

Illinois Shotokan Karate



The Streamwood Park District Co-op program will help participants develop coordination, strength, agility and poise, while learning the basics of karate. All classes are taught by instructors of the Illinois Shotokan Karate Club under the direction of John DiPasquale, four-time National Champion, former U.S. Karate National Coach and National Faculty Member of A.C.E.P. (American Coaching Effectiveness Program).

Pre-Karate (4-7 years old)

Through a variety of fun and creative activities, young children will develop coordination, strength and personal safety skills in a well-supervised setting. This program will help your child develop agility and memory - skills necessary to be successful in school and other sports.

Youth Karate (8-14 years old)

Karate skills put children in touch with their bodies and help build coordination, agility, strength and poise, as well as personal safety skills in a well-supervised setting. Karate skills are a healthy way of releasing tension, and the confidence gained through karate helps foster a good self-image. While enjoying the physical activity of karate, children also develop the mental skills of self-confidence, self-control and discipline. Karate can improve your child's sports, school and social studies.

The Maximum Class size for all is 10 (except Pre-Karate at Bartlett, maximum 14)

Adult Karate (High school aged and older)

This program offers a variety of benefits. The program is ideal for releasing 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. This is a must for a single parent wishing to protect themselves and their family. Karate skills can be applied in any situation whereas a weapon may be taken and used against its owner. Karate movements help develop poise and agility while improving overall muscle tone.

Parent/Child (8 years and older, with parent)

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. Open to parents and their children.

Meet at Hanover Park Park District Community Center • 1919 Walnut St., 3rd Floor

0540-0	Pre-Karate	Beg/Cont	Wednesday	January 4-March 21	4-4:45 p.m.	R/NR Fee: \$107/\$132
0540-1	Pre-Karate	2 + Sessions	Wednesday	January 4-March 21	4:50-5:35 p.m.	R/NR Fee: \$107/\$132
0541-5	Pre-Karate	Beg/Cont	Wednesday	April 4-June 13	4-4:45 p.m.	R/NR Fee: \$98/\$123
0541-6	Pre-Karate	2 + Sessions	Wednesday	April 4-June 13	4:50-5:35 p.m.	R/NR Fee: \$98/\$123
0540-2	Youth Karate	White-Orange	Wednesday	January 4-March 21	5:40-6:35 p.m.	R/NR Fee: \$107/\$132
0540-3	Youth Karate	Yellow-Green	Wednesday	January 4-March 21	6:35-7:30 p.m.	R/NR Fee: \$107/\$132
0540-4	Youth Karate	Purple & Up	Wednesday	January 4-March 21	7:35-8:35 p.m.	R/NR Fee: \$107/\$132
0541-7	Youth Karate	White-Orange	Wednesday	April 4-June 13	5:40-6:35 p.m.	R/NR Fee: \$98/\$123
0541-8	Youth Karate	Yellow-Green	Wednesday	April 4-June 13	6:35-7:30 p.m.	R/NR Fee: \$98/\$123
0541-9	Youth Karate	Purple & Up	Wednesday	April 4-June 13	7:35-8:35 p.m.	R/NR Fee: \$98/\$123
0540-5	Adult	White-Yellow	Wednesday	January 4-March 21	8:35-9:35 p.m.	R/NR Fee: \$107/\$132
0540-6	Adult	Blue & Up	Wednesday	January 4-March 21	8:35-10:00 p.m.	R/NR Fee: \$143/\$168
0542-0	Adult	White-Yellow	Wednesday	April 4-June 13	8:35-9:35 p.m.	R/NR Fee: \$98/\$123
0542-1	Adult	Blue & Up	Wednesday	April 4-June 13	8:35-10:00 p.m.	R/NR Fee: \$131/\$156

General Notes: Illinois Shotokan Karate

- 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.
- Total enrollment may exceed maximums due to co-op agreements with Bartlett and Hanover Park Park Districts.

Meet at Bartlett Park District Donald H. Schrade Gym • 696 W. Stearns



0540-7	Pre-Karate	Beg./Cont.	Saturday	January 7-March 24	2:45-3:30 p.m.	R/NR Fee: \$107/\$132
0540-8	Pre-Karate	Int. 3+ Sess.	Saturday	January 7-March 24	3:40-4:25 p.m.	R/NR Fee: \$107/\$132
0542-2	Pre-Karate	Beg/Cont.	Saturday	March 31-June 9	2:45-3:30 p.m.	R/NR Fee: \$98/\$123
0542-3	Pre-Karate	Int. 3+ Sess.	Saturday	March 31-June 9	3:40-4:25 p.m.	R/NR Fee: \$98/\$123
0540-9	Youth Karate	White-Yellow	Saturday	January 7-March 24	4:30-5:30 p.m.	R/NR Fee: \$107/\$132
0541-0	Youth Karate	Blue & Up	Saturday	January 7-March 24	5:30-6:30 p.m.	R/NR Fee: \$107/\$132
0542-4	Youth Karate	White-Yellow	Saturday	March 31-June 9	4:30-5:30 p.m.	R/NR Fee: \$98/\$123
0542-5	Youth Karate	Blue & Up	Saturday	March 31-June 9	5:30-6:30 p.m.	R/NR Fee: \$98/\$123
0541-1*	Parent/Child	White-Yellow	Saturday	January 7-March 24	4:30-5:30 p.m.	R/NR Fee: \$107/\$132
0541-2*	Parent/Child	Blue & Up	Saturday	January 7-March 24	5:30-6:30 p.m.	R/NR Fee: \$107/\$132
0542-6*	Parent/Child	White-Yellow	Saturday	March 31-June 9	4:30-5:30 p.m.	R/NR Fee: \$98/\$123
0542-7*	Parent/Child	Blue & Up	Saturday	March 31-June 9	5:30-6:30 p.m.	R/NR Fee: \$98/\$123
0541-3	Adult	White-Yellow	Saturday	January 7-March 24	4:30-5:30 p.m.	R/NR Fee: \$107/\$132
0541-4	Adult	Blue & Up	Saturday	January 7-March 24	5:30-6:30 p.m.	R/NR Fee: \$107/\$132
0542-8	Adult	White-Yellow	Saturday	March 31-June 9	4:30-5:30 p.m.	R/NR Fee: \$98/\$123
0542-9	Adult	Blue & Up	Saturday	March 31-June 9	5:30-6:30 p.m.	R/NR Fee: \$98/\$123

*Fee is per participant for Parent/Child Karate

Golden Lion Academy Martial Arts



The focus of the Golden Lion Academy combines the disciplines of Tae-kwon-do, Hapkido, Judo, and Kung-fu. Through the combination of these Martial Arts, a practical knowledge of self-defense techniques, weapons, free fighting, traditional forms, and discipline is obtained.

The Golden Lion Academy is a family organization dedicated to its participants. Students within the Academy are encouraged/ challenged to excel inside and outside class in everyday life. The instructors of the Golden Lion Academy strive for a well rounded education for the students.

Students six years and up learn the rudiments of self-defense from day one. They build upon these features by adding more advanced techniques from the various styles, while also learning the Korean language and the history of martial arts. As students progress they earn opportunities for advancement through the various ranks in a safe, friendly, and enjoyable environment. This commitment has helped the Golden Lion Academy develop countless numbers of individuals over the past 20 years.

Meet at Streamwood Park District Community Center Gym

0570-0	Beginner	Wednesday	January 11-March 21	6:30-8 p.m.	R/NR Fee: \$49/\$74
0570-1	Advanced	Wednesday	January 11-March 21	6:30-9 p.m.	R/NR Fee: \$59/\$84
0570-2	Beginner	Wednesday	April 4-June 13	6:30-8 p.m.	R/NR Fee: \$49/\$74
0570-3	Advanced	Wednesday	April 4-June 13	6:30-9 p.m.	R/NR Fee: \$59/\$84
0570-4	Parent-n-Tot (3-5 years)	Tuesday	January 10-February 28	6:30-7:30 p.m.	R/NR Fee: \$39/\$64
0570-5	Parent-n-Tot (3-5 years)	Tuesday	April 10-May 29	6:30-7:30 p.m.	R/NR Fee: \$39/\$64

*No Class November 23

**Price set for both child and parent combined. Extra children may come with a parent for an additional \$20 per child. Maximum of two children per parent.

General Notes: Golden Lion Academy Martial Arts

- Dress in comfortable clothing. Uniforms are available through the Instructor.
- The instructor for the Beginner and Advanced class is Jason Estes and for the Parent/Tot class, Eileen Pasdiora.