

Illinois Shotokan Karate

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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.

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 plus the late fee.

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

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) • 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) • Release tension and develop total body fitness! In addition to self-defense skills, karate develops flexibility and muscle tone, all while improving core strength. From work to home, the benefits of karate can be felt in all aspects of life.

PARENT/CHILD KARATE (Children 7 & Up) • 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. **Fees are per person**

Tuesday Classes ~ 10 Weeks			
June 20 - August 29 No Class July 4		\$100 Res./\$105 Non-Res.	
Program #	Time	Level/Color	Age
101113-02	6:00 - 7:00 p.m.	Beginner/Novice White - Orange	7 & Up
101113-03	7:00 - 8:00 p.m.	Intermediate Yellow - Purple	7 & Up
101113-04	8:00 - 9:00 p.m.	Advanced Brown - Black	7 & Up

Saturday Classes ~ 11 Weeks			
June 17 - August 26		\$110 Res./\$115 Non-Res.	
Program #	Time	Level/Color	Age
101113-01	9:00 - 9:55 a.m.	Beginner/Continuer Pre-Karate	4 - 7
101113-05	10:00 - 11:00 a.m.	Beginner/Novice White - Yellow	7 & Up
101113-06	11:00 a.m. - Noon	Intermediate Blue - Purple	7 & Up
101113-07	Noon - 1:00 p.m.	Advanced Brown- Black	7 & Up



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 the pavilion: Oak Lawn Park District, 9401 S. Oak Park Ave., 857-2420. Residents of Hickory Hills, Oak Lawn, and/or Burbank receive resident rate. **Classes are held at Krueger Park, 9100 S. 88th Ave.**

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