

Karate

Illinois Shotokan Karate Club, under the direction of former National Champion John DiPasquale, teaches the martial art of Japanese Karate. A variety of fun, creative activities help children develop coordination, strength, and karate skills in a safe and well-supervised setting. Participants will gain discipline, confidence, flexibility, and stamina in addition to learning self-defense. Punches, blocks, and kicks are covered in these classes. Beginning students will not be permitted to register into the current session after the second class. Fees will not be prorated. Adult classes are ideal for releasing tension and developing cardiovascular fitness. Uniforms and Belt testing are options available through ISKC instructor.



Please note that the Youth, Parent/Child and Adult classes may train together.

Monday - Friday:

White - Red Belts: 4:30pm - 5:20pm

Orange, Yellow & Blue Belts: 5:30pm - 6:20pm

Green, Low Purple & High Purple Belts: 6:30pm - 7:20pm

3rd Kyu Brown & 2nd Kyu Brown Belts: 7:30pm - 8:20pm

1st Kyu Brown & Black Belts: 8:30pm - 9:40pm

Saturday:

White - Red Belts: 9:30am - 10:20am

Orange, Yellow & Blue Belts: 10:30am - 11:20pm

Green, Low Purple & High Purple Belts: 11:30am - 12:20pm

3rd Kyu Brown & 2nd Kyu Brown Belts: 12:30pm - 1:20pm

1st Kyu Brown & Black Belts: 1:30pm - 2:40pm

