

Weight Room

A weight training facility is located on the premises and is complete with free weights, selectorized body part machines and dumbbells up to 100 Lbs. This allows you to choose from strength training, power training or even schedule personal training sessions. With availability to you 7 days a week, you can ensure total commitment to your weight training.



The martial arts lifestyle is about increasing our cardio fitness on a daily basis favoring all activities and tapping all sources that improve our bodies, minds, and spirits.



KID'S KARATE

CREED OF KARATE

I come to you with only karate —
"Empty Hands" — I have no weapons.
 But should I be forced to defend myself,
 my honor or my principles; should it be a
 matter of life or death, of right or wrong,
 then here are my weapons —
MY EMPTY HANDS.

Champion Karate Studio

HOURS:

Mon. - Thurs. 9:00 a.m. - 9:30 p.m. • Fri 9:00 a.m. - 7:00 p.m.
 Sat. 9:00 a.m. - 6:00 p.m. • Sun. 1:00 p.m. - 5:00 p.m.

Nationally Recognized —
One of the Oldest and Largest Karate Schools in the Midwest
 Since 1974

Grandmaster **Ron Troutman**, 10th Degree Black Belt

Chief Instructor Master **Rocky Troutman**, 8th Degree Black Belt,
 National Karate & Kickboxing Champion with a Staff of over 100 Black Belts
 Assistant Director of Officials **Wako USA Kickboxing**
 International Kickboxing Referee/Official

PRICES

CLASS	CLASS TIMES	PRICES	
		IN FULL	PAYMENT PLAN
Youth Karate Any 2 classes per week.	Tues./Wed./Thurs. Beg: 5:00 - 6:00 p.m. Adv: 6:00 - 7:00 p.m.	3 Month Trial: \$300.00	
		\$280	3 mo = \$100/mo
	Saturday Beg: 10:00 - 11:00 a.m. Adv: 11:00 - 12:00 p.m.	\$545	6 mo = \$ 95/mo
		\$1000*	12 mo = \$ 90/mo
		*Best Deal — Save \$80.00	

Adult Karate Any 2 classes per week. Includes Weight Room/ Boxing Facility 7 days/wk.	DAYS Tues. and Thurs. 12:00 - 1:00 p.m.	3 Month Trial: \$330.00	
		\$310	3 mo = \$110/mo
	EVENINGS Tues. and Thurs. Beg: 7:00 - 8:00 p.m. Adv: 8:00 - 9:00 p.m.	\$600	6 mo = \$105/mo
		\$1,130*	12 mo = \$100/mo
		*Best Deal — Save \$80.00	

Competitive Boxing/ Kickboxing	Tues. and Thurs. 6:00 - 7:30 p.m.	Same price structure as above with Adult Karate
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Jiu-Jitsu	Mon. & Wed. 8:15 - 9:30 p.m.	Same price structure as above with Adult Karate
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Kickboxing	Mon. & Wed. 7:00 - 8:00 p.m.	Same price structure as above with Adult Karate
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Boxing	Mon. & Wed. 6:00 - 7:00 p.m.	Same price structure as above with Adult Karate
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Weight Room	Open during Regular Hours	1 Month Trial: \$60.00	
		\$150	3 mo = \$55/mo
		\$270	6 mo = \$50/mo
		\$470*	12 mo = \$45/mo

Starting age for weight room and minimum age for adult classes is 15 years of age.

*Best Deal — Save \$70.00

1974 to 2024

50

Years of Excellence

Rocky's DOJO and GYM INC.

KARATE / KICKBOXING
BOXING / WEIGHT ROOM
MIXED MARTIAL ARTS
JIU-JITSU

PRIVATE (INSTRUCTIONS AVAILABLE)

46 Terry Drive (Rt. 47 & 56)
 Sugar Grove, IL 60554

(630) 466-7414

Open 7 Days a Week

Web: www.rockysdojo.com

Email: rockysdojoandgym@att.net

Isshin-Ryu Karate

3,200 Sq. Ft. Dojo
 Self Defense Training
 Competitive Point Fighting
 Forms & Weapon Training

Lower Gym

3,200 Sq. Ft. Gym
 Complete Weight Room
 Regulation-Size Boxing Ring
 Heavy, Speed, Double-End Bags
 Showers and Lockers

Low Membership Rates

3 Months — 6 Months — 1 Year

Men / Women / Boys / Girls

Ask about our family plan!

Grand Master Ron and Master Rocky Troutman

Professional Black Belt Instruction

Staff of over 100 Black Belts — 50 Years of Excellence

What is Karate?

Isshin-Ryu Karate as a martial art was perfected in Okinawa. It is based upon both mental and bodily discipline. It is considered one of the finest forms of exercise.

As the Karate pupil develops, he/she is taught to apply his/her knowledge by sparring with fellow students. Such sparring contests afford the pupil an opportunity to test and polish the techniques learned. There are also large tournaments that can be used to measure self-improvement.

Karate is not merely an excellent physical exercise for self-defense. The complete control required for the mastery of the physical movements, the efforts and discipline required in the search for the ultimate, mastery of the art, lies in the foundation and the development of good citizenship, self-confidence, respect and discipline.

As to self-defense, Karate is the ultimate. The power, the speed, and the devastation that result from learning Karate techniques are something to behold. A person is taught to deal with the everyday happenings of real life situations for self-defense.

The conditioning, self-defense, sporting aspect, self-confidence, and security that Karate offers is the ultimate perfection of human character.

KARATE - EMPTY HANDS

Why Isshin-Ryu Karate?

Isshin-Ryu's main objective is the perfection of oneself through both physical and mental development. As students learn the art of self-defense, they acquire self-confidence, serenity, and the ability to concentrate.

Isshin-Ryu Karate combines a well-rounded exercise program with some important advantages:

1. Kicks and punches are thrown from natural stances
2. Uses "close-in" techniques for "street fighting"
3. Stresses proficiency in both hand and foot techniques
4. Will put you into better physical shape
5. Isshin-Ryu may help you in your job or school since the mental and physical conditioning provide you with an opportunity to "wind down" from daily tensions and frustrations.

Mixed Martial Arts

Mixed martial arts (MMA) is a full-contact combat sport that allows both striking and grappling, both standing and on the ground, using techniques from other combat sports and martial arts. Originally promoted as a competition to find the most effective martial arts for real unarmed combat, competitors from different fighting styles were pitted against one another in contests with relatively few rules.

In this class you will focus on Stand-up fighting, Grappling, Boxing skills, Kickboxing, Fight Strategies, and Conditioning. During this class you will get full access to all the facilities we offer at Rocky's Dojo and Gym.

Competition Karate

Competition Karate has been around for decades. Some forms of competition karate have branched off into full contact, light contact and point fighting. The rules vary depending on region and organization.

Point fight teaches technical skills, speed, strategy and stamina without requiring excessive power or needing to cause damage to your opponent to win. It is an excellent way to hone your fighting skills at a much lower risk of injury.

Competition Karate also includes empty hand and weapons katas (or forms).

Competition Kickboxing/Boxing

Competition Kickboxing, in this class you will learn full contact sport fighting techniques using your hands and feet. Students will create muscle memory and efficiency through physical drills and repetition using various in-house gym equipment, shadow boxing, and controlled sparring. All students train safely but with the goal of being a competitor.



Kickboxing



Kickboxing started in the U.S. during the 1970's when American karate practitioners became frustrated with strict controls on martial arts

competitions that didn't allow full contact kicks and punches.

The sport has undergone changes and been refined during the last two decades. Kickboxing uses both kicks and punches. Focus mitts, shadow boxing, and sparring techniques are learned and applied under professional instruction.

Fundamentals on the speed bag and the double-end bag as well as the benefits of a heavy bag workout help to improve power, eye-hand coordination and better reflexes.

Boxing

Boxing's origins can be traced all the way back to 688 B.C. in Greece, where it was an event in the Ancient Olympic Games. However, the sport didn't catch on in the United States until the late 1800s. Since that time, however, Americans have dominated the sport.

Our boxing class is an upper body, cardiovascular workout that provides boxing fundamentals, conditioning bag work and competitive training for the more serious boxing enthusiast. If you are looking to get in shape, lose weight or participate in a boxing match, this class is for you!

Jiu-Jitsu

Brazilian Jiu-Jitsu is a highly effective martial art. You'll learn how to subdue an unarmed assailant with this comprehensive grappling style. Regardless if the person is bigger, stronger or faster than you. With proper training and dedication you will gain confidence, self control and self esteem. Whether you are in security, law enforcement, athlete, or interested in trying an effective self defense style. These classes are definitely for you. We welcome and encourage all levels and backgrounds.