

- **Family Discounts**
- **Convenient Location**
- **State of the Art Training Mat**
- **Safe, Clean Environment**
- **Convenient Schedule**

We're located at 331 Main Street in Vacaville, CA

From Sacramento, take I80 West into Vacaville.

From San Francisco, take I80 East into Vacaville.

- Take the Davis Street Exit and make a left onto Davis Street.
- At the Main Street/Davis Street intersection, make a left at the sign onto Main Street.
- Continue on Main Street through two stop signs and we are located on the right side of the street.
- Parking is available on the street or in a lot behind the building (alley).

Monday	Tuesday	Wednesday	Thursday	Friday
		5:30-6:30am Adult/Teen Aikido		
4:00-4:45pm Child Tkdo Wh/Ylw/Org	4:00-4:45pm Child Tkdo Green & Above	4:00-4:45pm Child Tkdo Wh/Ylw/Org	4:00-4:45pm Child Tkdo Green & Above	4:00-4:45pm Child Tkdo Red & Above
4:45-5:30pm Child Aikido	5:00-5:45pm Child/Teen/ Adult Weapons Practice	4:45-5:30pm Child Aikido	5:00-5:45pm Child Tkdo All Belts	4:45-5:30pm Child Aikido
5:45-6:30pm Child Tkdo All Belts	6:00-7:00pm Adult/Teen Tkdo	5:45pm-6:30pm Child Tkdo All Belts	5:45-6:30pm Adult/Teen Open Mat & Kickbox W/O	5:30-6:30pm Child/Adult/ Teen Taekwondo
6:30-7:30pm Adult/Teen Aikido		6:30-7:30pm Adult/Teen Aikido		6:30-7:30pm Adult/Teen Aikido
7:30-8:30pm Adult/Teen Tkdo		7:30-8:30pm Adult/Teen Tkdo		

Please visit our website for more information – we offer CardioKick-boxing/Mat Pilates and Taekwondo Tots on Saturdays.

Please call for more information and check our website for an up-to-date schedule, calendar and specials.



Mr. Donald R. Penny, Chief Instructor at Martial Arts Institute of Vacaville, has been training in Martial Arts such as Taekwondo, Kobudo, Aikido and Iaido for over 18 years and has been a Martial Arts business owner since 1991. He is a certified instructor and fitness professional.

With his vast knowledge of martial arts and fitness, his classes are not only a way to learn self-defense, improve confidence and develop perseverance and discipline, but they are also a great way to improve physical fitness and flexibility and to relieve stress. Mr. Penny is not only dedicated to teaching quality martial arts and fitness classes, he is also committed to events that support the community and others. His classes are professional, fun and age-appropriate for children and adults. You can truly see that he enjoys what he does.

Martial Arts Institute of Vacaville

"Begin Within"

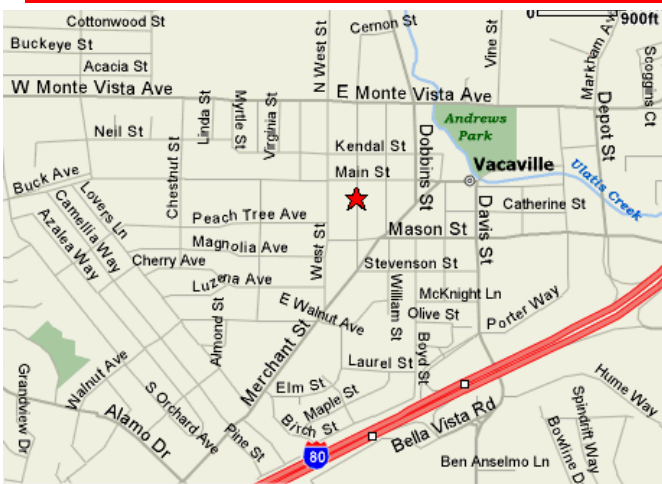


331 Main Street
Vacaville, CA 95688

Email: Senseipenny@yahoo.com

Web: <http://www.martial-arts-institute-vacaville.biz>

707-446-AIKI (2454)



**Taekwondo, Aikido,
Traditional Weapons
Practice, CardioKickboxing,
Mat Pilates and more...**



Taekwondo

What is Taekwondo?

TaeKwonDo, "The Art or Way of Punching and Kicking," incorporates the abrupt linear movements of Karate and the flowing circular patterns of Kung Fu with its own incomparable kicking techniques to form an integrated system unique to Korea. Taekwondo is an exact system of symmetrical body exercises designed for unarmed self-defense and counterattack. The significance of this definition, however, is only physical and superficial, for Taekwondo means, more importantly, a state of mind. Thus, the control of one's mind, self-restraint, kindness and humility must accompany physical grace.

Taekwondo develops in a person, the speed and power to injure instantly with the bare hands and feet. But it is the art of the discipline to develop, also, such control, coordination and balance that the punching and kicking movements can be stopped just centimeters short of their mark on the opponent's body.

"Karate" is the generic term most commonly used in the West to refer to any of several forms of unarmed self-defense developed on the Orient.

Taekwondo can be especially beneficial in helping children to develop coordination, attention span and patience. Taekwondo helps with the development of the "I can" and "I will" attitude by providing an environment where students are to act with strong, confident mannerisms.

With regular and prolonged practice, students build habits that reinforce their physical actions with a strong mental attitude. This is why Taekwondo is part of the High School curriculum in Korea.

Taekwondo has much to offer; but one of the most important benefits is that it helps with the ability to be a strong, confident person.

(ages 5 & older)



Aikido

Aikido is a modern self-defense system committed to the loving protection of all beings. It was conceived as a way to reconcile conflict without having to resort to violence. When done with love and compassion, Aikido has the power to transform conflict and create harmony in the world.

The word "Aikido" in Japanese is made up of three characters. The first is "AI" which means "to unite, to bring together, to harmonize." The second is "KI" which means "the energy of the universe." The third character is "DO" which means the way, the path." This signifies that the study of Aikido not only involves self-defense techniques, but also includes character-building ideas that people can incorporate into their lives. Together these characters mean "The Way to Harmonize with the Energy of the Universe."

The most unique aspect of Aikido is that it has the basis of its philosophy, the idea of being in HARMONY with your opponent rather than being in CONFLICT with him. The idea of Aikido is not to think of defeating your enemy, but rather to be in harmony with him, spiritually and physically. This is why Aikido is sometimes called the "Non-Fighting Martial Art."

Aikido techniques express elements of philosophy, psychology, physics and spirituality. As you learn the body movements, you will, at the same time, train your mind, improve your health and develop self-confidence. Through the physical practice of these self-defense techniques, the Aikido student comes to appreciate and understand the mental and spiritual aspects of Aikido. During practice sessions, partners work in harmony with each other, learning when and how to yield, how to lead and guide another person's movements and how to control an opponent through non-resistive techniques.

Aikido movements emphasize flexibility and balance. They derive their power from strong circular and spiral movements that allow a defender to control a much larger aggressor. The aim of the Aikidoist is to be in conscious control of mind and body and to maintain a calm presence. The continuous and flexible motion that originates at the hips is like the performance of a dance - a graceful, spherical motion. The beauty and strength of Aikido movement comes from the coordinated motion of the entire body.

(ages 8 & older)

Professional, Traditional Martial Arts Instruction for Children, Teens and Adults.

- Age appropriate instruction
- Fun, productive classes
 - Physical Fitness
 - Self-Defense
 - Self-Awareness
- Opportunities to Mentor
- Additional Seminar Topics

The Martial Arts are for Every Body. . .

- * *Great for kids - Have fun, learn self-defense and physical fitness and build strong character.*
- * *Great for adults and teens - Learn traditional martial arts, meet great people, get in shape and "open new windows."*
- * *Great for everybody - Be part of this inspiring, supportive group of people. Learn more than just kicking and punching. You'll improve confidence and develop perseverance and discipline and relieve stress!*
- * *No experience is necessary and classes are for all fitness abilities, ages 5 and beyond. Students progress at their own pace.*

CLASSES FORMING NOW.

We welcome you to drop in and watch a class any time.