

KH KIM TAEKWONDO



Taekwondo, one of the newest Olympic sports, is a 2,000-year-old martial art, offering a variety of benefits for people of all ages and physical abilities. Students have the opportunity to improve concentration and self esteem, achieve lifelong physical fitness, and learn self-defense skills. Classes are taught by staff under the direction of G.Master Ki Hong Kim* (9th Dan Kukkiwon World Taekwondo Headquarters.) **Location: Libertyville Sports Complex**

A \$45 uniform fee is required at the first class. Belt testing is offered through KH Kim Taekwondo at an additional fee and is held twice a year. All colored belt students are required to have complete sparring gear. KH Kim Taekwondo **847-480-9222**

LITTLE DRAGONS

Age: 4-5

This introductory class is designed to captivate the interest of our youngest students. Skills are developed through gentle instruction and appropriate games for their ability. This class focuses on developing balance, coordination and respect for the discipline of martial arts training.

EARLY TAEKWONDO

Age: 6-7

Designed especially for younger children, this program helps kids develop conditioning, coordination, listening skill and self-confidence through creative activities.

YOUTH TAEKWONDO

Age: 8-13

This program includes a balanced cardiovascular workout, including punching, kicking, and blocking skills, using the Taekwondo tradition, and self-control. Participants will improve coordination, power of concentration, balance, and both physical and mental discipline.

PARENT/CHILD

Age: 7+

This class provides families with a fun opportunity to spend time together while improving physical and mental conditioning through cardiovascular drills, calisthenics, and traditional Taekwondo techniques including punching, kicking and blocking. *Both parent and child must register and pay.*

ADULT TAEKWONDO

Age: 14+

Restricted to high school students and older, this program concentrates on Taekwondo techniques through the study of forms, stances, and the skills of punching, kicking, and blocking. This is a great program for those looking to maintain and improve their physical fitness.



JANUARY 10-MARCH 21 \$132 R/\$142 NR	CLASSES HELD AT THE LIBERTYVILLE SPORTS COMPLEX	AGE	DAY/TIME	APRIL 4-JUNE 6 \$120 R/\$130 NR
6417	Little Dragons (Beginners/White-Green)	4-5	Tue 4:00-4:40 pm	6425
6418	Little Dragons (Purple Belts & higher)	4-5	Tue 4:40-5:25 pm	6426
6415	Early Taekwondo (Purple Belts & higher)	6-7	Tue 4:40-5:25 pm	6423
6416	Early Taekwondo (White-Green Belts)	6-7	Tue 5:25-6:10 pm	6424
6420	Youth (White-Green)	8-13	Tue 6:10-6:55 pm	6428
6421	Youth (Purple & up)	8-13	Tue 6:55-7:40 pm	6429
6419	Parent/Child (All Belts)	7+	Tue 7:40-8:30 pm	6427
6414	Adult (All Belts)	14+	Tue 7:40-8:30 pm	6422



ILLINOIS SHOTOKAN KARATE

847-359-0666 www.iskc.com

Children and adults universally enjoy learning the art of karate. Classes are taught by Illinois Shotokan Karate Club's expert instructors under the direction of John DiPasquale, four-time National Champion, U.S. Karate National Coach and President of the National Karate Federation of the U.S.

PRE-KARATE (4-7 Years)

In our Pre-Karate Safety classes, young children develop flexibility, strength, and coordination in fun, yet disciplined activities. This program is specifically designed for growing minds and bodies to enhance memory and agility. Watch your child's confidence blossom and their skills improve.

YOUTH KARATE (7-14 Years)

ISKC's Youth karate classes will put children in touch with their bodies and offers a good mix of strength training with cardiovascular and flexibility exercises. Children 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.

ADULT KARATE (15 Years +)

Our Adult classes release tension, develop total body fitness and build stamina and overall productivity! In addition to self-defense skills, karate increases flexibility, cardiovascular endurance, and muscle tone, while improving core strength.

PARENT/CHILD KARATE (7+)

Fees are per person. Parent/Child classes are a great way to spend quality time with your child, while conditioning muscles, developing coordination and improving cardiovascular fitness.



- Uniforms and Belt-Testing are options available through the ISKC instructor.
 - Please note that the Youth, Parent/Child and Adult classes may train together.
 - Beginner 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 the full class fee is required.
- Location:** Sullivan Community Center- 635 Aspen Drive - Vernon Hills

JANUARY 5-MARCH 25		CLASS	AGE	DAY	TIME	APRIL 1-JUNE 8	
6282	\$120 R/\$135 NR	Adults-Beginner/Advanced	15+	Thu	8:30-9:30 pm	6301	\$100 R/\$115 NR
6281	\$120 R/\$135 NR	Adults-Beginner (white belts)	15+	Sat	9:30-10:25 am	6300	\$100 R/\$115 NR
6283	\$120 R/\$135 NR	Adults-Continuer (red-orange)	15+	Sat	10:30-11:25 am	6302	\$100 R/\$115 NR
6285	\$120 R/\$135 NR	Adults-Novice (yellow-blue)	15+	Sat	1:15-2:15 pm	6304	\$100 R/\$115 NR
6284	\$120 R/\$135 NR	Adults-Intermediate (green-purple)	15+	Sat	2:15-3:15 pm	6303	\$100 R/\$115 NR
6280	\$120 R/\$135 NR	Adults-Advanced (brown-black)	15+	Sat	3:15-4:15 pm	6299	\$100 R/\$115 NR
6286	\$120 R/\$135 NR	Parent/child Beg/Con (white)	7+	Sat	9:30-10:25 am	6305	\$100 R/\$115 NR
6287	\$120 R/\$135 NR	Pre-Karate Beg-Continuer	4-7	Thu	4:00-4:45 pm	6306	\$100 R/\$115 NR
6290	\$120 R/\$135 NR	Pre-Karate Inter/Advanced	4-7	Thu	4:45-5:30 pm	6309	\$100 R/\$115 NR
6288	\$120 R/\$135 NR	Pre-Karate Beginner	4-7	Sat	11:35-12:20 pm	6307	\$100 R/\$115 NR
6289	\$120 R/\$135 NR	Pre-Karate Continuer (1+ prior)	4-7	Sat	12:25-1:10 pm	6308	\$100 R/\$115 NR
6296	\$120 R/\$135 NR	Youth-Beg/Cont (white-orange)	7-14	Thu	5:30-6:30 pm	6315	\$100 R/\$115 NR
6297	\$120 R/\$135 NR	Youth-Intermediate (yellow-green)	7-14	Thu	6:30-7:30 pm	6316	\$100 R/\$115 NR
6293	\$120 R/\$135 NR	Youth-Advanced (purple & up)	7-14	Thu	7:30-8:30 pm	6312	\$100 R/\$115 NR
6295	\$120 R/\$135 NR	Youth-Beginner (white belts)	7-14	Sat	9:30-10:25 am	6314	\$100 R/\$115 NR
6294	\$120 R/\$135 NR	Youth-Continuer (red-orange)	7-14	Sat	10:30-11:25 am	6313	\$100 R/\$115 NR
6298	\$120 R/\$135 NR	Youth-Novice (yellow-blue)	7-14	Sat	1:15-2:15 pm	6317	\$100 R/\$115 NR
6292	\$120 R/\$135 NR	Youth-Intermediate (green-purple)	7-14	Sat	2:15-3:15 pm	6311	\$100 R/\$115 NR
6291	\$120 R/\$135 NR	Youth-Advanced (brown-black)	7-14	Sat	3:15-4:15 pm	6310	\$100 R/\$115 NR