



Hastings Lake YMCA

of Metro Chicago

KARATE CLASSES

LI'L DRAGONS & LI'L TIGERS

Li'l Dragons focuses on working large and small motor skills while participating during karate oriented games with no advancement within the class. Students will, however, earn special patches as they progress through this fun class. Karate-oriented games will be played... "punch, punch, kiai"; "musical mats"; "Sensei, Sensei, who's in the dojo" to name a few. In addition, some karate basics will be covered.

Li'l Tigers will continue working on large and small motor skills. In this class, the instructor will introduce the Shotokan style of karate. There will be belt level requirements, sparring and forms taught, as well, for advancement within the class.

Chief Instructor, Anna Graham, is a fourth degree Black Belt and the Head Instructor, Tracey Calvert, is a first degree Black Belt.

Participants will learn the "Shotokan" style of karate. Classes will consist of basic techniques per rank level, sparring (fighting) and kata (forms). Participants also will learn self-confidence, discipline, self-esteem and respect in a family-oriented class. Basic Japanese language and etiquette will be introduced. Students will also earn special patches. Uniforms and equipment are required after the first session.

Belt Exams are scheduled at the end of 3 seasons (spring, summer and fall).

Private/Semi-private lessons - Lessons are available for those looking for more 1-on-1 attention. Private lessons are for just 1 participant, whereas semi-privates are for 2 or 3. We will work with beginning students, or those looking to improve form and endurance. All lessons are 30 minutes, and are sold in sets of 3, 5, or 7 lessons. Instructors are assigned based on availability. A form must be filled out at the Membership Desk to be considered for lessons. When an instructor becomes available, they will contact those who are interested.

For more information, please contact Anna Graham, Program Director, at 847-410-5319 or ggraham@ymcachicago.org.



www.hastingslakeymca.org

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