

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.**



Photo Submitted by: Doug Mathews

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
\$85 (N/R \$105) - 10 Weeks **GCC**
Beginner/Continuer
74251 W 4/6-6/8 4:15 - 5:00 pm
Novice (3 or more prior sessions)
74252 W 4/6-6/8 5:05 - 5:50 pm

St. Charles Location
\$77 (N/R \$97) - 9 Weeks (ST) **Munhall**
Beginner/Continuer
74253 M 4/4-6/6 4:00 - 4:45 pm*
Intermediate/Advanced (3 or more prior sessions)
74254 M 4/4-6/6 4:50 - 5:35 pm*
* No Class on 5/30 & Class on 6/6 at PCC

Batavia Location
\$77 (N/R \$97) - 9 Weeks (B) **BCC**
Beginner/Continuer
74255 F 4/8-6/10** 4:15 - 5:00 pm
Novice (3 or more prior sessions)
74256 F 4/8-6/10** 5:05 - 5:50 pm
** No class on 4/22

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
\$85 (N/R \$105) - 10 Weeks **GCC**
Beginner/Continuer (White – Orange Belt)
74257 W 4/6-6/8 6:00 - 6:55 pm
Novice (Yellow - Green Belt)
74258 W 4/6-6/8 7:00 - 7:55 pm
Intermediate (Purple Belt)
74259 W 4/6-6/8 8:00 - 9:00 pm

\$103 (N/R \$123) - 10 Weeks **GCC**
Advanced (Brown – Black Belt Only)
74260 W 4/6-6/8 8:00 - 9:15 pm

St. Charles Location
\$77 (N/R \$97) - 9 Weeks (ST) **Munhall**
Beginner/Continuer (White - Orange Belt)
74261 M 4/4-6/6* 5:40 - 6:35 pm
Novice (Yellow - Blue Belt)
74262 M 4/4-6/6* 6:40 - 7:35 pm
Intermediate/Advanced (Green Belt & Up)
74263 M 4/4-6/6* 7:40 - 8:35 pm
* No Class on 5/30 & Class on 6/6 at PCC

Batavia Location
\$77 (N/R \$97) - 9 Weeks (B) **BCC**
Beginner/Continuer (White - Red Belt)
74264 F 4/8-6/10** 6:00 - 6:55 pm
Novice (Orange - Blue Belt)
74265 F 4/8-6/10** 7:00 - 7:55 pm
Intermediate (Green - Low Purple Belt)
74266 F 4/8-6/10** 8:00 - 9:00 pm

\$92 (N/R \$112) - 9 Weeks (B) **BCC**
Advanced (High Purple & Up)
74267 F 4/8-6/10** 8:00 - 9:15 pm
** No class on 4/22

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
\$85 (N/R \$105) - 10 Weeks **GCC**
Beginner/Continuer (White – Orange Belt)
74240 W 4/6-6/8 6:00 - 6:55 pm
Novice (Yellow - Green Belt)
74241 W 4/6-6/8 7:00 - 7:55 pm
Intermediate (Purple Belt)
74242 W 4/6-6/8 8:00 - 9:00 pm

\$103 (N/R \$123) - 10 Weeks **GCC**
Advanced (Brown – Black Belt Only)
74243 W 4/6-6/8 8:00 - 9:15 pm

St. Charles Location
\$77 (N/R \$97) - 9 Weeks (ST) **Munhall**
Beginner/Continuer (White - Orange Belt)
74244 M 4/4-6/6 5:40 - 6:35 pm*
Novice (Yellow - Blue Belt)
74245 M 4/4-6/6 6:40 - 7:35 pm*
Intermediate/Advanced (Green Belt & Up)
74246 M 4/4-6/6 7:40 - 8:35 pm*

* No Class on 5/30 & Class on 6/6 at PCC

Batavia Location
\$77 (N/R \$97) - 9 Weeks (B) **BCC**
Beginner/Continuer (White - Red Belt)
74247 F 4/8-6/10** 6:00 - 6:55 pm
Novice (Orange - Blue Belt)
74248 F 4/8-6/10** 7:00 - 7:55 pm
Intermediate (Green - Low Purple Belt)
74249 F 4/8-6/10** 8:00 - 9:00 pm

\$92 (N/R \$112) - 9 Weeks (B) **BCC**
Advanced (High Purple & Up)
74250 F 4/8-6/10 8:00 - 9:15 pm**
** No class on 4/22

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

\$85 (N/R \$105) - 10 Weeks

GCC

Beginner/Continuer (White – Orange Belt)

74226 W 4/6-6/8 6:00 - 6:55 pm

Novice (Yellow - Green Belt)

74227 W 4/6-6/8 7:00 - 7:55 pm

Intermediate (Purple Belt)

74228 W 4/6-6/8 8:00 - 9:00 pm

\$103 (N/R \$123) - 10 Weeks

GCC

Advanced (Brown – Black Belt Only)

74229 W 4/6-6/8 8:00 - 9:15 pm

St. Charles Location

\$77 (N/R \$97) - 9 Weeks

(ST)

Munhall

Beginner/Continuer (White - Black Belt)

74230 M 4/4-6/6 8:40 - 9:35 pm*

*No Class on 5/30 & Class on 6/6 at PCC

Batavia Location

\$77 (N/R \$97) - 9 Weeks

(B)

BCC

Beginner/Continuer (White - Red Belt)

74231 F 4/8-6/10 6:00 - 6:55 pm**

Novice (Orange - Blue Belt)

74232 F 4/8-6/10 7:00 - 7:55 pm**

Intermediate (Green - Low Purple Belt)

74233 F 4/8-6/10 8:00 - 9:00 pm**

\$92 (N/R \$112) - 9 Weeks

(B)

BCC

Advanced (High Purple & Up)

74234 F 4/8-6/10 8:00 - 9:15 pm**

** No class on 4/22

Karate

Participants are required to purchase their uniform from the Traditional Martial Arts Academy at the first class. All levels of rank may register for MNMA Park District programs. (MC)

Pre-School Tang Soo Do (Karate)

Ages 4-5

8 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)

\$80 (N/R \$100)

SPRC

74239 Tu/Th 4/5-4/28 4:00 - 4:30 pm

75000 Tu/Th 5/3-5/26 4:00 - 4:30 pm

Children's/Youth Tang Soo Do (Karate)

Ages 6-13

8 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)

\$80 (N/R \$100)

SPRC

74236 T/Th 4/5-4/28 4:30 - 5:15 pm

75001 T/Th 5/3-5/26 4:30 - 5:15 pm

Tae Kwon Do

Grand Master Cho and his instructors from Bill Cho's United Taekwondo 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. (MC)**

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)

\$60 (N/R \$80)

SPRC

74238 Sa 4/9-5/21* 9:00 - 9:45 am

*Please note: Class on 4/21 is at GCC. No Class 4/23

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)

\$60 (N/R \$80)

SPRC

74237 Sa 4/9-5/21* 10:00 - 11:00 am

*Please note: Class on 4/21 is at GCC. No Class 4/23

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 \$78)

GCC

74235 Tu 4/5-5/24 7:15 - 8:15 pm



ADULT ATHLETIC LEAGUES

Stay in the game all winter long with fun adult leagues. Turn to page 81 for details.