



American
Freestyle
**MARTIAL
ARTS**

Fall 2017



**248.626.9880
EXT. 3**

BOXING

Teen/Adult

Wednesdays

7:30-8:30pm

+ Conditioning

Youth Boxing

Fridays 530-630pm

+ Conditioning

Belt Testing

Several times throughout the year, students are encouraged to *Test* and progress to the “next” Belt Level.

They are fitted with the appropriate color belt for the next phase of their training.

Parents will receive notification of upcoming Belt Testing & are welcome and encouraged to view their child’s Belt Tests.



Information subject to change

Head Instructor

Mr. Kevin Todoroff

5th Degree Black Belt

**1st Degree Black Belt in the
Joe Lewis fighting system**

Certified instructor with AIKIA

Kevin is a former United States Marine who served two years on an aircraft carrier as security guard. He has an Associates Degree in Criminal Justice and worked eleven years in private security. He was a Certified Defensive Tactics Instructor with expertise in pressure points, knife defense, Women’s self-defense & ground defense.

Kevin has been involved in “combat arts” as a competitive fighter in wrestling, kickboxing and taekwondo.

Mr. T, as he is known to his students, has been teaching at The Sports Club since 1995.

As a roll model to our young students, he instills a calm strength to help them tackle some of life’s most challenging obstacles.

\$65 Annual Non-Member registration
fee required

Make sure to follow us on



American Freestyle Martial Arts

Adults (age 11 & up)
Children (ages 5-11)

Class Schedule

WH/ OR/YW

Mon. 4:30-5:30 Wed. 4:30-5:30

Thur. 6:30-7:30 Fri. 4:30-5:30 Sat. 11-12:00

CAMO-BLK

Mon. 5:30-6:30 Tue 4:30-5:30

Wed 6:30-7:30 Thur. 4:30-5:30

CAMO-BLK (WEAPONS)

Mon 6:30-7:30

CAMO-GRN

Sat. 12:00-1:00

BLUE-BLACK

Sat 1:00-2:00

ADULT/TEEN

Mon 7:30-8:30 Tue 6:30-7:30

Thu 7:30-8:30 Sat 10-11:00

BOXING (ADULT/TEEN)

Wed 7:30-8:30

BOXING (YOUTH)

Fri 5:30-6:30

STAND & DEFEND

Fri 6:30-7:30

Schedule subject to change

TRY OUR BELT PROGRAM

4 weeks of
unlimited classes for \$69

first-time students only

Start *any date*, attend as many
classes you wish

Belt Program

(1 hour Classes)

Fall 1 (10 weeks)

Sep. 4-Nov. 12 (omit 9/4)

1 day per week:

Fitness Member \$180

Tennis/Non-Member \$199

2nd Day -Add:

Fitness Member \$105

Tennis/Non-Member \$115

Unlimited -Add:

Fitness Member \$70

Tennis/Non-Member \$77

Fall 2 (12 weeks)

Nov. 13-Feb.4(omit 11/23,12/24-25, 31, 1/1)

1 day per week:

Fitness Member \$216

Tennis/Non-Member \$238

2nd Day -Add:

Fitness Member \$127

Tennis/Non-Member \$139

Unlimited -Add:

Fitness Member \$83

Tennis/Non-Member \$93

Our **Little Ninja** Program is an
Introduction to the Martial Arts
for children **3-5 years of age.**

Concentrating on developing
self-discipline, self-esteem, gross motor
skills and increased attention span.
Activities are designed to increase muscle
tone, flexibility and agility while creating a
fun & encouraging environment.

Little NINJAS (ages 3-5)

Fall 1: (10 weeks)

Sep. 4- Nov.12 (omit 9/4)

Tue 5:30-6:15

Thu 5:30-6:15

Sat 9:15-10:00 am

Cost:

Fitness Member \$144

Tennis/Non-Member \$160



Fall 2: (12 weeks)

Nov. 13-Feb. 4

(omit 11/23, 12/24-25, 12/31-1/1)

Tue 5:30-6:15

Thu 5:30-6:15

Sat 9:15-10:00 am

Cost:

Fitness Member \$173

Tennis/Non-Member \$192

New Little NINJA
students receive **FREE**
shirt and pants