

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. **No class on September 18, November 22 and 23.** (TW)

Code	Age	Belt	Day	Date	Time	Location	R/NR Fee
Pre-Karate Beginner (No Experience)							
261245-01	4 - 7		Thu	Sept 6 - Dec 20	4 - 4:45 pm	Frontier Park - A.H.	\$158/\$198
261245-04	4 - 7		Fri	Sept 7 - Dec 21	4 - 4:45 pm	Emmerich Park	\$158/\$198
Pre-Karate Continuing (1 or more prior sessions)							
261245-02	4 - 7		Thu	Sep 6 - Dec 20	4:55 - 5:40 pm	Frontier Park - A.H.	\$158/\$198
261245-05	4 - 7		Fri	Sept 7 - Dec 21	4:50 - 5:35 pm	Emmerich Park	\$158/\$198
Pre-Karate Intermediate							
261245-07	6 - 10	Orange - Green	Fri	Sept 7 - Dec 21	6:30 - 7:30 pm	Emmerich Park	\$176/\$220
Pre-Karate Teacher Permission							
261245-03	4 - 7		Thu	Sep 6 - Dec 20	5:45 - 6:30 pm	Frontier Park - A.H.	\$158/\$198
261245-06	4 - 7		Fri	Sept 7 - Dec 21	5:45 - 6:30 pm	Emmerich Park	\$158/\$198
Youth Karate Beginning/Continuing							
261240-01	7 - 14	White - Yellow	Tue	Sept 4 - Dec 11	4 - 5 pm	Alcott Center	\$147/\$184
261240-03	7 - 15	White - Orange	Wed	Sept 5 - Dec 12	4 - 5 pm	Alcott Center	\$158/\$198
261240-07	7 - 14	White Only	Sat	Sept 8 - Dec 15	9 - 10 am	Frontier Park - A.H.	\$158/\$198
Youth Karate Novice							
261240-04	7 - 15	Yellow - Blue	Wed	Sept 5 - Dec 12	5 - 6 pm	Alcott Center	\$158/\$198
261240-08	7 - 14	White w/ stripes - Orange	Sat	Sept 8 - Dec 15	10:10 - 11:10 am	Frontier Park - A.H.	\$158/\$198
Youth Karate Intermediate							
261240-05	7 - 15	Green - Low Purple	Wed	Sept 5 - Dec 12	6:30 - 7:30 pm	Cooper Middle School	\$158/\$198
261240-09	7 - 14	Yellow - Purple	Sat	Sept 8 - Dec 15	11:20 am - 12:20 pm	Frontier Park - A.H.	\$158/\$198
Youth Karate Intermediate/Advanced							
261240-02	7 - 15	Blue & up	Tue	Sept 4 - Dec 11	5 - 6 pm	Alcott Center	\$147/\$184
Youth Karate Advanced							
261240-06	7 - 14	High Purple - Black	Wed	Sept 5 - Dec 12	6:30 - 7:30 pm	Cooper Middle School	\$158/\$198
261240-10	7 - 14	Brown - Black	Sat	Sept 8 - Dec 15	12:30 - 1:30 pm	Frontier Park - A.H.	\$158/\$198
Parent/Child Beginning/Continuing							
261246-01	7 +	White Only	Sat	Sept 8 - Dec 15	9 - 10 am	Frontier Park - A.H.	\$158/\$198
Parent/Child Novice							
261246-02	7 +	White w/ stripes - Orange	Sat	Sept 8 - Dec 15	10:10 - 11:10 am	Frontier Park - A.H.	\$158/\$198
Parent/Child Intermediate							
261246-03	7 +	Yellow - Purple	Sat	Sept 8 - Dec 15	11:20 am - 12:20 pm	Frontier Park - A.H.	\$158/\$198
Parent/Child Advanced							
261246-04	7 +	Brown - Black	Sat	Sept 8 - Dec 15	12:30 - 1:30 pm	Frontier Park - A.H.	\$158/\$198

Instructor: Illinois Shotokan Karate Club