

## SCHEDULE

ALL KARATE CLASSES ARE HELD IN  
THE AEROBICS STUDIO AT  
FOUR SEASONS I

### YOUTH KARATE

Ages 6-8

Mondays: 4:45-5:25pm

Fridays: 5:00-5:45pm

*\*Registration for this class closes after the 1st month  
of each session or until class is full.*

### GENERAL KARATE\*

Open to all Karate students ages 9 and up.

Wednesdays: 5:25 - 6:25pm

Saturdays: 10:15-11:15am

### ADVANCED KARATE

Current rank of 8th kyu (red belt) or above.

Mondays: 5:25 - 6:25pm

### KATA CLASS

(Formal Exercise) Rank Exam Prep: 8th  
kyu and up.

Wednesdays: 4:45-5:25pm

*\* Students younger than age 9 may register  
only if they are ranked 9th kyu (yellow belt)  
or higher, OR have attended a previous  
Youth Karate session.*



## 2014 SESSION DATES:

Members may register and pay by phone or in person  
at Four Seasons I.

### SESSION II:

**March 31 - June 22 (12 weeks)**

#### OPEN REGISTRATION FOR YOUTH KARATE:

Monday, March 17

#### OPEN REGISTRATION FOR GENERAL KARATE:

Monday, March 17

## FEES

All fees include any non-class days, such as holidays  
or clinics. All fees are prorated throughout the session.

**Youth Karate:** \$4/week\* (class meets 1x/week)

**General Karate:** \$8/week\* (students may attend up to  
4 classes/week *only with instructor approval*)

*\*Optional activities and products may incur other fees.*

Sorry, no refunds.

You must be a member of Four Seasons Health Club  
to participate in this program.



# SHOTOKAN KARATE PROGRAM 2014



[WWW.4SEASONS-CLUB.COM](http://WWW.4SEASONS-CLUB.COM)

For additional program information please email  
[karate@4seasons-club.com](mailto:karate@4seasons-club.com)

# SHOTOKAN KARATE

Karate Do – literally “the empty hand way,” is weaponless self-defense that includes punching, striking, kicking and blocking. Based on the most scientific use of all parts of the body, it produces power through development of the body as a balanced whole.

Not only is karate the most effective art of self-defense, but the physical and mental discipline used in training impart strength, conditioning, core strength, dexterity, coordination, poise and agility to students. Training also relieves stress and develops self-confidence, teaching students to channel mental energy in a positive manner. Students will also learn some Japanese vocabulary and culture associated with karate.

Under the guidance of Chief Instructor Carl Hartter, a sixth-degree black belt, classes are conducted in a safe and formal manner, stressing the courtesy and mutual respect.

For additional program information please email [karate@4seasons-club.com](mailto:karate@4seasons-club.com)

# KARATE FAQs

## CAN ANYONE LEARN KARATE?

Yes. Anyone who can engage in regular physical sports can learn karate.

## WHAT ARE THE BENEFITS OF LEARNING KARATE?

There are many benefits, including self-defense and self-confidence. As a physical art, karate develops agility, endurance and coordination.

## HOW DO I ACHIEVE RANK IN KARATE?

Tests are given every two to three months. These tests evaluate the students' speed, timing and knowledge of karate.

## HOW LONG DOES IT TAKE TO OBTAIN A BLACK BELT?

If a student is training hard, it usually takes from two to three years.

## IS KARATE SAFE?

Very. Classes are formal and regimented, and there is a great emphasis on and emphasis of proper technique and body movement, so injuries are very rare.

## WHAT'S “KARATE DO?”

the “Do” is pronounced “dough.” It's the more formal name of karate, literally translating to “empty hand way.”

## WHAT IS “SHOTOKAN?”

Shotokan is one of the most popular styles traditional Japanese karate.

# KARATE INSTRUCTORS

The Shotokan Karate program at Four Seasons is administered by the Central Illinois Karate Association. The association is headed by Sensei Carl Hartter, a sixth-degree black belt with more than 42 years of experience, and a former national kumite (competition sparring) champion. He is a member of the American Shotokan karate Alliance Shihankai (council of masters) and a fellow of the International Karate Society.

The Shotokan Youth Karate program is under the guidance of Sensei Elayne Hartter. A fifth-degree black belt, Mrs. Hartter has more than 35 years of experience and is a certified elementary education teacher.

Rounding out the karate instructors at 4 seasons are Elston Flowers, Jim Stahly, Ed Chandler and Allison Kroesch. With more than 100 years of combined training, they bring extensive teaching experience to both the adult and youth programs.



Shotokan Karate Instructors (from L):  
Ed Chandler, Elston Flowers, Carl Hartter,  
Elayne Hartter, and Jim Stahly. Not pictured: Allison Kroesch and  
David Retzer.