

This program utilizes simple movement techniques and conditioning to focus on escape from an assailant and render them temporarily disabled. The program concentrates on a repetitive defense approach that can be understood and utilized by most women. You will learn basic punching, blocking and kicking techniques and breaking from one or two hand hold. You will also learn how to tap into your natural power source, control fear and adrenaline, setting verbal and physical boundaries and more!

Location: Stevenson Center

1-2pm \$50/\$75
 Sa, Feb 21 - Mar 21 #143749-01
 # of weeks: 5 Min 6 /Max 24

Karate

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). For info on Illinois Shotokan Karate Clubs call (847)359-0666. **Notes:** Uniforms and Belt Testing are options available through the ISKC instructor.

How to use the chart below: Sign up using the code number that corresponds with the day of the week you wish to attend lessons.

Location: Longfellow Center
Dates: M, Jan 5 - Mar 30 (No class 1/19)
 OR Th, Jan 8 - Mar 26

of weeks: 15

Pre-Karate/Safety (Ages 5-7) **CD**

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 give your child the lead he/she needs in developing memory and agility skills necessary to be successful in school and other sports.
 Max 20 participants

Youth Karate/Safety (Ages 8-14) **CD**

Karate skills put children in touch with their bodies and helps build coordination, agility, strength, poise, and personal safety skills in a well supervised setting.
 Max 15 participants

Adult Karate (Age 15 & up) **CD**

This program offers a variety of benefits for the student including releasing tension and developing cardiovascular fitness. Self defense skills learned through Karate are invaluable if ever confronted with a dangerous situation involving you or a loved one. This class is a must for single parents wishing to protect themselves and family.
 Max 22 participants

Parent/Child Karate (Age 7 & up) **CD**

This 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 (7-14 yrs). 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. Cost for Parent/Child class is per participant.
 Max 8 participants (4 each)

Class	Times	Fees	Code
Beginning/Continuing Levels			
Pre-Karate	4-4:45pm	\$96/\$144	M: #173620-01 Th: #173620-16
Youth *	6-6:55pm	\$96/\$144	M: #173620-04 Th: #173620-19
Adult *	6-6:55pm	\$96/\$144	M: #173620-08 Th: #173620-23
Parent/Child*	6-6:55pm	\$96/\$144	M: #173620-12 Th: #173620-27
Novice (2 or more prior sessions)			
Pre-Karate	4:50-5:35pm	\$96/\$144	M: #173620-02 Th: #173620-17
Novice (Orange-Blue Belt)			
Youth *	7-7:55pm	\$96/\$144	M: #173620-05 Th: #173620-20
Adult *	7-7:55pm	\$96/\$144	M: #173620-09 Th: #173620-24
Parent/Child *	7-7:55pm	\$96/\$144	M: #173620-13 Th: #173620-28
Pre-Advanced (Stripe Belt & up)			
Pre-Karate	4:50-5:50pm	\$114/\$171	M: #173620-03 Th: #173620-18
Intermediate (Green Belt)			
Youth *	8-8:55pm	\$96/\$144	M: #173620-06 Th: #173620-21
Adult *	8-8:55pm	\$96/\$144	M: #173620-10 Th: #173620-25
Parent/Child *	8-8:55pm	\$96/\$144	M: #173620-14 Th: #173620-29
Advanced (Purple Belt & up)			
Youth*	8-9:30pm	\$135/\$203	M: #173620-07 Th: #173620-22
Adult*	8-9:30pm	\$135/\$203	M: #173620-11 Th: #173620-26
Parent/Child	8-9:30pm	\$135/\$203	M: #173620-15 Th: #173620-30

* Note Parent/Child, Youth and Adult classes will train together at their scheduled times.

Just for Youth

Martial Arts for Kids (Ages 6-14) **CD**

This class combines the Martial Arts of Universal Shorei-Goju, Tae Kwon Do, American Karate, and kickboxing. Children learn discipline, respect, honor, courtesy, and courage by practicing Martial Arts. Program manuals may be purchased from the instructor. Uniforms are recommended, not required. Instructor: Kenneth Young, Certified Karate Instructor, Black Belt in Universal Shorei-Goju, and Tae Kwon Do. Please note: Continuing requires 2 or more prior sessions of Beginning course and instructor permission.

Location: Dole Center

Beginning

Tu & Th, 4-4:45pm \$60/\$90
 Jan 6 - Feb 12 #113630-01
 Feb 24 - Apr 2 #113630-03
 # of weeks: 6 Min 1 or 6/Max 24

Continuing

Tu & Th, 4:45-5:30pm \$60/\$90
 Jan 6 - Feb 12 #113630-02
 Feb 24 - Apr 2 #113630-04
 # of weeks: 6 Min 6/Max 24

Aikido for Kids (Ages 9-14) **CD**

Aikido is a way of harmony, not combat. Children who study Aikido develop and expand their mental and physical awareness while learning cooperation and respect for others. Instruction begins with exercises to stretch and strengthen young bodies and improve attention, coordination and motor skills. Falling with confidence is a big part of training followed by learning the principles of movement which allows students to practice techniques with partners of experience teaching Aikido.

Location: Ridgeland Common

F, 5-6pm \$56/\$84
 Feb 6 - Apr 24 #113580-01
 # of weeks: 12 Min 6/Max 15



Tae Kwon Do

Tae Kwon Do, one of the newest Olympic sports, is a two thousand year-old martial art, offering a variety of benefits for people of all ages and physical abilities. Students will improve their concentration and self-esteem, achieve lifelong physical fitness, and learn self defense skills. Classes are taught under the direction of Grand Master Ki Hong Kim (8th Dan World Tae Kwon Do Federation). Uniform fee is required at the first class.

Please note all colored belt students are required to have complete sparring gear.

Dates: W, Jan 7 - Mar 25

Location: Longfellow Center, 610 S. Ridgeland

of weeks: 12

Instructor: Oriental Arts Training Center (OATC) Staff

Fee: \$144 Resident/\$216 Non-resident

Little Dragons

CD

This introductory class is designed to captivate the interest of our youngest students (ages 4-5 years). Skills are developed through gentle instruction and games appropriate for their ability. This class focuses on developing balance, coordination, and respect for the discipline of martial arts training.

Early Tae Kwon Do

CD

Designed especially for children ages 6 to 7 years, this program helps kids develop conditioning, coordination, listening skills, and self-confidence through creative activities.

Youth Tae Kwon Do

CD

Includes a balanced cardiovascular workout including punching, kicking and blocking skills, using the Tae Kwon Do tradition and self-control. Students will improve coordination, power of concentration, balance, and both physical and mental discipline.

Adult Tae Kwon Do

CD

Restricted to high school students and older, this program concentrates on Tae Kwon Do techniques through the study of forms, stances, and the skills of punching, kicking and blocking.

Class	Level	Day/Time	Min/Max	Code
Little Dragon (4-5 yrs)	White Belt	W, 4-4:40pm	5/12	#113590-01
Little Dragon (4-5 yrs)	Yellow & Orange Belt	W, 4:45--5:25pm	5/12	#113590-02
Little Dragon (4-5 yrs)	Green Belt & up	W, 5:30-6:10pm	5/12	#113590-03
Early Tae Kwon Do (6-7 yrs)	ALL Levels	W, 6:15-7pm	6/20	#113590-04
Youth Tae Kwon Do (8-13 yrs)	ALL Levels	W, 7:05-7:50pm	6/20	#113590-05
Parent/Child (7 yrs and up)*	ALL Levels	W, 7:55--8:45pm	6/20	#113590-07
Adult Tae Kwon Do (14 yrs and up)*	ALL Levels	W, 7:55--8:45pm	6/15	#113590-06

**Please note: Parent/Child and Adult classes will train together.*

Aikido

Beginning Aikido

(Ages 15 & up)

CD

Aikido is a non-competitive martial art emphasizing controlling one's own body and redirecting attacks. Students will be introduced to the philosophy and techniques of Aikido while learning relaxation and centering techniques. Conditioning exercises, which prepare the body to execute Aikido techniques, will be emphasized.

Location: Ridgeland Common

F, 6:30-7:30pm

\$67/\$101

Feb 6 - Apr 24 (No class 3/13, 3/20)

#113580-02

of weeks: 10

Min 6/Max 15

Continuing Aikido

(Ages 15 & up)

CD

Are you ready for a rigorous Martial Arts program?

This course requires the completion of the Beginners Aikido course and the Instructor's consent. The focus will be on the requirements for rank testing. The pace is aerobic.

Location: Ridgeland Common

Tu, 7-8pm

\$81/\$122

Jan 6 - Apr 7 (No class 3/10, 3/17)

#113580-03

of weeks: 12

Min 6/Max 15

Adult Advanced Aikido

(Ages 15 & up)

CD

Admission to this course requires Instructor's permission. The focus is on advanced body arts and Aikido weapons. Students must have taken a Continuing Aikido class.

Location: Ridgeland Common

F, 8-9pm

\$81/\$122

Dec 12 - Feb 27

#113580-04

Mar 6 - Jun 5 (No class 3/13, 3/20)

#113580-05

of weeks: 12

Min 6/Max 15

All Aikido classes at the Park District of Oak Park are taught by Richard Roberts, 4th Degree Black Belt with 35 years of experience !