

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 2025

Winter 4 | Jan 6-Feb 23

Classes are 7 wks

Winter 5 | Feb 24-Apr 13

Classes are 7 wks

Register online or app today!

www.beverlyhillsclub.com

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 4 | \$121 member / \$165 other Winter 5 | \$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 4 | \$235 member / \$294 other Winter 5 | \$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 4 | \$235 member / \$294 other Winter 5 | \$235 member / \$294 other

BHC
BEVERLY HILLS CLUB

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.