

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 / Winter 2024

Fall 2 | Oct 7-Nov 17

Classes are 6 wks,

Thu. classes are 5 wks**, off Halloween
Registration open.

Winter 3 | Nov 19-Dec 21

Classes are 5 wks,

Thu. classes are 4wks**, off Thanksgiving 11/28
Registration is open.

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

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

Cost*: Fall 2 \$104 member / \$142 other Winter 3 \$87 member / \$118 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 2 \$202 member / \$252 other Winter 3 \$168 member / \$210 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 2 \$202 member / \$252 other Winter 3 \$168 member / \$210 other

BHC

BEVERLY HILLS CLUB

www.beverlyhillsclub.com

31555 Southfield Rd, Beverly Hills 48025

248-642-8500

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.

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

*Administrative Fee Applies.