

BUTTERFIELD PARK DISTRICT

MARTIAL ARTS

WINTER SPRING 2023-2024

CONTACT: ORLY.ESPIRITU727@GMAIL.COM

~TRAINING PROVIDED BY MASTER ESPIRITU~ ~9TH DEGREE BLACK BELT~
~THREE TIME ALL-PHILIPPINES NATIONAL CHAMPION~ ~ILLINOIS FORMS CHAMPION~



Shotokan Karate is a traditional Japanese Martial Art founded by Master Gichin Funakoshi. Shotokan Karate remains firmly rooted in a strong martial arts tradition, emphasizing lifetime training for a healthy mind and body, rather than strictly as a sport. Shotokan Karate is a way for an individual to realize greater potential and expand the limits of that individual's physical and mental capabilities.

Through this class participants will learn the art of self-defense through drills involving kicking, punching and blocking. This course will help develop flexibility, self-discipline, stamina, concentration, courage, and respect. Shotokan Karate focuses on three main criteria. These include the basic techniques, forms or patterns of moves, and sparring.

Are you looking for a challenge or a new form of martial arts? Look no further. Butterfield Park District now offers Arnis Stick Fighting. This form of martial arts originated in the Philippines and involves training with one or two Kali sticks. Practice close, mid, and long-range combat techniques, as well as proper foot work and body motion. We will begin by practicing the basic steps, and gradually move to one on one combat.

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Monthly Sessions January 4 through May 31

Thursday 5:00 - 6:30 Pm

Friday 5:00 - 6:30 Pm

Saturday 12:00 Pm - 4:00 Pm

Cost: \$80 Per Month

Additional Family Member: \$70 Per Month



BUTTERFIELD PARK DISTRICT 21W730 BUTTERFIELD ROAD LOMBARD IL PH 630-858-2229