

Exercise



**ANYONE
CAN DO IT!
COME
JOIN US!**



Women's Self-Defense

Adult Karate Program



Sport Competition

Teen Karate

Karate can improve sports, school, and social activities by putting young people in touch with their bodies; helping to build coordination, agility, strength, and poise. Karate skills also release tension brought on by school and peers. Therefore, the physical aspect of this program is both enjoyable and beneficial.

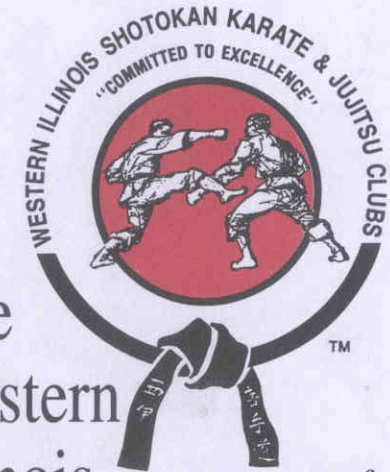
The mental aspect involved in karate builds self-confidence, control, and discipline, helping the student to foster a strong, positive self-image.

Youth Karate and Teen Karate classes are held separately.

Adult Karate

This program offers a variety of benefits for the adult student. The self-defense skills learned through Karate are invaluable if ever confronted with a dangerous situation that may involve you or a loved one. The class is highly recommended for the single parent wishing to protect himself/herself and family. Karate skills can be applied in any situation whereas a weapon may be taken and used against its owner.

Physically, karate movements develop poise and agility while improving overall muscle tone. The program is also an ideal way to release tension and develop cardiovascular fitness.



The Western Illinois Shotokan Karate Clubs

for more
information call:
309-833-2765

**325 University Dr.
Macomb, IL 61455**

Chief Instructor: Edward Kuras

- 7th Degree Japanese Karate Black Belt
- 7th Degree Korean Karate Black Belt
- 6th Degree Jujitsu Black Belt
- Master's Degree with emphasis in Exercise Physiology
- American Coaching Effectiveness Program Coach (A.C.E.P.)
- United States 1983-84 AAU-USAKF National Karate Team Alumnus
- Police Self-Defense Instructor – Certified by State of Illinois
- USA Karate Team Coaching Staff Alumnus
- 36 Years Experience
- Taiho PSDI Instructor

★ **Beginning and Advanced Classes**

★ **Ask About Family Rates** ★ **University Discounts**

Join America's Fastest Growing Sport Today

★ **Youth & Adult Classes Are All Separated By Age**



**OBJECTIVES OF THE
WESTERN ILLINOIS
SHOTOKAN
"BLACK BELT"
YOUTH AND ADULT
PROGRAM**



Mental & Leadership Objectives

Respect Respect and good sportsmanship will be learned through bowing and other gestures, not only toward elders, but peers as well.

Discipline Young people will learn the difference between **politeness, respect, honor, and integrity**. This is part of leadership training toward Blackbelt.

Confidence Levels Positive feelings will be acquired by accomplishing basic karate skills and through rank testing, toward Blackbelt.

Reflexes Reflexes will be developed by learning to dodge and block supervised karate movements.

Stress Relief Students will become familiar with ways of releasing excess energy by supervised blocking, punching and kicking drills.

Physical Objectives

Motor Skills Through slow motion punching and blocking drills, young people will improve gross motor skills as well as fine motor skills by aiming karate techniques at specific targets.

Muscle Tone Muscle tone will be strengthened through karate postures (stances), and practice of karate techniques.

Rhythm Rhythm will be acquired by performing karate techniques and counting simultaneously.

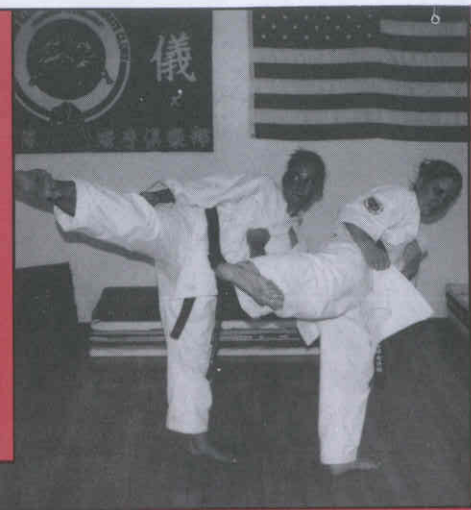
Flexibility Flexibility will be developed by stretching and rotation exercises which are designed to benefit muscles, tendons, ligaments, and joints.

Coordination Students will develop coordination through contraction and relaxation of various muscle groups, using karate techniques. Balance will also be acquired through kicking exercises, standing on one leg.

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309-833-2765



**W.I.S.K.
PROGRAM**

**Youth Karate
(Tiger Team 7-12 years)
Fun • Fitness • Self Discipline**



**Pre-Karate (4-6 years)
(Karate Kids)**

