



## 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, contact TJ Wilkes at 847.850.2199 or twilkes@bgparks.org.

Code	Age	Belt/Level	Day	Date	Time	Location	ID/OD Fee
<b>Pre Karate</b>							
461245-01	4 - 6 years	No Experience	Thu	Apr 4 - June 6	4 - 4:45 pm	Frontier Park - A.H.	\$143/\$179
461245-04	4 - 6 years	Beginning/Continuing	Fri	Apr 5 - June 7	4 - 4:45 pm	Emmerich Park	\$143/\$179
461245-02	4 - 6 years	Continuing	Thu	Apr 4 - June 6	4:50 - 5:35 pm	Frontier Park - A.H.	\$143/\$179
<b>Youth Karate Teacher Permission</b>							
461240-12	6 - 14 years		Fri	Apr 5 - June 7	4:50 - 5:35 pm	Emmerich Park	\$143/\$179
<b>Youth Karate Beginning/Continuing</b>							
461240-07	7 - 14 years	White Only	Sat	Apr 6 - June 8	9 - 9:55 am	Frontier Park - A.H.	\$143/\$179
461240-03	7 - 15 years	White Only	Wed	Apr 3 - June 5	4 - 4:55 pm	Emmerich Park	\$143/\$179
<b>Youth Karate Novice</b>							
461240-08	7 - 14 years	Red - Orange	Sat	Apr 6 - June 8	10 - 10:55 am	Frontier Park - A.H.	\$143/\$179
461240-04	7 - 15 years	Red - Yellow	Wed	Apr 3 - June 5	5 - 5:55 pm	Emmerich Park	\$143/\$179
<b>Youth Karate Intermediate</b>							
461240-13	6 - 14 years	Orange - Green	Fri	Apr 5 - June 7	5:45 - 6:45 pm	Emmerich Park	\$163/\$204
461240-09	7 - 14 years	Yellow - Purple	Sat	Apr 6 - June 8	11 - 11:55 am	Frontier Park - A.H.	\$143/\$179
461240-05	7 - 15 years	Blue - Purple	Wed	Apr 3 - June 5	6 - 6:55 pm	Emmerich Park	\$143/\$179
<b>Youth Karate Advanced</b>							
461240-10	7 - 14 years	Brown - Black	Sat	Apr 6 - June 8	12 - 12:55 pm	Frontier Park - A.H.	\$143/\$179
461240-06	7 - 15 years	Brown - Black	Wed	Apr 3 - June 5	7 - 8:30 pm	Emmerich Park	\$180/\$225
<b>Parent/Child Beginning/Continuing</b>							
461246-01	7 years and up	White Only	Sat	Apr 6 - June 8	9 - 9:55 am	Frontier Park - A.H.	\$143/\$179
<b>Parent/Child Novice</b>							
461246-02	7 years and up	Red - Orange	Sat	Apr 6 - June 8	10 - 10:55 am	Frontier Park - A.H.	\$143/\$179
<b>Parent/Child Intermediate</b>							
461246-03	7 years and up	Yellow - Purple	Sat	Apr 6 - June 8	11 - 11:55 am	Frontier Park - A.H.	\$143/\$179
<b>Parent/Child Advanced</b>							
461246-04	7 years and up	Brown - Black	Sat	Apr 6 - June 8	12 - 12:55 pm	Frontier Park - A.H.	\$143/\$179

**Instructor:** Illinois Shotokan Karate Club