

Karate

ABOUT OUR PROGRAM

Participants are carefully initiated into a martial art, which focuses on alertness of mind, self-control and mental strategies to meet life's challenges. Traditional Karate is a martial art which emphasizes the principles and applications of a weaponless self-defense through the use of total body dynamics and mental discipline. Students will constantly strive for technical excellence and the enhancement of ones character. Students seek the human body's most complete mental and physical development through self-defense techniques. An extraordinary fluidity of perception and Karate skills can be achieved. The following items are optional and will incur additional costs: uniforms, belt tests and tournaments. **For more information contact Joe Mobile, Program Manager, at 847-810-3941.**



ABOUT OUR INSTRUCTORS

Frank Chrzanowski, Chief Instructor, developed the Traditional Karate Program for the Lake Forest Recreation Department since 1983. He has trained in Karate since 1975 and has attained the rank of fourth degree black belt in the Japan Karate Association. He has been featured in articles in the Chicago Tribune, Chicago Sun Times, and Pioneer Press. He has also appeared on local and national television programs.

Ron Stein has trained in Karate since 1981 and is a third degree black belt in the Japan Karate Association. His Karate experience extends to Europe and Asia. Mr. Stein also lived in Japan for four years, training under many instructors and studying various martial arts. His Karate teaching experience includes the University of Chicago, The University of Illinois at Urbana, and the U.S. Marine Corps. He has been with the Lake Forest Karate Program since 1994.



ADULT KARATE

For more information contact Joe Mobile, Program Manager, at 847-810-3941.

Loc: Lake Forest Recreation Center
Age: 14Y and up
Fee: R: \$770 NR: \$924
Instr: Frank Chrzanowski
Note: No class March 24 - April 2 and May 28. Beginning 6/11 class times will change to summer hours, Monday and Wednesday 7:15-8:30 and 12:15-1:30 on Saturday.

| Code | Day | Time | Date |
|-------|-----|-----------------|--------------|
| 28862 | Mon | 7:45pm- 9:10pm | Jan 9-Jun 30 |
| | Wed | 7:45pm- 9:10pm | |
| | Sat | 12:15pm- 1:30pm | |

PEE WEE KARATE

Pee Wee Karate students learn how to control their energy levels and concentration through the study of fundamental Karate principles. Participants will learn how to follow instructions and exercise self control in a fun and exciting environment. Karate students are encouraged to train year round.*

Loc: Lake Forest Recreation Center
Age: 4Y - 5Y
Instr: Frank Chrzanowski, Ron Stein
Note: No class May 28 . * Beginning 6/11 class times will change to summer hours.

| Code | Day | Time | Date | Fee |
|--------|----------|----------------|---------------|--------------------|
| 28854 | Mon, Wed | 3:10pm- 3:40pm | Jan 9-Mar 21 | R: \$237 NR: \$285 |
| 28855* | Mon, Wed | 3:10pm- 3:40pm | Apr 4-Jun 10 | R: \$259 NR: \$311 |
| | Mon, Wed | 4:00pm- 4:30pm | Jun 11-Jun 27 | |

BEGINNER KARATE I

This class is for white belts (beginner) up to orange belt with stripe.*

Loc: Lake Forest Recreation Center
Age: 5Y - 8Y
Instr: Frank Chrzanowski, Ron Stein
Note: No class March 24 through April 2 and May 28 . * Beginning 6/11 class times will change to summer hours, Monday and Thursday 4:30-5:15 and from 1:30-2:15 on Saturday.

| Code | Day | Time | Date | Level | Fee |
|--------|-----|----------------|--------------|------------|--------------------|
| 28856* | Mon | 3:45pm- 4:30pm | Jan 9-Jun 30 | Beginner I | R: \$744 NR: \$893 |
| | Wed | 3:45pm- 4:30pm | | | |
| | Sat | 1:30pm- 2:15pm | | | |

BEGINNER KARATE II

Students must have the belt rank of orange belt or yellow belt to participate in this class. *

Loc: Lake Forest Recreation Center
Age: 5Y - 8Y
Fee: R: \$744 NR: \$893
Instr: Frank Chrzanowski, Ron Stein
Note: No class March 24 - April 2 and May 28

* Beginning 6/11 class times will change to summer hours, Monday and Wednesday 5:15-6:00 and 1:30-2:15 on Saturday.

| Code | Day | Time | Date |
|--------|-----|----------------|--------------|
| 28858* | Mon | 4:30pm- 5:15pm | Jan 9-Jun 30 |
| | Wed | 4:30pm- 5:15pm | |
| | Sat | 1:30pm- 2:15pm | |

KARATE: WHITE THRU BLUE BELTS

This Karate class is for the older student beginning the karate program, White Belt thru Blue Belt. Class curriculum enables the beginner student to develop an effective form of self-defense. Students will work on acquiring keen perception skills and creating a mind that is increasingly alert and sensitive. Students learn how to relax under stressful conditions and keep an emotional balance. The following items will incur additional costs: uniforms, belt tests and tournaments.

Loc: Lake Forest Recreation Center
Age: 8Y-13Y
Fee: R: \$744 NR: \$893
Instr: Frank Chrzanowski, Ron Stein
Note: No class March 24 - April 2 and May 28. Beginning 6/11 class times will change to summer hours, Monday and Wednesday 6-7:00 and 12:15-1:30 on Saturday.

| Code | Day | Time | Date |
|-------|-----|-----------------|--------------|
| 28860 | Mon | 6:00pm- 6:45pm | Jan 9-Jun 30 |
| | Wed | 6:00pm- 6:45pm | |
| | Sat | 12:15pm- 1:30pm | |

INTERMEDIATE KARATE

Students (ages 7-11) must have the instructors' placement to join this class.*

Loc: Lake Forest Recreation Center
Age: 7Y - 11Y
Fee: R: \$744 NR: \$893
Instr: Frank Chrzanowski, Ron Stein
Note: No class March 24 - April 2 and May 28.

* Beginning 6/11 class times will change to summer hours, Monday and Wednesday 5:15-6:00 and 1:30-2:15 on Saturday.

| Code | Day | Time | Date |
|-------|-----|----------------|--------------|
| 28859 | Mon | 5:15pm- 6:00pm | Jan 9-Jun 30 |
| | Wed | 5:15pm- 6:00pm | |
| | Sat | 1:30pm- 2:15pm | |

KARATE: GREEN BELTS AND ABOVE

This Karate class is for the more advanced student, Green Belt and above. Class curriculum enables the advanced student to develop an effective form of self-defense. Keen perception skills and a mind that is increasingly alert and sensitive will be acquired. Students learn how to fine tune relaxing under stressful conditions and keeping an emotional balance.*

Loc: Lake Forest Recreation Center
Age: 8Y-13Y
Fee: R: \$744 NR: \$893
Instr: Frank Chrzanowski, Ron Stein
Note: No class March 24 - April 2 and May 28. Beginning 6/11 class times will change to summer hours, Monday and Wednesday 6-7:00 and 12:15-1:30 on Saturday.

| Code | Day | Time | Date |
|-------|-----|-----------------|--------------|
| 28861 | Mon | 6:45pm- 7:45pm | Jan 9-Jun 30 |
| | Wed | 6:45pm- 7:45pm | |
| | Sat | 12:15pm- 1:30pm | |

*For most classes the following items are optional and will incur additional costs: uniforms, belt tests and tournaments.



SELF DEFENSE TRAINING FOR TEENS AND ADULTS

Our Brave Way program is not a martial art, and no previous self-defense training is required to master the moves taught in class. The techniques are easy to learn, extremely effective, based on instinctive principles that don't require constant practice or years of training to use, and work regardless of your size, strength, speed or skill. The program includes lecture; demonstration; hands-on instruction; scenario based training; defense against armed and unarmed attackers; single and multiple attackers; standing, sitting and ground techniques;

and rape defense/prevention. This is not a 'Stranger Danger' lecture but a class where participants will learn actual principles and techniques that will help them properly defend themselves and protect others. This class could save your life. All girls at or near dating age should take this class. For more information contact Joe Mobile, Program Manager at 847-810-3941.

Loc: Lake Forest Recreation Center, Studio C

Instr: Instructed by Brave Way LLC.

Age: Teens and Adults (ages 8 - Adult)

| Code | Day | Time | Date | Fee | | |
|-------|-----|---------------|--------|---------|----------|--|
| 28863 | Sat | 3:30pm-5:30pm | Jan 21 | R: \$30 | NR: \$36 | |
| 28864 | Sat | 3:30pm-5:30pm | Feb 18 | R: \$30 | NR: \$36 | |
| 28865 | Sat | 3:30pm-5:30pm | Mar 17 | R: \$30 | NR: \$36 | |
| 29316 | Sat | 3:30pm-5:30pm | Apr 14 | R: \$30 | NR: \$36 | |
| 29317 | Sat | 3:30pm-5:30pm | May 12 | R: \$30 | NR: \$36 | |



TAEKWONDO

Taekwondo, one of the newest Olympic sports, is a 2000-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 under the direction of Grand Master Ki Hong Kim (8th Dan World Tae Kwon Do Federation.) A \$45.00 uniform fee is required at the first class. All colored belt students are required to have complete sparring gears. For more information contact KH Kim's Taekwondo at 847-480-9224.

Loc: Lake Forest Recreation Center, Studio C

Age: 4Y - Adult

Instr: Instructed by K H Kim's Taekwondo (OATC) Staff

Little Dragons

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.

| Code | Day | Time | Date | Fee | | |
|-------|-----|-----------------|--------------|----------|-----------|--|
| 28866 | Sun | 12:00pm-12:40pm | Jan 8-Mar 18 | R: \$143 | NR: \$172 | |
| 28871 | Sun | 12:00pm-12:40pm | Apr 15-Jun 3 | R: \$104 | NR: \$125 | |

Early Taekwondo

Designed especially for the younger children of 6-7 years, this program helps kids develop conditioning, coordination, listening skill, and self-confidence through creative activities.

| Code | Day | Time | Date | Fee | | |
|-------|-----|-----------------|--------------|----------|-----------|--|
| 28867 | Sun | 12:45pm- 1:30pm | Jan 8-Mar 18 | R: \$143 | NR: \$172 | |
| 28872 | Sun | 12:45pm- 1:30pm | Apr 15-Jun 3 | R: \$104 | NR: \$125 | |

Youth Taekwondo

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.

| Code | Day | Time | Date | Fee | | |
|-------|-----|----------------|--------------|----------|-----------|--|
| 28868 | Sun | 1:35pm- 2:20pm | Jan 8-Mar 18 | R: \$143 | NR: \$172 | |
| 28873 | Sun | 1:35pm- 2:20pm | Apr 15-Jun 3 | R: \$104 | NR: \$125 | |

Parent/Child Taekwondo (both parent and child must register)

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.

| Code | Day | Time | Date | Fee | | |
|-------|-----|----------------|--------------|----------|-----------|--|
| 28869 | Sun | 2:25pm- 3:15pm | Jan 8-Mar 18 | R: \$143 | NR: \$172 | |
| 28874 | Sun | 2:25pm- 3:15pm | Apr 15-Jun 3 | R: \$104 | NR: \$125 | |

Adult Taekwondo

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.

| Code | Day | Time | Date | Level | Fee | |
|-------|-----|----------------|--------------|----------|-----------|--|
| 28870 | Sun | 3:20pm- 4:10pm | Jan 8-Mar 18 | R: \$143 | NR: \$172 | |
| 28875 | Sun | 3:20pm- 4:10pm | Apr 15-Jun 3 | R: \$104 | NR: \$125 | |



Fencing

Fencing is a unique sport that requires the use of both the body and mind and is friendly to all ages and ability levels. The basics of the sport are taught by Metro Chicago Fencing Center in a fun and controlled environment.

FENCING - SWORDPLAY

This class provides a great environment for kids to do one of the things they enjoy most - play with swords! Students will learn basic en garde position, advance and retreats, salute, lunge, extend, beat attack and parry riposte. We will talk about target area and basic rules of fencing. This class will use games to develop speed, reaction time and balance. We will use plastic fencing weapons with buzzing tips to allow for easier control and increased safety. For more information contact Joe Mobile, Program Manager at 847-810-3941.

Loc: Waveland Park
Instr: Instructed by Metro Chicago Fencing
Age: 6Y-9Y

| Code | Day | Time | Date | Level | Fee |
|-------|-----|---------------|--------------|-----------|--------------------|
| 28876 | Wed | 4:00pm-5:00pm | Jan 18-Mar 7 | Swordplay | R: \$240 NR: \$288 |
| 29318 | Wed | 4:00pm-5:00pm | Apr 4-May 23 | Swordplay | R: \$240 NR: \$288 |



FENCING - BEGINNING YOUTH

This class teaches footwork and basic bladework skills. Fencers will warm up, work on footwork, receive a group lesson and have time to fence. Games will be utilized to develop skills essential to fencing such as balance and quick decision making. Classes are designed to introduce fencing in a fun group atmosphere. This class utilizes real fencing weapons. Participants are required to wear pants and closed-toe shoes. All equipment is provided. For more information contact Joe Mobile, Program Manager, at 847-810-3941.

Loc: Waveland Park, Class Room
Instr: Instructed by Metro Chicago Fencing
Age: 10Y-14Y

| Code | Day | Time | Date | Level | Fee |
|-------|-----|----------------|---------------|-----------------|--------------------|
| 28877 | Wed | 5:00pm- 6:00pm | Jan 18-Mar 07 | Beginning Youth | R: \$240 NR: \$288 |
| 29319 | Wed | 5:00pm- 6:00pm | Apr 04-May 23 | Beginning Youth | R: \$240 NR: \$288 |

FENCING - BEGINNER ADULT

The Olympic sport of fencing demands a blend of tactical and strategic thought and a physical execution of those decisions. This has led many to describe the sport as 'physical chess'. Fencing also teaches balance and discipline and even more than this, it's fun. Beginning Adult Fencing is for those new to fencing or those who would like to work on the basic skills of fencing. This class will cover the basic fencing rules, fencing etiquette, footwork, attacks and defenses. Classes will consist of warm up time, footwork time, group lesson and bouting. Participants are required to wear pants and closed-toe shoes. For more information contact Joe Mobile, Program Manager at 847-810-3941.

Loc: Waveland Park, Class Room
Instr: Instructed by Metro Chicago Fencing
Age: 14Y and up

| Code | Day | Time | Date | Level | Fee |
|-------|-----|---------------|--------------|----------------|--------------------|
| 28878 | Wed | 6:00pm-7:00pm | Jan 18-Mar 7 | Beginner Adult | R: \$240 NR: \$288 |
| 29373 | Wed | 6:00pm-7:00pm | Apr 4-May 23 | Beginner Adult | R: \$240 NR: \$288 |

"Through the systematic practice in the martial arts a person's physical fitness is boosted (strength, stamina, flexibility, movement, coordination, etc.,) as the whole body is exercised and the whole muscular system is activated."

Wikipedia

LFRec.com
 Register On-Line
 Anytime.....
 Anywhere...

