

# S U M M E R M A R T I A L A R T S



Summer:

1 Jun 10-Jul 21

2 Jul 22-Sep 1

Summer Sessions are 6 weeks/classes each except  
Summer 1 Thu is 5 off July 4th

We are very excited to Introduce and Welcome Willie Adams to the Beverly Hills Club. Grand Master Willie Adams was inducted into the Karate Hall of Fame in 1987. Today he is President of the Karate Association of Isshinryu. As a 10th Degree Black Belt, Grand Master Adams has been a major figure on the Metro Detroit Karate scene for over 40 years.

### Isshinryu - Karate Isshinryu (one heart/mind)

Isshinryu'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.

Isshinryu Karate combines a well rounded exercise program with some important advantages over other styles:

- ~ Kicks and punches from natural stances.
- ~ Stresses proficiency with hand and foot techniques.
- ~ Better Physical Shape - With a program that improves muscle tone, suppleness, speed and mind.
- ~ Mental and Physical Conditioning "wind down" from daily tensions & frustrations.

Level	Meets	Time	# of weeks/ classes	Cost per session member/other
Little Dragons 3-5yrs	Sat	10-10:45a	S1 6 wks S2 6 wks	S1 \$99/\$136 S2 \$99/\$136
Junior 6-12 yr	Tue/Thu	5p	S1 5.5 wks / 11 classes S2 6wks /12 classes	S1 \$176/\$220 S2 \$192/\$240
Junior 6-12 yr	Tue/Sat	5p/11a	S1 6 wks / 12 classes S2 6wks /12 classes	S1 \$192/\$240 S2 \$192/\$240
Junior 6-12 yr	Thu/Sat	5p/11a	S1 5.5 wks / 11 classes S2 6wks /12 classes	S1 \$176/\$220 S2 \$192/\$240
Teen/Adult 13+ yr	Tue/Thu	6p	S1 5.5 wks / 11 classes S2 6wks /12 classes	S1 \$176/\$220 S2 \$192/\$240
Teen/Adult 13+ yr	Tue/Sat	6p/11a	S1 6 wks / 12 classes S2 6wks /12 classes	S1 \$192/\$240 S2 \$192/\$240
Teen/Adult 13+ yr	Thu/Sat	6p/11a	S1 5.5 wks / 11 classes S2 6wks /12 classes	S1 \$176/\$220 S2 \$192/\$240