

# Illinois Shotokan Karate

Beginning students will not be permitted to register in the current session after the second class has met. Registration for continued students through advanced students will be accepted after the start date, but full class fee will be required.

All classes are taught by instructors of the Illinois Shotokan Karate Club under the direction of John DiPasquale (6<sup>th</sup> degree black belt), 4 time National Champion, former US Team Member, and Karate National Coach and National Faculty Member of ACEP (American Coaching Effectiveness Program).

## Pre-Karate Safety

(Ages 4-7)

Through a variety of fun and creative activities, young children will develop coordination, strength, and personal safety skills in a well supervised setting. This program will give your child the lead he/she needs in developing memory and agility skills necessary to be successful in school and other sports.

REC Center Cosman Theater Minimum 7 / Maximum 15

CODE	DAY	DATE(S)	TIME	FEE
<i>Beginner/Continuer</i>				
112700-01	Mon.	1/9-3/26	4:30-5:15 p.m.	\$105/\$157
112700-02	Mon.	4/2-6/11	4:30-5:15 p.m.	\$88/\$132
112700-03	Sat.	1/7-3/24	9:00-9:45 a.m.	\$105/\$157
112700-04	Sat.	3/31-6/2	9:00-9:45 a.m.	\$88/\$132

*Intermediate/Advanced (Stripes & up)*

112700-05	Mon.	1/9-3/26	5:20-6:05 p.m.	\$105/\$157
112700-06	Mon.	4/2-6/11	5:20-6:05 p.m.	\$88/\$132
112700-07	Sat.	1/7-3/24	9:50-10:35 a.m.	\$105/\$157
112700-08	Sat.	3/31-6/2	9:50-10:35 a.m.	\$88/\$132

No Classes 5/28

## Youth Karate Safety

(Ages 8-14)

Karate skills put children in touch with their bodies and help build coordination, agility, strength and poise, as well as personal safety skills all in a well supervised setting. Karate skills release tension brought on by school and peers. The confidence gained through Karate helps foster a strong, positive self-image. The mental aspect involved in Karate build self-confidence, control and discipline. The physical aspect of this program is both enjoyable and beneficial. Karate can improve your child's sports, school and social activities.

REC Center Cosman Theater Minimum 7 / Maximum 25

CODE	DAY	DATE(S)	TIME	FEE
<i>Beginner/Continuer (White-Orange)</i>				
112701-01	Mon.	1/9-3/26	6:10-7:05 p.m.	\$105/\$157
112701-02	Mon.	4/2-6/11	6:10-7:05 p.m.	\$88/\$132
<i>Beginner/Continuer (White-Red)</i>				
112701-03	Sat.	1/7-3/24	10:40-11:40 a.m.	\$105/\$157
112701-04	Sat.	3/31-6/2	10:40-11:40 a.m.	\$88/\$132

*Intermediate (Yellow-Green)*

112701-05	Mon.	1/9-3/26	7:10-8:05 p.m.	\$105/\$157
112701-06	Mon.	4/2-6/11	7:10-8:05 p.m.	\$88/\$132

*Intermediate (Orange-Blue)*

112701-07	Sat.	1/7-3/24	11:45-12:45 p.m.	\$105/\$157
112701-08	Sat.	3/31-6/2	11:45-12:45 p.m.	\$88/\$132

*Advanced (Purple Belts & Up)*

112701-09	Mon.	1/9-3/26	8:10-9:05 p.m.	\$105/\$157
112701-10	Mon.	4/2-6/11	8:10-9:05 p.m.	\$88/\$132

*Advanced (Green Belts and up)*

112701-11	Sat.	1/7-3/24	12:45-1:45 p.m.	\$105/\$157
112701-12	Sat.	3/31-6/2	12:45-1:45 p.m.	\$88/\$132

No Classes 5/28

**TRAIN TOGETHER...**  
**For Parent/Child Classes sign up for appropriate levels in adult class and youth classes.**

**For additional information, call 1-800-458-9797.**

**PLEASE NOTE: Youth, Adult & Parent/Child Classes Will Train Together.**

## Adult Karate

(Ages 15+)

This program offers a variety of benefits for the student. For the business person, the program is ideal for releasing tension and developing cardiovascular fitness. The self-defense skills learned through karate are invaluable in case you are ever confronted with a dangerous situation that may involve you or a loved one. The class is a must for the single parent wishing to protect himself/herself and his/her family. Karate skills can be applied in any situation, whereas a weapon may be taken and used against its owner. Karate movements develop poise and agility while improving overall muscle tone.

REC Center Cosman Theater Minimum 7 / Maximum 15

CODE	DAY	DATE(S)	TIME	FEE
<i>Beginner/Continuer (White-Orange)</i>				
112702-01	Mon.	1/9-3/26	6:10-7:05 p.m.	\$105/\$157
112702-02	Mon.	4/2-6/11	6:10-7:05 p.m.	\$88/\$132
<i>Beginner/Continuer (White-Red)</i>				
112702-03	Sat.	1/7-3/24	10:40-11:40 a.m.	\$105/\$157
112702-04	Sat.	3/31-6/2	10:40-11:40 a.m.	\$88/\$132

*Intermediate (Yellow-Green)*

112702-05	Mon.	1/9-3/26	7:10-8:05 p.m.	\$105/\$157
112702-06	Mon.	4/2-6/11	7:10-8:05 p.m.	\$88/\$132

*Intermediate (Orange - Blue)*

112702-07	Sat.	1/7-3/24	11:45-12:45 p.m.	\$105/\$157
112702-08	Sat.	3/31-6/2	11:45-12:45 p.m.	\$88/\$132

*Advanced (Purple Belts & up)*

112702-09	Mon	1/9-3/26	8:10-9:05 p.m.	\$105/\$157
112702-10	Mon	4/2-6/11	8:10-9:05 p.m.	\$88/\$132

*Advanced (Green Belts and up)*

112702-11	Sat.	1/7-3/24	12:45-1:45 p.m.	\$105/\$157
112702-12	Sat.	3/31-6/2	12:45-1:45 p.m.	\$88/\$132

No Classes 5/28