

KARATE



PRIDE DOJO

Pride Dojo was founded in 1988 to teach and enhance the philosophies of Shotokan Karate. The Dojo strives to create a challenging, yet nurturing approach to training in the martial arts. The program is inclusive, and does not necessitate any background in the martial arts, nor is it relevant to the physical qualities that any individual brings to the program. The Glencoe Park District, together with Pride Dojo, offers classes to students age four and older. All students enroll as beginners, and as they attain physical, mental, and spiritual growth, they progress through different belt levels. Students interested in learning the positive aspects of the art of Japanese Shotokan Karate are welcome.

PRE-KARATE ☞

Students learn how to follow instruction, develop balance, coordination, strength, and concentration through appropriate game playing. They are taught listening skills and gain self-confidence through creative activities, while engaging in a fun and exciting environment.

YOUTH KARATE ☞

Students improve coordination, power of concentration, and balance while learning kata and sparring actions. They experience continued growth in self-esteem and confidence as students broaden their abilities and knowledge of the martial art. The skills obtained in this class help enhance your child's abilities in school, sports, and other outside activities.

ADULT KARATE ☞

Training in karate offers many benefits to becoming a whole individual. Self-defense skills, physical fitness, mental as well as physical challenges, and a connection to others in this age group are principal goals at this level. Karate training is an excellent means to keeping your mind-body connection and keeping multi-tasking skills sharp and focused. It releases tension, improves balance and agility, and improves both health of mind and body. This class is designed for any age and any level of physical fitness.

KOBUDO CLASS ☞

This is for students that have a rank of yellow belt or higher. Kobudo means weapons in Japanese. We work mainly with the bo staff, which is a long wooden staff. In this class students are taught Katas with the bo. Katas are a series of movements with attacks and counters against imaginary opponents. This class prepares students who are interested in competing in tournaments in the kobudo division. The bos are provided in class.

BEGINNING SPARRING ☞

This class is for students that have a rank of yellow belt or higher. Sparring is a controlled fight with safety equipment. Students learn how to block and counter with a partner. The class teaches offensive and defensive techniques. Students start to learn footwork and how to hit targets. The class prepares them to participate in tournaments if they choose. Students enrolled in the class are required to purchase safety equipment.

BATTLEFIELD ☞

No video games compares to Pride Battlefield, because this class places your child right in the middle of a battle where the fun and life lessons just keep coming. Your child will be challenged physically and mentally to become the very best he or she can be. Each action-packed class will include information on Japanese Samurai weapons and codes of honor, as well as leadership and strategy. Each child will learn the basics of swordsmanship, including how to identify when to lead, when to follow, and when to get out of the way! Kids will participate in mock battles using foam swords and other Samurai weapons that are fun, safe, and extremely cool!

NEW! BLACK BELT KATA ☞

This program provides a chance for everybody to learn higher level black belt katas to enhance your training and prepare for advanced classes or competitions. Available to Orange Belts and higher.

THE PRIDE DOJO STAFF

Head Instructor, Sensei Marla Cohen, has been teaching Shotokan karate in Glencoe for over 25 years. She holds the rank of Ro Kudan, which is a 6th Degree Black Belt, in Shotokan Karate. She is a National Coach for the A.A.U. Senior and Junior Karate Teams and an A.A.U. National Gold Medalist in Kumite (sparring). She won the Coach of the Year Award in 1999 and was inducted into the A.A.U. Hall of Fame. Sensei Marla was the Gold Medalist at the 1985 Maccabiah Games in Israel. Joining her is Sensei Robert Trossman, a 4th Degree Black Belt and National Champion in Kata, holds a Bachelor's Degree in Psychology with an emphasis in Child Development from National Louis University. Sensei Mike Seul, a 3rd Degree Black Belt and National Kumite Champion. He has been teaching karate in Glencoe for over 20 years. Additionally, Sensei Jeff Ladin, also a 3rd Degree Black Belt and National Kumite Champion, holds a Masters Degree in Education, and has been teaching in Glencoe for over 15 years. All Staff Instructors are ASEP (American Sports Educational Program) certified.



CLASS	AGES	DAY	DATES	TIME	LOCATION	R/NR FEE	ACTIVITY
PRE-KARATE	4	M	8/28-11/13	3:30-4:15 PM	Takiff Center	\$185/203	216801-06
WHITE (BEGINNING)	5-12	M	8/28-11/13	4:15-5 PM	Takiff Center	\$185/203	216801-01
YELLOW/ORANGE	5+	M	8/28-11/13	5-5:45 PM	Takiff Center	\$185/203	216801-02
BLUE LOW/PURPLE	5+	M	8/28-11/13	5:45-6:30 PM	Takiff Center	\$185/203	216801-03
HIGH PURPLE & UP	5+	M	8/28-11/13	6:30-7:15 PM	Takiff Center	\$185/203	216801-04
ADULT	14+	M	8/28-11/13	7:15-8 PM	Takiff Center	\$185/203	216801-05
ADULT	18+	M	8/28-11/13	1:30-2:30 PM	Takiff Center	\$212/233	216801-32
ALL LEVELS	7+	Tu	8/29-11/14	4:15-5 PM	Takiff Center	\$222/242	216801-10
SPARRING -YELLOW & UP	5+	Tu	8/29-11/14	5-5:45 PM	Takiff Center	\$222/242	216801-11
KOBUDO-YELLOW	8+	Tu	8/29-11/14	5:45-6:30 PM	Takiff Center	\$222/244	216801-12
NEW! BLACK BELT KATA	8+	Tu	8/29-11/14	6:30-7:15 PM	Takiff Center	\$222/244	216801-16
ADULT	14+	Tu	8/29-11/14	7:15-8 PM	Takiff Center	\$222/244	216801-33
PRE-KARATE	4	Th	8/31-11/16	3:30-4:15 PM	Takiff Center	\$167/184	216801-07
WHITE/YELLOW	5-12	Th	8/31-11/16	4:15-5 PM	Takiff Center	\$167/184	216801-20
ORANGE & UP	5+	Th	8/31-11/16	5-5:45 PM	Takiff Center	\$167/184	216801-21
BATTLEFIELD	8+	Th	8/31-11/16	5:45-6:15 PM	Takiff Center	\$191/209	216801-31
ALL LEVELS	5+	Sa	9/9-11/18	11:45 AM-12:30 PM	Takiff Center	\$148/163	216801-30
SPARRING/CONDITIONING	5+	Sa	9/9-11/18	12:30-1:15 PM	Takiff Center	\$148/163	216801-34

No Classes: September 4, 21, 30, October 9, 26, 7, November 9, 11. There are NO make-up classes for Karate.

FEES & DISCOUNTS

- Family Discount:** First registrant at full price. 10% off the lowest price for each additional family member/per family (only redeemable via in-person or faxed registrations)
- Drop-In Fee:** \$27/class
- Optional Services:** Uniforms, belt testing, private lessons, and tournaments are offered through Pride Dojo, Inc.
- Winter Session:** Registration for Winter Session begins November 1. Information on winter classes will be available in the Winter Guide.

REFUNDS/TRANSFERS

No transfers into non-karate (enrichment) programs permitted.
No refunds allowed.

PRIVATE KARATE SESSIONS

Want to expand your karate training? Private sessions are available with Sensei Marla, Sensei Mike, Sensei Jeff and Sensei Rob! For details, call (847) 835-7559; private lessons are \$80 for 45 minutes or \$55 for 30 minutes.