

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. Camelot Park is located at 1005 E. Suffield Drive in Arlington Heights. 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. For more information, please contact TJ Wilkes at 847.850.2199 or twilkes@bgparks.org. **No class on September 17, November 25 and 26.**

Code	Age	Belt	Day	Date	Time	Location	R/NR Fee
Pre-Karate Beginner/Continuing							
261245-01	4 - 7		Thu	Sep 9 - Dec 23	4 - 4:45 pm	Frontier Park - A.H.	\$180/\$225
261245-04	4 - 7		Fri	Sep 10 - Dec 17	4 - 4:45 pm	Emmerich Park	\$156/\$195
Pre-Karate Intermediate							
261245-07	6 - 10 years	Orange - Green	Fri	Sep 10 - Dec 17	5:45 - 6:45 pm	Emmerich Park	\$172/\$215
Pre-Karate Teacher Permission							
261245-06	6 - 10 years		Fri	Sep 10 - Dec 17	4:50 - 5:35 pm	Emmerich Park	\$156/\$195
Youth Karate Beginning/Continuing							
261240-07	7 - 14 years	White Only	Sat	Sep 11 - Dec 18	9 - 10 am	Frontier Park - A.H.	\$180/\$225
261240-03	7 - 15 years	White Only	Wed	Sep 15 - Dec 22	4 - 4:55 pm	Emmerich Park	\$180/\$225
Youth Karate Novice							
261240-08	7 - 14 years	White w/stripes - Orange	Sat	Sep 11 - Dec 18	10:10 - 11:10 am	Frontier Park - A.H.	\$180/\$225
261240-04	7 - 15 years	Red - Yellow	Wed	Sep 15 - Dec 22	5 - 5:55 pm	Emmerich Park	\$180/\$225
Youth Karate Intermediate							
261240-09	7 - 14 years	Yellow - Purple	Sat	Sep 11 - Dec 18	11:20 am - 12:20 pm	Frontier Park - A.H.	\$180/\$225
261240-05	7 - 14 years	Blue - Purple	Wed	Sep 15 - Dec 22	6 - 6:55 pm	Emmerich Park	\$180/\$225
Youth Karate Advanced							
261240-10	7 - 14 years	Brown - Black	Sat	Sep 11 - Dec 18	12:30 - 1:30 pm	Frontier Park - A.H.	\$180/\$225
261240-06	7 - 14 years	Brown Only	Wed	Sep 15 - Dec 22	7 - 8:10 pm	Emmerich Park	\$206/\$258
261240-11	7 - 14 years	Black Only	Wed	Sep 15 - Dec 22	8:15 - 9:45 pm	Emmerich Park	\$229/\$286
Parent/Child Beginning/Continuing							
261246-01	7 years and up	White Only	Sat	Sep 11 - Dec 18	9 - 10 am	Frontier Park - A.H.	\$180/\$225
Parent/Child Novice							
261246-02	7 years and up	White w/stripes - Orange	Sat	Sep 11 - Dec 18	10:10 - 11:10 am	Frontier Park - A.H.	\$180/\$225
Parent/Child Intermediate							
261246-03	7 years and up	Yellow - Purple	Sat	Sep 11 - Dec 18	11:20 am - 12:20 pm	Frontier Park - A.H.	\$180/\$225
Parent/Child Advanced							
261246-04	7 years and up	Brown - Black	Sat	Sep 11 - Dec 18	12:30 - 1:30 pm	Frontier Park - A.H.	\$180/\$225
Instructor: Illinois Shotokan Karate Club							

