

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 July 4.** (TVV)

Code	Age	Belt	Day	Date	Time	Location	R/NR Fee
Pre-Karate Beginner (No Experience)							
161245-01	4 - 7		Thu	June 15 - Aug 24	4 - 4:45 pm	Frontier Park - A.H.	\$113/\$141
161245-04	4 - 7		Fri	June 16 - Aug 25	4 - 4:45 pm	Emmerich Park	\$113/\$141
Pre-Karate Continuing (1 or more prior sessions)							
161245-02	4 - 7		Thu	June 15 - Aug 24	4:55 - 5:40 pm	Frontier Park - A.H.	\$113/\$141
161245-05	4 - 7		Fri	June 16 - Aug 25	4:50 - 5:35 pm	Emmerich Park	\$113/\$141
Pre-Karate Intermediate							
161245-07	6 - 10	Orange - Green	Fri	June 16 - Aug 25	6:30 - 7:30 pm	Emmerich Park	\$127/\$159
Pre-Karate Teacher Permission							
161245-03	4 - 7		Thu	June 15 - Aug 24	5:45 - 6:30 pm	Frontier Park - A.H.	\$113/\$141
161245-06	4 - 7		Fri	June 16 - Aug 25	5:45 - 6:30 pm	Emmerich Park	\$113/\$141
Youth Karate Beginning/Continuing							
161240-07	7 - 14	White Only	Sat	June 10 - Aug 19	9 - 10 am	Frontier Park - A.H.	\$113/\$141
161240-03	7 - 15	White - Orange	Wed	June 14 - Aug 23	4 - 5 pm	Alcott Center	\$113/\$141
161240-01	7 - 14	White - Yellow	Tue	June 20 - Sept 5	4 - 4:50 pm	Alcott Center	\$110/\$138
Youth Karate Novice							
161240-08	7 - 14	White w/ stripes - Orange	Sat	June 10 - Aug 19	10:10 - 11:10 am	Frontier Park - A.H.	\$113/\$141
161240-04	7 - 15	Yellow - Blue	Wed	June 14 - Aug 23	5 - 6 pm	Alcott Center	\$113/\$141
Youth Karate Intermediate							
161240-09	7 - 14	Yellow - Purple	Sat	June 10 - Aug 19	11:20 am - 12:20 pm	Frontier Park - A.H.	\$113/\$141
161240-05	7 - 15	Green - Low Purple	Wed	June 14 - Aug 23	6:30 - 7:30 pm	Cooper Middle School	\$113/\$141
Youth Karate Intermediate/Advanced							
161240-02	7 - 15	Blue & up	Tue	June 20 - Sept 5	4:50 - 5:50 pm	Alcott Center	\$113/\$141
Youth Karate Advanced							
161240-10	7 - 14	Brown - Black	Sat	June 10 - Aug 19	12:30 - 1:30 pm	Frontier Park - A.H.	\$113/\$141
161240-06	7 - 15	High Purple - Black	Wed	June 14 - Aug 23	6:30 - 7:30 pm	Cooper Middle School	\$113/\$141
Parent/Child Beginning/Continuing							
161246-01	7 +	White Only	Sat	June 10 - Aug 19	9 - 10 am	Frontier Park - A.H.	\$113/\$141
Parent/Child Novice							
161246-02	7 +	White w/ stripes - Orange	Sat	June 10 - Aug 19	10:10 - 11:10 am	Frontier Park - A.H.	\$113/\$141
Parent/Child Intermediate							
161246-03	7 +	Yellow - Purple	Sat	June 10 - Aug 19	11:20 am - 12:20 pm	Frontier Park - A.H.	\$113/\$141
Parent/Child Advanced							
161246-04	7 +	Brown - Black	Sat	June 10 - Aug 19	12:30 - 1:30 pm	Frontier Park - A.H.	\$113/\$141

Instructor: Illinois Shotokan Karate Club