



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. **No class on October 2, 11, November 28, and 29.**

Code	Age	Belt/Level	Day	Date	Time	Location	ID/OD Fee
Pre Karate							
261245-01	4 - 6 years	No Experience	Thu	Sep 5 - Dec 19	4 - 4:45 pm	Frontier Park - A.H.	\$221/\$276
261245-04	4 - 6 years	Beginning/Continuing	Fri	Sep 6 - Dec 20	4 - 4:45 pm	Emmerich Park	\$207/\$259
261245-02	4 - 6 years	Continuing	Thu	Sep 5 - Dec 19	4:50 - 5:35 pm	Frontier Park - A.H.	\$221/\$276
Youth Karate Teacher Permission							
261240-12	6 - 10 years		Fri	Sep 6 - Dec 20	4:50 - 5:35 pm	Emmerich Park	\$207/\$259
Youth Karate Beginning/Continuing							
261240-07	7 - 14 years	White Only	Sat	Sep 7 - Dec 14	9 - 9:55 am	Frontier Park - A.H.	\$221/\$276
261240-03	7 - 15 years	White Only	Wed	Sep 4 - Dec 18	4 - 4:55 pm	Emmerich Park	\$221/\$276
Youth Karate Novice							
261240-08	7 - 14 years	Red - Orange	Sat	Sep 7 - Dec 14	10 - 10:55 am	Frontier Park - A.H.	\$221/\$276
261240-04	7 - 15 years	Red - Yellow	Wed	Sep 4 - Dec 18	5 - 5:55 pm	Emmerich Park	\$221/\$276
Youth Karate Intermediate							
261240-13	6 - 14 years	Orange - Green	Fri	Sep 6 - Dec 20	5:45 - 6:45 pm	Emmerich Park	\$235/\$294
261240-09	7 - 14 years	Yellow - Purple	Sat	Sep 7 - Dec 14	11 - 11:55 am	Frontier Park - A.H.	\$221/\$276
261240-05	7 - 15 years	Blue - Purple	Wed	Sep 4 - Dec 18	6 - 6:55 pm	Emmerich Park	\$221/\$276
Youth Karate Advanced							
261240-10	7 - 14 years	Brown - Black	Sat	Sep 7 - Dec 14	12 - 12:55 pm	Frontier Park - A.H.	\$221/\$276
261240-06	7 - 15 years	Brown - Black	Wed	Sep 4 - Dec 18	7 - 8:30 pm	Emmerich Park	\$288/\$360
Parent/Child Beginning/Continuing							
261246-01	7 years and up	White Only	Sat	Sep 7 - Dec 14	9 - 9:55 am	Frontier Park - A.H.	\$221/\$276
Parent/Child Novice							
261246-02	7 years and up	Red - Orange	Sat	Sep 7 - Dec 14	10 - 10:55 am	Frontier Park - A.H.	\$221/\$276
Parent/Child Intermediate							
261246-03	7 years and up	Yellow - Purple	Sat	Sep 7 - Dec 14	11 - 11:55 am	Frontier Park - A.H.	\$221/\$276
Parent/Child Advanced							
261246-04	7 years and up	Brown - Black	Sat	Sep 7 - Dec 14	12 - 12:55 pm	Frontier Park - A.H.	\$221/\$276

Instructor: Illinois Shotokan Karate Club