

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. Kennicott 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. (TVW)

Code	Age	Belt	Day	Date	Time	Location	R/NR Fee
Pre-Karate Beginner (No Experience)							
461245-01	4 - 7		Thu	Apr 6 - June 8	4 - 4:45 pm	Frontier Park - A.H.	\$100/\$125
461245-04	4 - 7		Fri	Apr 7 - June 9	4 - 4:45 pm	Emmerich Park	\$100/\$125
Pre-Karate Continuing (1 or more prior sessions)							
461245-02	4 - 7		Thu	Apr 6 - June 8	4:55 - 5:40 pm	Frontier Park - A.H.	\$100/\$125
461245-05	4 - 7		Fri	Apr 7 - June 9	4:50 - 5:35 pm	Emmerich Park	\$100/\$125
Pre-Karate Intermediate							
461245-07	6 - 10	Orange - Green	Fri	Apr 7 - June 9	6:30 - 7:30 pm	Emmerich Park	\$113/\$141
Pre-Karate Teacher Permission							
461245-03	4 - 7		Thu	Apr 6 - June 8	5:45 - 6:30 pm	Frontier Park - A.H.	\$100/\$125
461245-06	4 - 7		Fri	Apr 7 - June 9	5:45 - 6:30 pm	Emmerich Park	\$100/\$125
Youth Karate Beginning/Continuing							
461240-07	7 - 14	White Only	Sat	Apr 1 - June 3	9 - 10 am	Frontier Park - A.H.	\$100/\$125
461240-01	7 - 14	White - Yellow	Tue	Apr 4 - June 13	4 - 4:50 pm	Alcott Center	\$98/\$123
461240-03	7 - 15	White - Orange	Wed	Apr 5 - June 7	4 - 5 pm	Alcott Center	\$100/\$125
Youth Karate Novice							
461240-08	7 - 14	White w/ stripes - Orange	Sat	Apr 1 - June 3	10:10 - 11:10 am	Frontier Park - A.H.	\$100/\$125
461240-04	7 - 15	Yellow - Blue	Wed	Apr 5 - June 7	5 - 6 pm	Alcott Center	\$100/\$125
Youth Karate Intermediate							
461240-09	7 - 14	Yellow - Purple	Sat	Apr 1 - June 3	11:20 am - 12:20 pm	Frontier Park - A.H.	\$100/\$125
461240-05	7 - 15	Green - Low Purple	Wed	Apr 5 - June 7	6:30 - 7:30 pm	Cooper Middle School	\$100/\$125
Youth Karate Intermediate/Advanced							
461240-02	7 - 15	Blue & up	Tue	Apr 4 - June 13	4:50 - 5:50 pm	Alcott Center	\$100/\$125
Youth Karate Advanced							
461240-10	7 - 14	Brown - Black	Sat	Apr 1 - June 3	12:30 - 1:30 pm	Frontier Park - A.H.	\$100/\$125
461240-06	7 - 15	High Purple - Black	Wed	Apr 5 - June 7	6:30 - 7:30 pm	Cooper Middle School	\$100/\$125
Parent/Child Beginning/Continuing							
461246-01	7 +	White Only	Sat	Apr 1 - June 3	9 - 10 am	Frontier Park - A.H.	\$100/\$125
Parent/Child Novice							
461246-02	7 +	White w/ stripes - Orange	Sat	Apr 1 - June 3	10:10 - 11:10 am	Frontier Park - A.H.	\$100/\$125
Parent/Child Intermediate							
461246-03	7 +	Yellow - Purple	Sat	Apr 1 - June 3	11:20 am - 12:20 pm	Frontier Park - A.H.	\$100/\$125
Parent/Child Advanced							
461246-04	7 +	Brown - Black	Sat	Apr 1 - June 3	12:30 - 1:30 pm	Frontier Park - A.H.	\$100/\$125

Instructor: Illinois Shotokan Karate Club