice (orange-blue)	15+	Sat	11:45 am-12:45 pm	\$118 R/\$133 NR
10081 Adults-Intermediate (green-purple)	15+	Sat	12:50-1:50 pm	\$118 R/\$133 NR
10078 Adults-Advanced (brown-black)	15+	Sat	1:55-3:25 pm	\$154 R/\$169 NR
10083 Parent/child Beg/Con (white-red belts)	7+	Sat	10:40-11:40 am	\$118 R/\$133 NR
10084 Pre-Karate Beg-Continuer	4-7	Thu	4:00-4:45 pm	\$118 R/\$133 NR
10087 Pre-Karate Inter/Advanced	4-7	Thu	4:45-5:30 pm	\$118 R/\$133 NR
10085 Pre-Karate Beginner (no experience)	4-7	Sat	9:00-9:45 am	\$118 R/\$133 NR
10086 Pre-Karate Continuer (1+ prior)	4-7	Sat	9:50-10:35 am	\$118 R/\$133 NR
10090 Youth-Beg/Cont (white-orange)	7-14	Thu	5:30-6:30 pm	\$118 R/\$133 NR
10093 Youth-Intermediate (yellow-green)	7-14	Thu	6:30-7:30 pm	\$118 R/\$133 NR
10089 Youth-Advanced (purple & up)	7-14	Thu	7:30-8:30 pm	\$118 R/\$133 NR
10091 Youth-Beginner/Continuer (white-red belts)	7-14	Sat	10:40-11:40 am	\$118 R/\$133 NR
10094 Youth-Novice (orange-blue)	7-14	Sat	11:45 am-12:45 pm	\$118 R/\$133 NR
10092 Youth-Intermediate (green-purple)	7-14	Sat	12:50-1:50 pm	\$118 R/\$133 NR
10088 Youth-Advanced (brown-black)	7-14	Sat	1:55-3:25 pm	\$154 R/\$169 NR

NO CLASS JULY 4, JULY 11, JULY 13, AUG. 31

