

# Martial Arts

## Shotokan

All Shotokan classes are taught by instructors of the Illinois Shotokan Karate Club; under the direction of John DiPasquale, four time National Champion, U.S. Karate National Coach and National Faculty Member of ACEP (American Coaching Effectiveness Program). **Beginning students will not be permitted to register into the current session after the second class has met.** Registration for continuers through advanced students will be accepted after the start date, but full class fee will be required. Uniforms and belt testing are options available through the ISKC instructor.



## Shotokan Pre-Karate

**Ages 5-7** **Classes Vary**  
Through a variety of fun and creative activities, young children will develop coordination, strength, memory, agility and personal safety skills in a well supervised setting. (MC)

**Geneva Location**  
\$128 (N/R \$138) - 15 Weeks **GCC**  
**Beginner/Continuer**

69758 W 9/8-12/15 4:15 - 5:00 pm

**Novice (3 or more prior sessions)**

69759 W 9/8-12/15 5:05 - 5:50 pm

**St. Charles Location**  
\$128 (N/R \$138) - 15 Weeks (ST) **Munhall**  
**Beginner/Continuer**

69760 M 9/13-12/20 4:00 - 4:45 pm\*

**Intermediate/Advanced (3 or more prior sessions)**

69761 M 9/13-12/20 4:50 - 5:35 pm\*

\*Class on 10/11 & 12/20 held at PCC

**Batavia Location**  
\$119 (N/R \$129) - 14 Weeks (B) **BCC**  
**Beginner/Continuer**

69762 F 9/10-12/17 4:15 - 5:00 pm\*\*

**Novice (3 or more prior sessions)**

69763 F 9/10-12/17 5:05 - 5:50 pm\*\*

\*No Class on 11/26

## Shotokan Youth Karate

**Ages 8-14** **Classes Vary**  
Karate skills help children build coordination, agility, strength, poise, and personal safety skills in a well-supervised setting. \*Please note: this class will train with Youth and Adult Classes. (MC)

**Geneva Location**  
\$128 (N/R \$138) - 15 Weeks **GCC**  
**Beginner/Continuer (White - Orange Belt)**

69764 W 9/8-12/15 6:00 - 6:55 pm

**Novice (Yellow - Green Belt)**

69765 W 9/8-12/15 7:00 - 7:55 pm

**Intermediate (Purple Belt)**

69766 W 9/8-12/15 8:00 - 9:00 pm

**\$154 (N/R \$164) - 15 Weeks** **GCC**  
**Advanced (Brown - Black Belt Only)**

69767 W 9/8-12/15 8:00 - 9:15 pm

**St. Charles Location**  
\$128 (N/R \$138) - 15 Weeks (ST) **Munhall**  
**Beginner/Continuer (White - Orange Belt)**

69768 M 9/13-12/20 5:40 - 6:35 pm\*

**Novice (Yellow - Blue Belt)**

69769 M 9/13-12/20 6:40 - 7:35 pm\*

**Intermediate/Advanced (Green Belt & Up)**

69770 M 9/13-12/20 7:40 - 8:35 pm\*

\*Class on 10/11 & 12/20 held at PCC

**Batavia Location**  
\$119 (N/R \$129) - 14 Weeks (B) **BCC**  
**Beginner/Continuer (White Belt)**

69771 F 9/10-12/17 6:00 - 6:55 pm\*\*

**Novice (Orange - Blue Belt)**

69772 F 9/10-12/17 7:00 - 7:55 pm\*\*

**Intermediate (Green - Low Purple Belt)**

69773 F 9/10-12/17 8:00 - 9:00 pm\*\*

\*No Class on 11/26

**\$144 (N/R \$154) - 14 Weeks (B) BCC**  
**Advanced (High Purple & Up)**

69774 F 9/10-12/17 8:00 - 9:15 pm\*\*

\*No Class on 11/26

## Shotokan Parent/Child

**Ages 7 & older** **Classes Vary**  
This program is an excellent opportunity to share quality time with your child while developing muscle tone, coordination, cardiovascular fitness and karate skills. Regardless of age, weight or current physical condition, karate can put your family on the right track to physical well-being. Please note: this class will train with Youth and Adult Classes. Fees are per person. (MC)

**Geneva Location**  
\$128 (N/R \$138) - 15 Weeks **GCC**  
**Beginner/Continuer (White - Orange Belt)**

69747 W 9/8-12/15 6:00 - 6:55 pm

**Novice (Yellow - Green Belt)**

69748 W 9/8-12/15 7:00 - 7:55 pm

**Intermediate (Purple Belt)**

69749 W 9/8-12/15 8:00 - 9:00 pm

**\$154 (N/R \$164) - 15 Weeks** **GCC**  
**Advanced (Brown - Black Belt Only)**

69750 W 9/8-12/15 8:00 - 9:15 pm

**St. Charles Location**  
\$128 (N/R \$138) - 15 Weeks (ST) **Munhall**  
**Beginner/Continuer (White - Orange Belt)**

69751 M 9/13-12/20 5:40 - 6:35 pm\*

**Novice (Yellow - Blue Belt)**

69752 M 9/13-12/20 6:40 - 7:35 pm\*

**Intermediate/Advanced (Green Belt & Up)**

69753 M 9/13-12/20 7:40 - 8:35 pm\*

\*Class on 10/11 & 12/20 held at PCC

**Batavia Location**  
\$119 (N/R \$129) - 14 Weeks (B) **BCC**  
**Beginner/Continuer (White Belt)**

69754 F 9/10-12/17 6:00 - 6:55 pm\*\*

**Novice (Orange - Blue Belt)**

69755 F 9/10-12/17 7:00 - 7:55 pm\*\*

**Intermediate (Green - Low Purple Belt)**

69756 F 9/10-12/17 8:00 - 9:00 pm\*\*

\*No Class on 11/26

**\$144 (N/R \$154) - 14 Weeks (B) BCC**  
**Advanced (High Purple & Up)**

69757 F 9/10-12/17 8:00 - 9:15 pm\*\*

\*No Class on 11/26

## Do you know?

Registering early helps to reduce cancelled programs

Turn to pages 94-96 for registration details



## Adult Shotokan

**Ages 15 & older**

**Classes Vary**

This program offers a variety of benefits for the student. It is ideal for the releasing of tension and developing cardiovascular fitness. The self-defense skills learned through karate are invaluable if ever confronted with a dangerous situation that may involve you or a loved one. Please note: classes at Geneva and Batavia will train with Youth and Parent/Child Classes. (MC)

### Geneva Location

**\$128 (N/R \$138) - 15 Weeks** GCC

**Beginner/Continuer (White – Orange Belt)**

69723 W 9/8-12/15 6:00 - 6:55 pm

**Novice (Yellow - Green Belt)**

69724 W 9/8-12/15 7:00 - 7:55 pm

**Intermediate (Purple Belt)**

69725 W 9/8-12/15 8:00 - 9:00 pm

**\$154 (N/R \$164) - 15 Weeks** GCC

**Advanced (Brown – Black Belt Only)**

69726 W 9/8-12/15 8:00 - 9:15 pm

### St. Charles Location

**\$128 (N/R \$138) - 15 Weeks (ST)** Munhall

**Beginner/Continuer (White - Black Belt)**

69727 M 9/13-12/20 8:40 - 9:35 pm\*

\*Class on 10/11 & 12/20 held at PCC

### Batavia Location

**\$119 (N/R \$129) - 14 Weeks (B)** BCC

**Beginner/Continuer (White Belt)**

69728 F 9/10-12/17 6:00 - 6:55 pm\*

**Novice (Orange - Blue Belt)**

69729 F 9/10-12/17 7:00 - 7:55 pm\*

Intermediate (Green - Low Purple Belt)

69730 F 9/10-12/17 8:00 - 9:00 pm\*

\*No Class on 11/26

**\$144 (N/R \$154) - 14 Weeks (B)** BCC

**Advanced (High Purple & Up)**

69731 F 9/10-12/17 8:00 - 9:15 pm\*

\*No Class on 11/26

## Karate

Mike Neil Traditional Martial Arts Academy is located at 19 S. Lincolnway in North Aurora. Required uniform must be purchased from the Academy at the first class. All levels of rank may register for MNMA Park District programs.

## Pre-School Tang Soo Do

**Ages 4-5**

**10 Classes**

This program emphasizes positive reinforcement that helps to build self esteem, confidence, discipline, and focus. Emphasis is on focus, teamwork, structure, protocol and impulse control. (MC)

**\$100 (N/R \$110)**

SPRC

69745 T/Th 9/7-10/21 4:00 - 4:30 pm

69746 T/Th 10/26-12/16 4:00 - 4:30 pm\*

\*No Class on 11/23 & 11/25

## Children's/Youth Tang Soo Do (Karate)

**Ages 6-13**

**10 classes**

Participants will work on a variety of drills that help to build self esteem, confidence, discipline, and focus. Emphasis is on improving discipline, respect, self-confidence and developing tools for making good decisions. (MC)

**\$100 (N/R \$110)**

SPRC

69734 T/Th 9/7-10/21 4:30 - 5:15 pm

69735 T/Th 10/26-12/16 4:30 - 5:15 pm\*

\*No Class on 11/23 & 11/25

## Aikido

**Ages 10 & older**

**8 Classes**

Aikido is characterized by its sweeping movements and graceful throws. It does not rely on physical strength to execute its techniques. There is no competition in Aikido between its students. Proper etiquette, stretching, rolling, falling and beginning techniques will be shown. Please wear comfortable clothes.

Instructor: Joe McMahon. (MC)

**\$58 (N/R \$68)**

GCC

69732 Tu 9/14-11/2 7:15 - 8:15 pm

## Tae Kwon Do

Grand Master Cho and his instructors from Bill Cho's United Taewkondo Center are focused on providing your family with a true martial arts experience. Our main focus is to instill life value success traits through achievement and positive interaction.. Uniforms and testing are optional, available through our headquarter location in St. Charles. Please contact us for any questions at 630.513-5433.

## Little Tigers Tae Kwon Do

**Ages 5-9**

**6 Classes**

Participants will learn the basics of Tae Kwon Do in a safe and professional environment. Tae Kwon Do will help to improve your child's listening and development as well as improve future behavior. (MC)

**\$66 (N/R \$76)**

SPRC

69743 Sa 9/11-10/16 9:00 - 9:45 am

69744 Sa 10/23-12/11 9:00 - 9:45 am\*

\*No Class on 10/30 & 11/27

## Family Tae Kwon Do

**Ages 5 & older**

**6 Classes**

Together, you will learn the basics of Tae Kwon Do plus traditional Korean customs, words and phrases. Burn calories and have fun as a family. (MC)

**\$66 (N/R \$76)**

SPRC

69736 Sa 9/11-10/16 10:00 - 11:00 am

69737 Sa 10/23-12/11 10:00 - 11:00 am\*

\*No Class on 10/30 & 11/27