

# MARTIAL ARTS

## With Grand Master Willie Adams

Willie Adams was honored with induction into the Karate Hall of Fame in 1987.

Presently, he serves as the president of the Karate Association of Isshinryu. With a 10th-degree Black Belt, Grand Master Adams has played a significant role in the Metro Detroit Karate community for more than 40 years.



## Fall 2024

### Fall 1 | Sept 3-Oct 6

Classes are 5 wks

Registration opens online Aug 12th members & Aug 14th for others\*\*

### Fall 2 | Oct 7-Nov 17

Classes are 6 wks,

Thu. classes are 5 wks\*, off Halloween  
Registration opens Sep 15th members & Sep 17th for others\*\*

\*The prices for these classes have been updated at registration to account for the one-day off.

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

Isshinryu's main objective is the perfection of oneself through 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 and frustrations.

**Little Dragons** | ages 3-5 yrs | Meets: Sat 10-10:45a

Cost: Fall 1 \$87 member / \$118 other\*\* Fall 2 \$104 member / \$142 other \*\*

**Junior** | ages 6-12 yrs | Meets 2 days/wk | Choose your days at registration.

Days and Time to choose from: Tue 5p | Thu 5p | Sat 11a

Cost: Fall 1 \$168 member / \$210 other\*\* Fall 2 \$202 member / \$252 other \*\*

**Teen/Adult** | ages 13+ yrs | Meets 2 days/wk | Choose your days at registration.

Days and Times to choose from: Tue 6p | Thu 6p | Sat 11a

Cost: Fall 1 \$168 member / \$210 other\*\* Fall 2 \$202 member / \$252 other \*\*

# BHC

BEVERLY HILLS CLUB

[www.beverlyhillsclub.com](http://www.beverlyhillsclub.com)

31555 Southfield Rd, Beverly Hills 48025  
248-642-8500

### \*\*Annual

### Non-Member Fee

Fee for an Individual is \$29, and \$39 for a Family. Register online. This is necessary to take part in club activities, programs, and services for non-members. As a extra bonus you will receive a Guest Pass valued at \$25 individual and \$40 family