



## 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 Karate Federation.

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

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

### 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)

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.

#### Tuesdays, September 3-December 10

Code	Level	Age	Time
212010-A	Beginner	4-7 yrs	4:15-5:00pm
212011-A	Continuer (2+ Sessions)	4-7 yrs	5:00-5:45pm
212012-A	Beg/Continuer (White belts)	7-14 yrs	5:50-6:45pm
212013-A	Inter (Red-Yellow)	7-14 yrs	6:45-7:40pm
212014-A	Advanced (Blue & up)	7-14 yrs	7:45-8:45pm

**Fee:** \$161

**Location:** Clarendon Hills Community Center,  
315 Chicago Ave., Clarendon Hills

**Max:** 12 {Co-Op}

#### Fridays, September 6-December 13

Code	Level	Age	Time
212030-A	Beginner/Continuer	4-7 yrs	4:00-4:45pm*
212031-A	Inter/Advanced (2+ sessions)	4-7 yrs	4:50-5:35pm*
212032-A	Beg/Continuer (White-Orange)	8-14 yrs	5:40-6:35pm*
212034-A	Inter (Yellow-Green)	8-14 yrs	6:40-7:35pm*
212035-A	Advanced (Purple-Black)	8-14 yrs	7:40-8:35pm*

\*No class 11/29

**Fee:** \$151

**Location:** Burr Ridge Community Center,  
15W400 Harvester DR, Burr Ridge

**Max:** 5 {Co-Op}



## Taekwondo

Taekwondo, one of the newest Olympic sports, is a 2,000 year old martial art, offering a variety of benefits for people of all ages and physical abilities. Students have the opportunity to improve concentration and self-esteem, achieve

lifelong physical fitness, and learn self-defense skills. Classes are taught under the direction of G.Master Ki Hong Kim\* (9<sup>th</sup> Dan Kukkiwon World Taekwondo Headquarters). **A \$45.00 uniform fee is required at the first class.** Belt testing is offered through KH Kim Taekwondo at an additional fee and is held twice a year. All colored belt students are required to have complete sparring gears.

Instructor: KH Kim Taekwondo Staff

### Little Dragons I Age: 4-5 • All Belt Levels

This introductory class is designed to captivate the interest of our youngest students. Skills are developed through gentle instruction and appropriate games for their ability. This class focuses on developing balance, coordination, and respect for the discipline of martial arts training.

Code	Day	Time	Dates	Min/Max
222010-A	W	4:40-5:20 pm	9/4-12/18	4/8

### Early Taekwondo Age: 6-7 • All Belt Levels

Designed especially for the younger children of 6-7 years, this program helps kids develop conditioning, coordination, listening skills, and self-confidence through creative activities.

Code	Day	Time	Dates	Min/Max
222010-B	W	5:25-6:15 pm	9/4-12/18	4/15

### Youth Taekwondo Age: 8-13 • All Belt Levels

This program includes a balanced cardiovascular workout, including punching, kicking, and blocking skills, using the Taekwondo tradition, and self-control. Participants will improve coordination, power of concentration, balance, and both physical and mental discipline.

Code	Day	Time	Dates	Min/Max
222010-C	W	6:20-7:10pm	9/4-12/18	4/15

### Parent/Child Taekwondo

This class provides families with a fun opportunity to spend time together while improving physical and mental conditioning through cardiovascular drills, calisthenics, and traditional Taekwondo techniques including punching, kicking, and blocking.

Code	Day	Time	Dates	Min/Max
222010-D	W	7:15-8:10pm	9/4-12/18	4/15

**Fee per session:** \$176R/\$192NR

**Location for all classes:** KLM Lodge