

# 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.



## Winter 2024 /2025

### Winter 3 | Nov 19-Dec 21

Classes are 5 wks,  
Thu. classes are 4 wks\*\*,  
off Thanksgiving 11/28

### Winter 4 | Jan 6-Feb 23

Classes are 7 wks

**Register online or app today!**

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

\*\*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\***: Winter 3 \$87 member / \$118 other | Winter 4 \$121 member / \$165 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\***: Winter 3 \$168 member / \$210 other | Winter 4 \$235 member / \$294 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**: Winter 3 \$168 member / \$210 other | Winter 4 \$235 member / \$294 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.

\*Administrative Fees Apply.