



martial arts

Karate classes are held at FitNation, 1655 Nation Drive, Gurnee, 847-359-0666. These classes are contracted by Illinois Shotokan Karate instructors trained by former U.S. team member and four-time National Champion, John DiPasquale.

Little Dragons, Tae Kwon Do and Hapkido are taught at Equa Do Martial Arts Studio, 1810 B Delany, Gurnee. These classes are contracted through Equa Do Martial Arts. Classes are taught by certified Independent TKD Association instructors. Saturday Hapkido is taught at FitNation.

Judo classes are held at Gurnee Judo Club, 4411 Old Grand Avenue, Gurnee.

For all martial arts classes, students must be the appropriate age by the start date of the program.



Illinois Shotokan Karate (ISKC)

Karate

This program offers strength training with cardiovascular and flexibility exercises. Students 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.

Missed the registration deadline for Karate? Beginner ISKC students can register and join up to two weeks after the session has begun. Registration for continuing students will be accepted for the full class fee until the class is full.

Uniforms and belt-testing are options available through the ISKC instructor.

Youth and adults train together. (RD)

Gurnee Judo Club

Judo

Perfect your strength and coordination in this Olympic and Paralympic grappling sport. Judo is an excellent cross-training activity for wrestlers. Classes are taught by USA Judo certified coaches. **Note: An English and Spanish bi-lingual instructor is available. (RD)**

Equa Do Martial Arts

Each additional family member signing up for the same Equa Do class (up to three) will receive a \$10 discount for each additional person.

Little Dragons

Develop confidence and self-defense techniques through games and practical exercises designed for our youngest Tae Kwon Do students. **(RD)**

Little Dragon Levels:

Beginner (White Stripe)

Continuing Beginners (Yellow-Purple Stripe)

Advanced (Blue-Red Stripe)

Tae Kwon Do

Acquire confidence and self-esteem by learning the art of mind-body control and self-defense. Traditional execution of form is taught alongside sparring skills. **(RD)**

Hapkido

Find out how to redirect your opponent's energy and use it against them with minimal force during this self-defense program. **(RD)**



Monday Classes

CLASS NAME	ID#	AGE	DATE	CLASSES	TIME	SITE FEE (R/NR)
Karate (White - Red Belts)	413901-01	7 yrs.&up	3/28-6/6	10	4:30-5:25p	FN \$95/\$118
Karate (Orange - Blue Belts)	413901-02	7 yrs.&up	3/28-6/6	10	5:30-6:25p	FN \$95/\$118
Karate (Green - Purple Belt)	413901-03	7 yrs.&up	3/28-6/6	10	6:30-7:25p	FN \$95/\$118
Karate (Brown - Black Belt)	413901-04	7 yrs.&up	3/28-6/6	10	7:30-9:00p	FN \$123/\$153
TKD (Int./Adv)	413903-06	8 yrs.&up	4/4-4/11	12	6:30p- 7:45p	ED \$144/\$144
TKD (Advance)	413903-07	8 yrs.&up	4/4-4/11	12	7:00p- 8:15p	ED \$144/\$144
TKD (Advance)	413903-08	8 yrs.&up	4/4-4/11	12	6:30p- 7:45p	ED \$144/\$144
TKD (Morning)	413903-09	19 yrs.&up	4/4-4/11	12	10:00a-11:15a	ED \$144/\$144

Tuesday Classes

Little Dragons (Beg-Whit. Stripe)	413902-01	5-7 yrs.	3/29-6/14	12	5:30-6:10p	ED \$120/\$120
Little Dragons (Yellow - Green)	413902-02	5-7 yrs.	3/29-6/14	12	6:15-6:55p	ED \$120/\$120
TKD (White-Red/Black)	413903-02	8 yrs.&up	3/29-6/14	12	7:00-7:55p	ED \$144/\$144
Hapkido	413905-01	13 yrs.&up	3/29-6/14	12	7:00-8:00p	ED \$144/\$144

Wednesday Classes

Little Dragons (Yellow - Purple)	413902-03	5-7 yrs.	3/30-6/15	12	5:30-6:10p	ED \$120/\$120
Little Dragons (Blue - Red)	413902-04	5-7 yrs.	3/30-6/15	12	6:15-6:55p	ED \$120/\$120
TKD (White-Red/Black)	413903-03	7 yrs. & up	3/30-6/15	12	7:00-7:55p	ED \$144/\$144
Hapkido	413905-02	13 yrs. & up	3/30-6/15	12	7:00-8:00p	ED \$144/\$144

Thursday Classes

Karate (Beg.-Novice: All Belts)	413901-05	4-7 yrs.	3/31-6/2	10	4:30-5:15p	FN \$95/\$118
Karate (White - Yellow Belts)	413901-06	7 yrs.&up	3/31-6/2	10	5:20-6:15p	FN \$95/\$118
Karate (Blue - Green Belt)	413901-07	7 yrs.&up	3/31-6/2	10	6:20-7:15p	FN \$95/\$118
Karate (Purple Belt)	413901-08	7 yrs.&up	3/31-6/2	10	7:20-8:20p	FN \$95/\$118
Karate (Brown - Black Belt)	413901-09	7 yrs.&up	3/31-6/2	10	7:20-8:50p	FN \$123/\$153
TKD (White-Red/Black)	413903-04	7 yrs.&up	3/31-6/16	12	7:00-7:55p	ED \$144/\$144
Hapkido	413905-03	13 yrs.&up	3/31-6/16	12	7:00-8:00p	ED \$144/\$144

Friday Classes

Pre-Karate (Beg./Continuer)	413901-10	4-7 yrs.	4/1-6/3	10	4:30-5:15p	FN \$95/\$118
Pre-Karate (Novice)	413901-11	4-7 yrs.	4/1-6/3	10	5:15-6:00p	FN \$95/\$118
Karate (White - Red Belts)	413901-12	7 yrs.&up	4/1-6/3	10	6:00-6:55p	FN \$95/\$118
Karate (Orange - Green Belts)	413901-13	7 yrs.&up	4/1-6/3	10	7:00-7:55p	FN \$95/\$118
Karate (Purple Belt & Up)	413901-14	7 yrs.&up	4/1-6/3	10	8:00-8:55p	FN \$95/\$118
TKD (Beginner)	413903-01	8 yrs.&up	4/1-6/17	12	6:00-6:55p	ED \$144/\$144
TKD (White-Red/Black)	413903-05	8 yrs.& up	4/1-6/17	12	7:00-7:55p	ED \$144/\$144

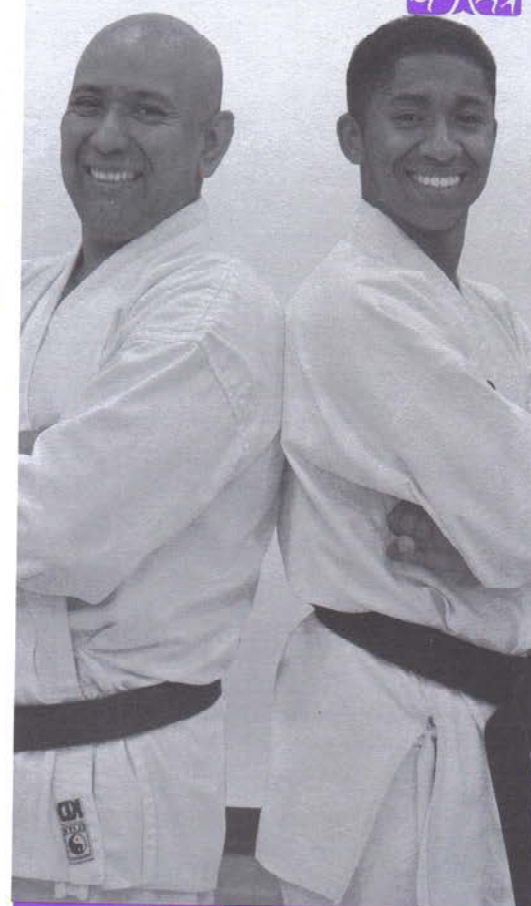
Saturday Classes

Hapkido	413905-04	13 yrs.&up	4/2-6/18	12	11:00a-12:00p	FN \$144/\$180
Judo	413908-01	6 yrs.&up	4/2-6/4	10	10:00-11:00a	GJ \$112/\$112

Location Key: FN = FitNation ED = Equa Do Martial Arts,
GJ = Gurnee Judo

Max/Min: Karate: 45/10; Hapkido: 25/10; Tae Kwon Do: 45/10;
Little Dragons: 25/10; Judo: 30/10

No Class: Karate: 5/30



Brave Way

Learn to anticipate and avoid potentially dangerous situations and discover how to defend yourself from a physical attacker. You'll work with a partner to learn techniques against (un)armed, single and multiple aggressors. This is one of the easiest and most effective self-defense classes! **Contracted through Mike Theriault. (RD)**

Location: Hunt Club

Community Center

Max/Min: 12/4

Classes: 1

Day: Monday or Wednesday

Age: 8 yrs. & up

ID#	DATE	DAY	TIME	FEE (R/NR)
413907-01	4/25	M	6:45-8:45p	\$29/\$36
413907-02	5/25	W	6:45-8:45p	\$29/\$36