

ASI

MARTIAL ARTS CENTER

Thomas Frobel, Sensei

Phone: 802-318-8310

Email: tfrobel@comcast.net

Located at All-American Fitness

1881 Williston Road

South Burlington, VT 05403

www.allamericanfitnessvt.com



ASI MARTIAL ARTS CENTER

- ASI Shotokan Karate
- ASI Mixed Martial Arts
- ASI Kendo

Advanced Martial Arts training with
Thomas Frobel Sensei, 7th dan.

All courses are integrated with the
KIME™ Athletic Strength Training Program.

*“The fastest method of building athletic muscle,
and we can prove it!”*

