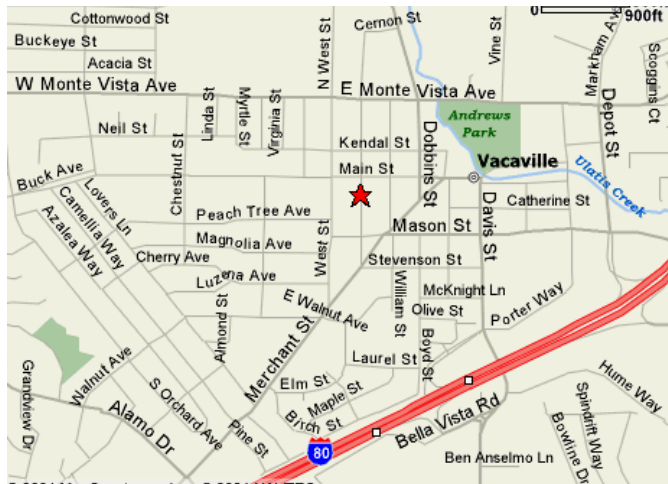


Martial Arts Institute of Vacaville

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).



Martial Arts Institute of Vacaville

331 Main Street

Vacaville, CA 95688



Donald R. Penny
Motivational Speaker,
Self-Defense/Awareness,
Conflict Resolution, S.M.A.R.T.

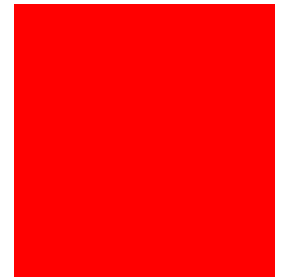
*“Begin
Within”*

331 Main Street * Vacaville, CA 95688

Ph: 707-446-2454

Email: senseipenny@yahoo.com

[Http://www.martial-arts-institute-vacaville.biz](http://www.martial-arts-institute-vacaville.biz)



Don Penny

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 16 years and has been a Martial Arts business owner for more than 12 years. He is a certified instructor and fitness professional.

Mr. Penny has developed a program called SMART, Simple Movements Against Real Threats. This program is a unique blend of martial arts, common sense and humor.

In addition to his traditional martial arts classes, he offers this SMART program with variations that are situational specific. All ages and abilities will benefit from his experience and style.

Mr. Penny is available to speak to boys' and girls' clubs, school and corporate gatherings and any individual or group who may be interested in learning more about topics such as: self-defense, self-awareness, conflict resolution, goal setting, empowerment, dealing with change, leadership, motivation, attitude, success, parenting, inspiration and more.

With his vast knowledge of martial arts and fitness, his martial arts 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.

SMART

Simple Movements Against Real Threat

is a program that is designed to teach its participants simple techniques and ways of thinking and acting that will benefit them in every day life.

This program is intended to assist participants in improving their capabilities to think strategically, communicate effectively, confront challenges and act decisively. It is designed to foster forward thinking, self-awareness and self-confidence. Participants will learn the four levels of conflict, how to act or react in these situations and how not to be a victim. In a group setting, this program can benefit participants in the areas of teamwork, decision making, problem solving and leadership in a challenging setting.

Through simply taught martial arts techniques, participants will gain an understanding and knowledge of the strength in mind and body that they possess.



Mr. Penny is available to come and speak to your group. Please call 707-446-2454 for more information.

Martial Arts Institute of Vacaville is available for your group's SMART gathering. Please call to set up an appointment.

Programs will be custom-designed to fit your needs.