

Illinois Shotokan Karate Club

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. Beginner students will not be permitted to register in 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. Classes are also available at the Hickory Hills Park District. **PDNA** (ds)

Location: Community Pavilion

Session: 1/04-3/22; Fridays

Res/NR: \$126/\$173 each participant

Pre-Karate (Age: 4-7)

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.

| Code+ | Level | Prerequisite | Time |
|-----------|------------|---------------|------------|
| 312401-01 | Beginner | no experience | 4:00-4:45P |
| 312401-02 | Continuing | 1 + session | 4:45-5:30P |

Youth Karate (Age: 8-14)

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.

| Code | Level | Prerequisite | Time |
|-----------|----------|----------------|------------|
| 312402-01 | Beg/Cont | White - Orange | 5:35-6:30P |
| 312402-02 | Novice | Yellow - Green | 6:35-7:30P |
| 312402-03 | Int/ Adv | Purple & up | 7:35-8:30P |

Adult & Parent/Child (Age: 7 & up)

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 classes are a great way to spend quality time with your child, while conditioning muscles, developing coordination and improving cardiovascular fitness

| Code | Level | Prerequisite | Time |
|-----------|----------|----------------|------------|
| 312403-01 | Beg/Cont | White - Orange | 5:35-6:30P |
| 312403-02 | Novice | Yellow - Green | 6:35-7:30P |
| 312403-03 | Int/ Adv | Purple & up | 7:35-8:30P |

Uniforms and belt testing are options available through the ISKC instructor

**Classes are also held at Hickory Hills Park District.

Please note that the Youth, Parent/Child and Adult classes may train together.

Judo Open House Tournament

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: Community Pavilion

| Day | Date | Time | Res/NR |
|-----|------|-------|--------|
| Sa | 2/16 | 9:30A | FREE |

Judo

Judo is an Olympic sport and a martial art. Our club teaches the Judo philosophy of using minimum effort and maximum efficiency to defeat an opponent in sport, martial art or self-defense. Students will learn the traditional Judo concepts of throwing, grappling and submission techniques. **No class 12/20, 12/22, 12/27 & 12/29.** **PDNA** (sn)

Location: Community Pavilion

Instructor: Glenn Rusco, 3rd Degree Black Belt

Kodokan Kids (Age: 4-6)

Little beginners learn respect, balance, coordination and fundamental Judo skills through fun, discipline and age appropriate instruction.

Beginner/Intermediate (Age: 5 & up)

Students will learn respect, balance, coordination, discipline and beginning Judo skills through fun, discipline, and comprehensive instruction.

Advanced (Age: 6 & up)

Judo Students will continue their progression of learning thru comprehensive instruction.

| Level | Code | Day | Dates | Time |
|------------------------|-----------|-----|------------|--------------|
| Kodokan | 312101-01 | Sa | 12/01-2/16 | 9:30-10:30A |
| Beginner/ Intermediate | 312102-01 | Sa | 12/01-2/16 | 10:30-11:30A |
| | 312102-02 | Th | 12/06-2/16 | 5:30-6:30P |
| Advanced | 312103-01 | Sa | 12/01-2/16 | 11:30A-1:00P |
| | 312103-02 | Th | 12/06-2/16 | 6:30-8:00P |

Kodokan & Beginner/Int. - Res/NR: 1 Day: \$69/\$83 (NR)

Advanced - Res/NR: 1 Day: \$83/\$100 (NR)

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



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. **No class 12/27.** **PDNA** (sn)

Location: Menard Center

Instructor: Ed Wojciechowski, 5th Degree Black Belt

| Code | Days | Date | Time | Res/NR |
|-----------|------|------------|------------|-----------|
| 312301-01 | Th | 12/06-2/21 | 6:30-7:30P | \$58/\$72 |

Shorin Ryu Karate (Age: 13 & up)

Shorin Ryu was developed in Okinawa, the birthplace of karate. Our well known instructor has taught many students from local schools and colleges, as well as personnel from law enforcement agencies and private security companies. Training includes self defense and fighting techniques, board breaking, take-downs and weapons. Among the weapons are the staff, sai and nunchakus. A karate uniform is required for belt promotions. **No class 12/27.** **PDNA** (sn)

Location: Menard Center

Instructor: Ed Wojciechowski, 7th Degree Black Belt

| Code | Days | Date | Time | Res/NR |
|-----------|------|------------|------------|-----------|
| 312201-01 | Th | 12/06-2/21 | 7:45-8:45P | \$63/\$78 |