

Pride Dojo

Pride Dojo was created in 1988 to teach and enhance the philosophies of Shotokan Karate. The Dojo strives to create a challenging, yet nurturing approach to training in the martial arts. The program is inclusive, and does not necessitate any background in the martial arts, nor is it relevant the physical qualities that any individual brings to the Program. The Glencoe Park District, together with Pride Dojo, offers classes to students aged four years old and up. All students enroll as beginners and as they attain physical, mental, and spiritual growth, they progress through different belt levels. Students interested in learning the positive aspects of the art of Japanese Shotokan Karate are welcome.

Pre-Karate 4 years of age

Students learn how to follow instruction, develop balance, coordination, strength, and concentration through appropriate game playing. They are taught listening skills and gain self-confidence through creative activities, while engaging in a fun and exciting environment.

Youth Karate 5-12 years of age

Students improve coordination, power of concentration, and balance while learning kata and sparring actions. They experience continued growth in self-esteem and confidence as students broaden their abilities and knowledge of the martial art. The skills obtained in this class help enhance your child's abilities in school, sports, and other outside activities.

Adult and Teen Karate

Training in karate offers many benefits to becoming a whole individual. Self-defense skills, physical fitness, mental as well as physical challenges, and a connection to others in this age group are principal goals at this level. Karate training is an excellent means to keeping your mind-body connection and keeping multi-tasking skills sharp and focused. It releases tension, improves balance and agility, and improves both health of mind and body. This class is designed for any age and any level of physical fitness.

Kobudo class

This is for students that have a rank of yellow belt or higher. Kobudo means weapons in Japanese. We work mainly with the bo staff, which is a long wooden staff. In this class students are taught Katas with the bo. Katas are a series of movements with attacks and counters against imaginary opponents. This class prepares students who are interested in competing in tournaments in the kobudo division. The bos are provided in class.

Beginning Sparring

This class is for students that have a rank of yellow belt or higher. Sparring is a controlled fight with safety equipment. Students learn how to block and counter with a partner. The class teaches offensive and defensive techniques. Students start to learn footwork and how to hit targets. The class prepares them to participate in tournaments if they choose. Students enrolled in the class are required to purchase safety equipment.

Sparring and Conditioning Class

This class is for students that have a rank of Yellow Belt and higher. This class includes drills that improve timing, reaction, speed, focus, and conditioning. Sparring, controlled fighting is done with a partner. Students must purchase safety equipment.

The Pride Dojo Staff

Head Instructor, Sensei Marla Cohen, has been teaching Shotokan karate in Glencoe for the past 25 years. She holds the rank of Ro Kudan, which is a 6th Degree Black Belt, in Shotokan Karate. She is a National Coach for the A.A.U. Senior and Jr. Karate Teams and an A.A.U. National Gold Medalist in Kumite (sparring). She won the Coach of the Year Award in 1999 and was inducted into the A.A.U. Hall of Fame. Sensei Marla was the Gold Medalist at the 1985 Maccabiah Games in Israel. Joining her is Sensei Mike Seul, a 3rd Degree Black Belt and National Kumite Champion. He has been teaching karate in Glencoe for the past 20 years. Additionally, Sensei Jeff Ladin, also a 3rd Degree Black Belt and National Kumite Champion, holds a Masters Degree in Education, and has been teaching in Glencoe for almost 15 years. Sensei Robert Trossman, a 3rd Degree Black Belt and National Champion in Kata, holds a Bachelor's Degree in Psychology with an emphasis in Child Development from National Louis University.

All Staff Instructors are ASEP (American Sports Educational Program) certified.

Optional Services

Uniforms, belt testing, private lessons and tournaments are optional services offered through Pride Dojo, Inc.

Refunds/Transfers

No transfers into non-karate (enrichment) programs permitted. No refunds allowed.



Youth/Adult Karate

Winter Session: 11/28/11-3/24/12

Spring Session: 4/2/12-6/23/12

- Family Discount:** 10% off for each additional family member, off the lowest price. Only one 10% discount per family member. (Only redeemable via in-person or faxed registrations)
- Drop-In Fee:** \$23/class
- Location:** Takiff Center Studios
- Min./Max.:** 5/25
- Late Registration:** You may register for the second-half of the program at half off on the following dates: **Winter** 1/23/2012 **Spring** 5/14/2012
- Refunds/Transfers:** No refunds permitted or transfers to non-karate programs. No other discounts apply.
- No Winter Classes:** Dec. 19-31, Jan. 16, Feb. 20 **No Spring Classes:** May 28, Apr. 6, 21

Day	Time	Age	Description	Winter R/NR Fee	Winter Prg. #	Spring R/NR Fee	*Spring Prg. #
Mon.	3:30-4:15 p.m.	Age 4	Pre-Karate (Beginning)	\$212/\$233	0767-3	\$179/\$197	0767-1
Mon.	4:15-5 p.m.	Youth Ages 5-12	Mixed (White/Beg)	\$212/\$233	0775-3	\$179/\$197	0775-1
Mon.	5-5:45 p.m.	Youth Ages 5 & up / Adult	Yellow/Orange - Novice	\$208/\$229	0803-3	\$176/\$194	0803-1
Mon.	5:45-6:30 p.m.	Youth Ages 5 & up / Adult	Blue Tip - Low Purple - Int.	\$196/\$216	0804-3	\$166/\$183	0804-1
Mon.	6:30-7:15 p.m.	Youth Ages 5 & up / Adult	High Purple & Up - Adv.	\$164/\$180	0805-3	\$139/\$153	0805-1
Mon.	7:15-8 p.m.	Teen Ages 13 & up / Adult	All Levels (Beg/Nov/Int)	\$208/\$229	0815-3	\$176/\$194	0815-1
Tues.	4:15-5 p.m.	Ages 7 & Up	All Levels (White & Up)	\$249/\$274	0776-3	\$199/\$219	0776-1
Tues.	5-5:45 p.m.	Youth Ages 5 & up / Adult	Sparring - Beg.	\$223/\$245	0806-3	\$178/\$196	0806-1
Wed.	4:15-5 p.m.	Youth Ages 5-12	Mixed (White/Yellow)	\$248/\$273	0777-3	\$197/\$217	0777-1
Thurs.	3:30-4:15 p.m.	Age 4	Pre-Karate (White & Tip)	\$248/\$273	0768-3	\$197/\$217	0768-1
Thurs.	4:15-5 p.m.	Youth Ages 5-12	White/Yellow	\$248/\$273	0778-3	\$197/\$217	0778-1
Thurs.	5-5:45 p.m.	Youth Ages 5 & up / Adult	Orange/Low Purple	\$230/\$253	0810-3	\$184/\$202	0810-1
Thurs.	5:45-6:30 p.m.	Youth Ages 5 & up / Adult	High Purple & Up	\$188/\$207	0811-3	\$151/\$166	0811-1
Fri.	4:30-5:15 p.m.	Youth 5 & up / Adult	Kobudo Class - Int./Adv.	\$216/\$238	0812-3	\$159/\$175	0812-1
Sat.	11:30 a.m.-12:15 p.m.	Youth Ages 5 & up / Adult	White/Yellow/Orange - Beg./Int.	\$231/\$254	0813-3	\$170/\$187	0813-1
Sat.	1-2 p.m.	Youth Ages 5 & up / Adult	Sparring/Cond.- Beg./Int./Adv.	\$216/\$238	0814-3	\$159/\$175	0814-1

There are NO make-up classes for karate. *Spring registration available March 5, 2012.

Adult Small Group Karate

Winter Session: 11/28/11-3/24/12

- Drop-In:** \$38/class
- Location:** Takiff Center Studios
- Min./Max.:** 3/8
- Late Registration:** You may register for the second-half of the program at half off on the following dates: **Winter** 1/23/2012
- Refunds/Transfers:** No refunds permitted or transfers to non-karate programs. No other discounts apply.
- No Winter Classes:** Dec. 19-31, Jan. 16, Feb. 20

Day	Time	Winter R/NR Fee	Winter Prg. #
Mon.	1:45-2:30 p.m.	\$430/\$473	0665-3
Tues.	1-1:45 p.m.	\$501/\$551	0666-3
Fri.	1-1:45 p.m.	\$501/\$551	0668-3

There are NO make-up classes for karate.