

# Martial Arts

## Little Dragons - ages 5-7 years

Develop your child's confidence and self-defense techniques through games and practical exercises. Saturday morning class at FitNation is for beginners to intermediate levels. Classes are taught by certified Independent TKD Association instructors. Contracted through Equa Do Martial Arts. (RD) **Weekday Location: Equa Do Martial Arts Saturday Location: FitNation No class:11/22**

Sect. Name	Activity#	Day	Time	Date Range	FEE R/NR	#
Beg. White - Purple	213902-01	Tu	5:30-6:15p	9/4-11/27	\$143/\$143	13
Beg. White - Purple	213902-02	Tu	6:15-6:55p	9/4-11/27	\$143/\$143	13
Beg. White - Purple	213902-03	W	5:30-6:15p	9/5-11/28	\$143/\$143	13
Adv. Blue - Black	213902-04	W	6:15-7:00p	9/5-11/28	\$143/\$143	13
Adv. Blue - Black	213902-05	Th	5:30-6:15p	9/6-11/29	\$132/\$132	12
Adv. Blue - Black	213902-06	Th	6:15-7:00p	9/6-11/29	\$132/\$132	12
Adv. Blue - Black	213902-07	F	5:15-6:00p	9/7-11/30	\$143/\$143	13
Beg./Int.	213902-08	Sa	10:30-11:15a	9/8-12/1	\$143/\$179	13

## Tae Kwon Do - ages 8+

Acquire confidence and self-esteem by learning the arts of mind-body control and self-defense. Traditional execution of form is taught alongside sparring skills. Thursday evening Tae Kwon Do class includes Bo Staff/Esgrima stick training. Learn basic control of a staff stick or stick weapon and develop muscle control in conjunction with training. Classes are taught by certified Independent TKD Association instructors. Contracted through Equa Do Martial Arts (RD).

**Location: Equa Do Martial Arts No class: 11/22**

Sect. Name	Activity#	Day	Time	Date Range	FEE R/NR	#
Beg./Int.	213903-01	F	6:00-6:55p	9/7-11/30	\$169/\$169	13
All Belt Levels	213903-02	Tu	7:00-7:55p	9/4-11/27	\$169/\$169	13
All Belt Levels	213903-03	W	7:00-7:55p	9/5-11/28	\$169/\$169	13
All Belt Levels	213903-04	F	7:00-7:55p	9/7-11/30	\$169/\$169	13
TDK/BO Staff	213903-05	Th	7:00-7:55p	9/6-11/29	\$156/\$156	12

## Hapkido - ages 13+

Find out how to redirect your opponent's energy and use it against them with minimal force during this self-defense program. Classes are taught by certified International Combat Hapkido Federation instructors. Contracted through Equa Do Martial Arts (RD).

**Location: Equa Do Martial Arts Saturday Location: FitNation No class:11/22**

Sect. Name	Activity#	Day	Time	Date Range	FEE R/NR	#
Hapkido	213905-01	Tu	7:00-8:00p	9/4-11/27	\$169/\$169	13
Hapkido.	213905-02	W	7:00-8:00p	9/5-11/28	\$169/\$169	13
Hapkido	213905-04	Sa	11:15a-12:15p	9/8-12/1	\$169/\$211	13

### No uniform? No problem.

Uniforms are not necessary the first day of class. Uniforms are purchased through the martial arts contractors. Wear loose fitting gym type clothing to the first class.



# 1989

Purchased 8.25 acres contiguous to Pembroke park site from Woodland School District. Viking Park Singers, an adult community chorus, was organized.



## Interested in self-defense programs? Gurnee Park District offers two options.

See page 52 for Women's Self Defense, ages 12+, and Brave Way Self Defense, ages 8+.

### Judo - ages 6+

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. Participants must be at least 6 years of age to register for this program. Contracted through Gurnee Judo Club. (RD)

**Location: Gurnee Judo Club No class: 11/24**

Sect. Name	Activity#	Day	Time	Date Range	FEE R/NR	#
Judo	213908-01	Sa	10:00-11:00a	9/15-12/15	\$151/\$151	13

### Karate - ages 4+

Classes are taught by Illinois Shotokan Karate instructors trained by former U.S. team member and four-time National Champion, John DiPasquale.

**Pre-Karate (4-7 years):** Discover and develop agility, strength and coordination skills through fun and creative activities.

**Youth/Adult Karate (8 years & up):** Develop coordination, strength, personal safety skills along with agility, self-confidence and discipline.

Note: Beginner students may not register into a session after the second class has met. Registration for continuing/advanced students is accepted after the start date, but full payment is required. Youth and adults will train together. Contracted through ISKC (RD).

**Location: FitNation No class: 11/22, 11/23**

Sect. Name	Activity#	Age	Day	Time	Date Range	FEE R/NR
White-Red Belt	213901-01	7+	M	4:30-5:25p	9/10-12/17	\$147/\$184
Orange-Blue Belt	213901-02	7+	M	5:30-6:25p	9/10-12/17	\$147/\$184
Green-Purple Belt	213901-03	7+	M	6:30-7:25p	9/10-12/17	\$147/\$184
Brown-Black Belt	213901-04	7+	M	7:30-9:00p	9/10-12/17	\$186/\$232
PreK-All Belts	213901-05	4-7	Th	4:30-5:15p	9/6-12/13	\$147/\$184
White-Yellow Belt	213901-06	7+	Th	5:20-6:15p	9/6-12/13	\$147/\$184
Blue-Green Belt	213901-07	7+	Th	6:20-7:15p	9/6-12/13	\$147/\$184
Purple Belt	213901-08	7+	Th	7:20-8:20p	9/6-12/13	\$147/\$184
Brown-Black Belt	213901-09	7+	Th	7:20-8:50p	9/6-12/13	\$186/\$232
PreK Beg./Cont.	213901-10	4-7	F	4:30-5:15p	9/7-12/14	\$147/\$184
PreK Novice	213901-11	4-7	F	5:15-6:00p	9/7-12/14	\$147/\$184
White-Orange Belt	213901-12	7+	F	6:00-6:55p	9/7-12/14	\$147/\$184
Yellow-Green Belt	213901-13	7+	F	7:00-7:55p	9/7-12/14	\$147/\$184
Purple Belt & Up	213901-14	7+	F	8:00-8:55p	9/7-12/14	\$147/\$184

Gurnee Park District and the Village of Gurnee jointly purchased 2 acres of HeatherRidge Woods property.

