

MARTIAL ARTS

The Freeport Park District does not require you to purchase any additional equipment to participate in all martial art classes. However, if you would like to move up in rank/belt system additional equipment, uniform, and testing fees may apply via your instructor. Participation in competitions outside of the class will also result in additional registration and equipment fees.

Little Ninjas

Join Master Sung Sop An and his black belt staff for their Little Ninjas class. This program is designed specifically to help teach 3 to 6-year-olds the important qualities of respect, self-control and confidence. This class will also help with motor skills and coordination.

Read Park Pavilion

Jan. 7 - Feb. 25

Thursdays 5:45 - 6:15 PM ID#114031-01

Register by January 4

March 4 - April 29

Thursdays 5:45 - 6:15 PM ID#114031-02

Register by March 1

Min/Max: 6/20

R/NR \$50/55

No Class April 1

Tae Kwon Do Rockford Academy

(Beginner, Intermediate & Advanced)

Tae Kwon Do teaches children to respect themselves and others. The program can help build a child's self-esteem. Master Sung Sop An and his black belt staff from the Rockford Academy instruct the class. In many different independent studies it has shown that students that participate in martial arts programs get better grades and do better in school. The Rockford Academy is World Tae Kwon Do Federation Licensed, which means that each student's belt level will be recognized anywhere in the world. This class is for youth ages 7 and older. Additional fees may apply. Last day of each session designated for testing.

Read Park Pavilion

Thursdays, January 7 - February 25

BEGINNER-INTERMEDIATE

beginner to orange belt 6:15 - 7:00 PM ID#114041-01

Register by January 4

Thursdays, March 4 - April 29

BEGINNER-INTERMEDIATE

beginner to orange belt 6:15 - 7:00 PM ID#114041-02

Register by March 1

Ages 7 & older and families welcome

Min/Max 6/25

R/NR \$50/55

*Class size will determine if class is split into separate Beginner and Intermediate classes.

No Class April 1

Hapkido - Self-Defense

Hapkido is achieved when my own power and the power of my opponent are united together. This class teaches self defense, pressure points, and release techniques to separate yourself from an abduction/attack. It involves a lot of repetition and listening to perfect each move. Beginning participants should wear comfortable athletic attire. This class is open to adults, families, and youth ages 7 and older. Additional fees may apply.

Read Park Pavilion

Jan. 4 - Feb. 22

Mondays 6:00 - 6:45 PM ID#114051-01

Register by December 28

March 1 - April 26

Mondays 6:00 - 6:45 PM ID#114051-02

Register by February 26

No Class on March 29

Min/Max 6/25

R/NR \$35/40

Kahjok Tae Kwon Do

Kahjok is the Korean word for family. The Kahjok Federation's Tae Kwon Do promotes increased ability to concentrate, the ability to focus on the task at hand, and an overall awareness of things going on around you. Participants will see improvements in stamina, breathing capacity, and flexibility. Students will have to meet specific criteria in order to move up in rank. This class is open to adults, families, and youth ages 8 and older. Additional fees may apply. Last day of each session designated for testing.

Read Park Pavilion

Jan. 4 - Feb. 24

Mon./Wed. 7:00 - 8:30 PM ID#114011-01

Register by December 30

Mar 1 - April 28

Mon./Wed. 7:00 - 8:30 PM ID#114011-02

Register by February 26

No Class 29 & 31

Min/Max 6/15

R/NR: \$50/\$55

Shaolin Kempo Kung Fu Self-Defense

People who participate in martial arts are more confident, have better self-control, and concentrate better. Instructor Bobby Lawson will demonstrate that Shaolin Kempo Kung Fu improves self-esteem, teaches discipline, channels aggression and is fun to learn. Kempo is a system of Kung Fu, Ju Jitsu, and Karate that makes a very effective self-defense. Classes are open to participants ages 7 and older. Families are welcome. Last day of each session designated for testing.

Read Park Pavilion

Jan. 5 - Feb. 23

Tuesdays 7:00 - 8:30 PM ID#114021-01

Register by December 30

March 2 - April 27

Tuesdays 7:00 - 8:30 PM ID#114021-02

Register by February 26

No Class March 30

Min/Max 4/15

R/NR \$45/\$50