

Karate

Illinois Shotokan Karate Club (ISKC) is Chicagoland's premier karate school, taught under the instruction of John DiPasquale, a 4-time National Champion, and President of the American Shotokan Karate Association. 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. 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.

Code	Age	Belt	Day	Date	Time	Location	R/NR Fee
Pre-Karate Beginner/Continuing							
161245-01	4 - 6 years		Thu	June 16 - Sept 1	4 - 4:45 pm	Frontier Park - A.H.	\$153/\$191
161245-04	4 - 7 years		Fri	June 10 - Aug 26	4 - 4:45 pm	Emmerich Park	\$153/\$191
Pre-Karate Intermediate							
161245-07	6 - 10 years	Orange - Green	Fri	June 10 - Aug 26	5:45 - 6:45 pm	Emmerich Park	\$168/\$210
Pre-Karate Teacher Permission							
161245-06	6 - 10 years		Fri	June 10 - Aug 26	4:50 - 5:35 pm	Emmerich Park	\$153/\$191
Youth Karate Beginning/Continuing							
161240-07	7 - 14 years	White Only	Sat	June 11 - Aug 27	9 - 10 am	Frontier Park - A.H.	\$153/\$191
161240-03	7 - 15 years	White Only	Wed	June 8 - Aug 24	4 - 4:55 pm	Emmerich Park	\$153/\$191
Youth Karate Novice							
161240-08	7 - 14 years	White w/stripes - Orange	Sat	June 11 - Aug 27	10:10 - 11:10 am	Frontier Park - A.H.	\$153/\$191
161240-04	7 - 15 years	Red - Yellow	Wed	June 8 - Aug 24	5 - 5:55 pm	Emmerich Park	\$153/\$191
Youth Karate Intermediate							
161240-09	7 - 14 years	Yellow - Purple	Sat	June 11 - Aug 27	11:20 am - 12:20 pm	Frontier Park - A.H.	\$153/\$191
161240-05	7 - 15 years	Blue - Purple	Wed	June 8 - Aug 24	6 - 6:55 pm	Emmerich Park	\$153/\$191
Youth Karate Advanced							
161240-10	7 - 14 years	Brown - Black	Sat	June 11 - Aug 27	12:30 - 1:30 pm	Frontier Park - A.H.	\$153/\$191
161240-06	7 - 15 years	Brown Only	Wed	June 8 - Aug 24	7 - 8:10 pm	Emmerich Park	\$177/\$221
161240-11	7 - 15 years	Black Only	Wed	June 8 - Aug 24	8:15 - 9:45 pm	Emmerich Park	\$192/\$240
Parent/Child Beginning/Continuing							
161246-01	7 years and up	White Only	Sat	June 11 - Aug 27	9 - 10 am	Frontier Park - A.H.	\$153/\$191
Parent/Child Novice							
161246-02	7 years and up	White w/stripes - Orange	Sat	June 11 - Aug 27	10:10 - 11:10 am	Frontier Park - A.H.	\$153/\$191
Parent/Child Intermediate							
161246-03	7 years and up	Yellow - Purple	Sat	June 11 - Aug 27	11:20 am - 12:20 pm	Frontier Park - A.H.	\$153/\$191
Parent/Child Advanced							
161246-04	7 years and up	Brown - Black	Sat	June 11 - Aug 27	12:30 - 1:30 pm	Frontier Park - A.H.	\$153/\$191

Instructor: Illinois Shotokan Karate Club