

American Freestyle Martial Arts

Summer Session: 11 weeks Jun 19-Aug 31
(Omit Jul 4. No classes Labor Day weekend.)

Summer Only Policy: You may prorate out up to two weeks for vacations. Must identify dates at registration.

NEW! Self Defense

Don't be scared be prepared!

An all encompassing program that prepares you for any scenario. Learn various choke defenses, escape maneuvers, weapon defense and situational awareness. Great for college students or adults.

Train with the best, Master Kevin Todoroff

- Former United States Marine
- Former Law Enforcement Defensive Tactics Instructor
- Highly skilled in the instruction of
 - Combative Pressure Point
 - Knife Defense
 - Defensive Tactics
 - Women's Self Defense
 - Ground Defense
- 5th Degree Black Belt in American Martial Arts
- 1st Degree Black Belt in Joe Lewis Fighting Systems

Little Ninjas Martial Arts Belt program

Our introduction to the Martial Arts is for children 3-5 years of age concentrating on developing self-discipline, self-esteem, gross motor skills and increase attention span. Activities are designed to increase muscle tone, flexibility and agility while creating a fun and encouraging environment.



Little Ninjas - Age 3-5

Tues	5:30-6:15 pm
Thurs	4:30-5:15 pm
Sat	9:15-10:00 am

Cost: (one 45 minute class per week):

Fitness Member	\$154
Tennis & Program Member	\$170

Private Instruction	1/2 hour	1 hour
Kevin Todoroff	\$35	\$60

Private Clinics with Kevin Todoroff (1 hour)

Number Of Students	2	3	4	5	6
Fees Per Student	\$33	\$24	\$20	\$17	\$15

Head Instructor

Master Kevin Todoroff (5th-Degree Black Belt)

Mr. Kevin Todoroff is a 5th degree Black belt and is a certified instructor in the AIKIA. He is also a 1st degree Black belt in the Joe Lewis Fighting System. He has 32 years of experience in the art and science of Martial Arts. His studies include knife and stick training, ground fighting, pressure points, kickboxing and women's self defense. Kevin has been teaching Martial Arts at The Sports Club of West Bloomfield since 1995.

TRY Our Belt Program

4 weeks of unlimited classes.

First-time students only.

Refer to White Belt class times.

\$69

White-Orange-Yellow (one hour class)

Mon 4:30 pm

Wed 5:30 pm

Sat 11:00 am

Camo-Black (one hour class)

Mon 5:30 pm

Tues 4:30 pm

Thurs 5:30 pm

Sat 12:00 pm

Adult-Teen (one hour class)

Tues 6:30 pm

Thurs 6:30 pm

Sat 10:00 am

Self Defense (one hour class)

Mon 6:30 pm

Wed 6:30 pm

Sat 1:00 pm

Grappling (All ranks, one hour class)

Wed 4:30 pm

Cost: (one hour class, 11 weeks):

1 Day Per Week

Fitness Member \$193

Tennis & Program Member \$212

2 Day Add

Fitness Member \$112

Tennis & Program Member \$123

Register for 3 Days and get the 4th Day FREE!

3 Day Add

Fitness Member \$75

Tennis & Program Member \$83



\$50 annual Family Program Membership fee required.