

Karate

Illinois Shotokan Karate Club (ISKC) is Chicagoland's premier karate school, taught under the instruction of John DiPasquale, a 4-time National Champion, U.S. National Coach, and president of the U.S. National Karate Federation. ISKC's karate classes help develop flexibility, strength and coordination in fun, yet disciplined activities. This program offers a good mix of strength training, with cardiovascular and flexibility exercises. Students 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. Beginner students will not be permitted to register into the current session after the second class has met. Registration for continuing through advanced students will be accepted after the start date; but, the full class fee is required. Frontier Park is located at 1933 N. Kennittcott Drive in Arlington Heights. **Please note:** Uniforms and belt testing are options available through the instructor. Youth, Parent/Child and Adult classes may train together. All fees listed are per person. (TWW)

Code	Age	Belt	Day	Date	Time	Location	R/NR Fee
Pre-Karate Beginner (No Experience)							
361245-01	4 - 7		Thu	Jan 4 - Mar 22	4 - 4:45 pm	Frontier Park - A.H.	\$126/\$158
361245-04	4 - 7		Fri	Jan 5 - Mar 23	4 - 4:45 pm	Emmerich Park	\$126/\$158
Pre-Karate Continuing (1 or more prior sessions)							
361245-02	4 - 7		Thu	Jan 4 - Mar 22	4:55 - 5:40 pm	Frontier Park - A.H.	\$126/\$158
361245-05	4 - 7		Fri	Jan 5 - Mar 23	4:50 - 5:35 pm	Emmerich Park	\$126/\$158
Pre-Karate Intermediate							
361245-07	6 - 10	Orange - Green	Fri	Jan 5 - Mar 23	6:30 - 7:30 pm	Emmerich Park	\$141/\$176
Pre-Karate Teacher Permission							
361245-03	4 - 7		Thu	Jan 4 - Mar 22	5:45 - 6:30 pm	Frontier Park - A.H.	\$126/\$158
361245-06	4 - 7		Fri	Jan 5 - Mar 23	5:45 - 6:30 pm	Emmerich Park	\$126/\$158
Youth Karate Beginning/Continuing							
361240-07	7 - 14	White Only	Sat	Jan 6 - Mar 24	9 - 10 am	Frontier Park - A.H.	\$126/\$158
361240-01	7 - 14	White - Yellow	Tue	Jan 9 - Mar 20	4 - 5 pm	Alcott Center	\$116/\$145
361240-03	7 - 15	White - Orange	Wed	Jan 3 - Mar 21	4 - 5 pm	Alcott Center	\$126/\$158
Youth Karate Novice							
361240-08	7 - 14	White w/ stripes - Orange	Sat	Jan 6 - Mar 24	10:10 - 11:10 am	Frontier Park - A.H.	\$126/\$158
361240-04	7 - 15	Yellow - Blue	Wed	Jan 3 - Mar 21	5 - 6 pm	Alcott Center	\$126/\$158
Youth Karate Intermediate							
361240-09	7 - 14	Yellow - Purple	Sat	Jan 6 - Mar 24	11:20 am - 12:20 pm	Frontier Park - A.H.	\$126/\$158
361240-05	7 - 15	Green - Low Purple	Wed	Jan 3 - Mar 21	6:30 - 7:30 pm	Cooper Middle School	\$126/\$158
Youth Karate Intermediate/Advanced							
361240-02	7 - 15	Blue & up	Tue	Jan 9 - Mar 20	5 - 6 pm	Alcott Center	\$116/\$145
Youth Karate Advanced							
361240-06	7 - 14	High Purple - Black	Wed	Jan 3 - Mar 21	6:30 - 7:30 pm	Cooper Middle School	\$126/\$158
361240-10	7 - 14	Brown - Black	Sat	Jan 6 - Mar 24	12:30 - 1:30 pm	Frontier Park - A.H.	\$126/\$158
Parent/Child Beginning/Continuing							
361246-01	7 +	White Only	Sat	Jan 6 - Mar 24	9 - 10 am	Frontier Park - A.H.	\$126/\$158
Parent/Child Novice							
361246-02	7 +	White w/ stripes - Orange	Sat	Jan 6 - Mar 24	10:10 - 11:10 am	Frontier Park - A.H.	\$126/\$158
Parent/Child Intermediate							
361246-03	7 +	Yellow - Purple	Sat	Jan 6 - Mar 24	11:20 am - 12:20 pm	Frontier Park - A.H.	\$126/\$158
Parent/Child Advanced							
361246-04	7 +	Brown - Black	Sat	Jan 6 - Mar 24	12:30 - 1:30 pm	Frontier Park - A.H.	\$126/\$158

Instructor: Illinois Shotokan Karate Club