

# ASI MARTIAL ARTS CENTER

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# 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!”*

