

# Martial Arts Institute of Vacaville

## Frequently Asked Questions

### Information Sheet:

1. **How many classes may I attend each week?** You are welcome to attend as many classes per week that we offer for your child's rank.
2. **What are the class hours?** We offer convenient after school classes and after work classes.
3. **Is the instruction group or private?** We offer group instruction.
4. **Are instructors nationally certified?** Our instructors are nationally certified, have fitness certifications and are CPR certified.
5. **Do you use youth instructors?** We offer a Junior Trainee Instructor Program for higher ranking students who want to assist the Chief Instructor during class.
6. **Is the head instructor part-time or full-time instructor/owner?** Mr. Penny is the full-time instructor and owner of MAIV.
7. **How long has the school been open?** Mr. Penny has been a martial arts school business owner since 1991 and we have been open in Vacaville for more than three years.
8. **Is the sparring no-contact, light-contact or full-contact/is sparring required curriculum/how much does the gear cost?** Sparring is reserved for the intermediate and advanced ranks and is light to medium contact. Sparring is required for rank advancement at green belt. The approximate cost for a set of sparring gear purchased from MAIV is \$100.
9. **Are practical self-defense techniques taught?** In addition to the traditional martial arts we offer, we incorporate practical self-defense drills into classes.
10. **Are ground fighting or grappling techniques taught?** We offer additional classes and seminars on special topics and they are age-appropriate.
11. **Is the school matted for use in throws or falls?** MAIV has a state of the art mat which is padded but appropriate for falls and jumps alike.
12. **Is board breaking required in training/testing?** Board breaking is required for rank advancement in taekwondo at the rank of red belt. Students must be at least nine years old before they are eligible to break boards at MAIV.
13. **Are black belts awarded to youths?** Black Belt is not awarded to children under the age of 11 years at MAIV.
14. **Is tournament attendance required?** We offer tournament(s) once or twice yearly and the tournament(s) we host are inter school tournaments. Tournament attendance is not required.
15. **How often are tests conducted/cost?** We offer testing or the opportunity for rank advancement every 8-12 weeks. The approximate cost for these testings is \$25-\$35 and \$90 for Black Belt. Testing is not a requirement.
16. **Must I sign a contract?** We offer several payment programs for classes. We have cash agreements with monthly payments and we offer a contractual agreement for up to a year. Payments on the agreement go through a secure third party billing company.
17. **What do I get for the money?** For your monthly payment, you will receive top-notch, professional and age-appropriate martial arts instruction from the Owner and Chief-Instructor of Martial Arts Institute of Vacaville. Currently, we offer classes five days a week and for your membership fee, you are also welcomed to attend the Traditional Weapons Class at no additional fee except for the purchase of your weapons (approx. \$75). With your membership, adults are welcomed to attend our fitness classes at no additional fee.
18. **What if I am sick or on vacation?** Should you be ill or on vacation for an extended period of time, when notified in writing, we will "bank" your time, your payments will continue to process, and you will have credited time at the end of your agreement.

***Welcome to Martial Arts Institute of Vacaville!***