

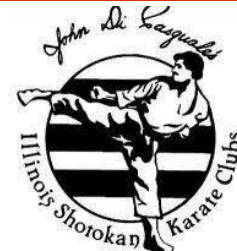


# Illinois Shotokon Karate

847-359-0666

www.iskc.com

Illinois Shotokon 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 Karate Federation.



## 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 increase 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.
- Beginner students will not be permitted to register into the current session after the second session has met.
- Registration for continuers through advanced students will be accepted after the start date, but the full class fee is required.

**Classes located at Sullivan Community Center (Community Room)**

**635 Aspen Drive, Vernon Hills**

## NO CLASS THURSDAY, NOVEMBER 26, 2020

CODE	CLASS	AGE	DAY	TIME	SEPT 3—DEC 17
11929	Pre-Karate Beginner/Continuer	4-7	THURS	4:00-4:45 pm	\$169 R/\$184 NR
11930	Pre-Karate Intermediate/Advance	4-7	THURS	4:45—5:30 pm	\$169 R/\$184 NR
11931	Youth—Beginner/Continuer (white–orange belt)	7-14	THURS	5:30—6:30 pm	\$169 R/\$184 NR
11932	Youth– Intermediate (yellow-green belt)	7-14	THURS	6:30-7:30 pm	\$169 R/\$184 NR
11933	Youth-Advanced (purple belt & up)	7-14	THURS	7:30-8:30 pm	\$169 R/\$184 NR
11934	Adult—Beginner/Advanced (All levels)	15+	THURS	8:30-9:30 pm	\$169 R/\$184 NR

CODE	CLASS	AGE	DAY	TIME	SEPT 12—DEC 19
11935	Pre-Karate Beginner (no experience)	4-7	SAT	9:00 –9:45 am	\$169 R/\$184 NR
11936	Pre-Karate Continuer (1+ prior)	4-7	SAT	9:50—10:35 am	\$169 R/\$184 NR
11937	Youth– Beginner/Continuer (white-red belt)	7-14	SAT	10:40-11:40 am	\$169 R/\$184 NR
11938	Youth-Novice (orange-blue belts)	7-14	SAT	11:45am—12:45 pm	\$169 R/\$184 NR
11939	Youth-Intermediate (green-purple)	7-14	SAT	12:50-1:50 pm	\$169 R/\$184 NR
11940	Youth-Advanced (brown-black belt) *	7-14	SAT	1:55-3:25 pm*	\$218 R /\$233 NR
11941	Adult–Beginner/Continuer (white-red belt)	15+	SAT	10:40-11:40 am	\$169 R/\$184 NR
11942	Adult-Novice (orange-blue belts)	15+	SAT	11:45am-12:45 pm	\$169 R/\$184 NR
11943	Adult-Intermediate (green-purple belt)	15+	SAT	12:50-1:50 pm	\$169 R/\$184 NR
11944	Adult-Advanced (brown-black belt)*	15+	SAT	1:55-3:25 pm*	\$218 R /\$233 NR
11945	Parent/Child-Beginner/Continuer (white-red belt)	7+	SAT	10:40-11:40 am	\$169 R/\$184 NR