

Martial Arts

Illinois Shotokan Karate Club

Classes are taught by instructors of the Illinois Shotokan Karate Club under the direction of John DiPasquale, four-time National Champion & U.S. Karate Coach. Beginners will not be able to register into current session after the second class has met. Continuers through advanced students may register late, but full fee is required. Uniforms and belt testing available. There will be no class held on Friday November 25. (mc)

LOCATION: Community Pavilion

Winter Session: 1/6-3/23 (12 weeks)

Day: Fridays

Fee: \$105/\$145(nr) – each participant

Spring Session: 4/6- 6/8 (10 Weeks)

Day: Fridays

Fee: \$88/\$129(nr) – each participant

Pre-Karate (Ages 4-7)

Kids develop coordination, strength, and safety skills in a safe setting.

Class#	Level	Prerequisite	Time
Winter			
#8809	Beginner,	no experience	4-4:45 pm
#8810	Continuing	1 + sessions	4:45-5:30 pm
Spring			
#2964	Beginner	no experience	4-4:45 pm
#2965	Contiuing	1 + sessions	4:45-5:30 pm

Youth Karate (Ages 8-14)

Children build coordination, agility, and strength.

Class#	Level	Prerequisite	Time
Winter			
#8811	Beg./Cont.	White-Orange	5:35-6:30 pm
#8812	Novice	Yellow-Green	6:35-7:30 pm
#8813	Int./Adv	Purple & up	7:35-8:30 pm
Spring			
#2966	Beg/Cont.	White-Orange	5:35-6:30 pm
#2967	Novice	Yellow-Green	6:35-7:30 pm
#2968	Int/Adv	Purple & up	7:35-8:30 pm

Parent/Child (Age 7 & up)

Put your family on the right track to physical well being. Fee is per person.

Class#	Level	Prerequisite	Time
Winter			
#8814	Beg/Cont.	White-Orange	5:35-6:30 pm
#8815	Novice	Yellow-Green	6:35-7:30 pm
#8816	Int/Adv.	Purple & up	7:35-8:30 pm
Spring			
#2969	Beg/Cont.	White-Orange	5:35-6:30 pm
#2970	Novice	Yellow-Green	6:35-7:30 pm
#2971	Int/Adv.	Purple & up	7:35-8:30 pm

PLEASE NOTE:

Shotokan Karate classes are offered at the Hickory Hills Park District on Tuesday nights and Saturday mornings. You must register at that park district to join those classes.

Judo Open House Tournament (Age 4 & up)

The Oak Lawn Park District will be hosting an Inner-Club open house tourney for Judo participants. See if Judo is right for you! (sn)

Location: TBD

	Day	Dates	Time	Fee
Winter	Sat	2/18	9:30am	Free
Spring	Sat	5/5	9:30am	Free

Judo (age 4 to adult - coed)

Judo is a martial art and an Olympic sport. Learn the basic Judo techniques of proper falling, throwing and pinning. Advanced students will learn strangle holds and arm locks. Judo is based on the philosophy of Minimum Effort – Maximum Efficiency in which you turn opponents strengths against him, therefore defeating him in the most efficient manner. This class is designed to learn Judo skills, discipline, respect, balance and coordination for sport or for self-defense. Participants must wear Judo Gi (uniform) or sweatpants and sweatshirt. No class Dec. 22, 24, 29 & 31. PDNA (sn)

Instructor: Glenn Rusco, 3rd Degree Black Belt

Location: Menard Center

Season	Class#	Day	Dates	Time
Beginner				
Winter	#8579	Sat	12/3 – 2/18	10-11am
Winter	#8590	Thurs	12/8 – 2/18	5:30-6:30 pm
Spring	#3077	Sat	3/3 – 5/5	10-11am
Spring	#3078	Thurs	3/8 – 5/5	5:30-6:30 pm
Intermediate/Advanced				
Winter	#8580	Sat	12/3 – 2/18	11-Noon
Winter	#8591	Thurs	12/8 – 2/18	6:30-7:30pm
Spring	#3078	Sat	3/3 – 5/5	11-Noon
Spring	#3088	Thurs	3/8 – 5/5	6:30-7:30pm

Fee: 1 Day: \$65/\$79(nr)

2 Days: \$120/\$146(nr)*

***Receive a 15% off your 2nd day – must be within same session**

Matsumura Shorin-Ryu Karate (age 13 & up)

Become a black belt in one of the oldest systems of karate. Learn the history of the system as well as its fighting and self-defense applications. A uniform is required for promotion to higher belt colors. PDNA (sn)

Instructor: Ed Wojciechowski, 6th Degree Black Belt

Location: Ice Arena

Fee: \$60/\$75(nr)

Season	Class#	Day	Dates	Time
Winter	#8581	Thurs	12/8-2/16	7:45-8:45pm
Spring	#3079	Thurs	3/8-5/17	7:45-8:45pm

Japanese Swordsmanship (age 13 & up)

For centuries the sword was used by the samurai of Japan to defend their country. This course covers the modern day version of actual techniques used by these elite warriors. Known as "iaido," it is translated as drawing and cutting with a single stroke of the blade. A uniform and practice sword will be required for promotions. Wooden swords will be available for use. PDNA (sn)

Instructor: Ed Wojciechowski, 3rd Degree Black Belt

Location: Ice Arena

Fee: \$55/\$69(nr)

Season	Class#	Day	Dates	Time
Winter	#8589	Thurs	12/8-2/16	6:30-7:30pm
Spring	#3083	Thurs	3/8-5/17	6:30-7:30pm