

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) | | | | | | | |
| 461245-01 | 4 - 7 | | Thu | Apr 5 - June 7 | 4 - 4:45 pm | Frontier Park - A.H. | \$105/\$131 |
| 461245-04 | 4 - 7 | | Fri | Apr 6 - June 8 | 4 - 4:45 pm | Emmerich Park | \$105/\$131 |
| Pre-Karate Continuing (1 or more prior sessions) | | | | | | | |
| 461245-02 | 4 - 7 | | Thu | Apr 5 - June 7 | 4:55 - 5:40 pm | Frontier Park - A.H. | \$105/\$131 |
| 461245-05 | 4 - 7 | | Fri | Apr 6 - June 8 | 4:50 - 5:35 pm | Emmerich Park | \$105/\$131 |
| Pre-Karate Intermediate | | | | | | | |
| 461245-07 | 6 - 10 | Orange - Green | Fri | Apr 6 - June 8 | 6:30 - 7:30 pm | Emmerich Park | \$118/\$148 |
| Pre-Karate Teacher Permission | | | | | | | |
| 461245-03 | 4 - 7 | | Thu | Apr 5 - June 7 | 5:45 - 6:30 pm | Frontier Park - A.H. | \$105/\$131 |
| 461245-06 | 4 - 7 | | Fri | Apr 6 - June 8 | 5:45 - 6:30 pm | Emmerich Park | \$105/\$131 |
| Youth Karate Beginning/Continuing | | | | | | | |
| 461240-01 | 7 - 14 | White - Yellow | Tue | Apr 3 - June 5 | 4 - 5 pm | Alcott Center | \$105/\$131 |
| 461240-03 | 7 - 15 | White - Orange | Wed | Apr 4 - June 6 | 4 - 5 pm | Alcott Center | \$105/\$131 |
| 461240-07 | 7 - 14 | White Only | Sat | Apr 7 - June 9 | 9 - 10 am | Frontier Park - A.H. | \$105/\$131 |
| Youth Karate Novice | | | | | | | |
| 461240-04 | 7 - 15 | Yellow - Blue | Wed | Apr 4 - June 6 | 5 - 6 pm | Alcott Center | \$105/\$131 |
| 461240-08 | 7 - 14 | White w/ stripes - Orange | Sat | Apr 7 - June 9 | 10:10 - 11:10 am | Frontier Park - A.H. | \$105/\$131 |
| Youth Karate Intermediate | | | | | | | |
| 461240-05 | 7 - 15 | Green - Low Purple | Wed | Apr 4 - June 6 | 6:30 - 7:30 pm | Cooper Middle School | \$105/\$131 |
| 461240-09 | 7 - 14 | Yellow - Purple | Sat | Apr 7 - June 9 | 11:20 am - 12:20 pm | Frontier Park - A.H. | \$105/\$131 |
| Youth Karate Intermediate/Advanced | | | | | | | |
| 461240-02 | 7 - 15 | Blue & up | Tue | Apr 3 - June 5 | 5 - 6 pm | Alcott Center | \$105/\$131 |
| Youth Karate Advanced | | | | | | | |
| 461240-06 | 7 - 14 | High Purple - Black | Wed | Apr 4 - June 6 | 6:30 - 7:30 pm | Cooper Middle School | \$105/\$131 |
| 461240-10 | 7 - 14 | Brown - Black | Sat | Apr 7 - June 9 | 12:30 - 1:30 pm | Frontier Park - A.H. | \$105/\$131 |
| Parent/Child Beginning/Continuing | | | | | | | |
| 461246-01 | 7 + | White Only | Sat | Apr 7 - June 9 | 9 - 10 am | Frontier Park - A.H. | \$105/\$131 |
| Parent/Child Novice | | | | | | | |
| 461246-02 | 7 + | White w/ stripes - Orange | Sat | Apr 7 - June 9 | 10:10 - 11:10 am | Frontier Park - A.H. | \$105/\$131 |
| Parent/Child Intermediate | | | | | | | |
| 461246-03 | 7 + | Yellow - Purple | Sat | Apr 7 - June 9 | 11:20 am - 12:20 pm | Frontier Park - A.H. | \$105/\$131 |
| Parent/Child Advanced | | | | | | | |
| 461246-04 | 7 + | Brown - Black | Sat | Apr 7 - June 9 | 12:30 - 1:30 pm | Frontier Park - A.H. | \$105/\$131 |

Instructor: Illinois Shotokan Karate Club