



Martial Arts Institute of Vacaville at Maximum Fitness Vacaville
 201a Main Street * Vacaville, CA 95687
 707-689-7989 * senseipenny@yahoo.com
 www.martial-arts-institute-vacaville.biz
 Schedule effective 3/1/18



Martial Arts Institute of Vacaville

"Begin Within"

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group X Rm 3:30-4:00pm Set Up Group Games		Group X Rm 3:30 Set Up Group Games Dodgeball			
4:00-4:45pm Child/Teen Tkdo All Belts	Cycle Rm 5:00-5:30pm Set Up Group Games	4:00-4:45pm Child/Teen Tkdo All Belts	Cycle Rm 5:00-5:30pm Set Up Group Games		
	5:30-6:25pm Child/Teen Tkdo All Belts		5:30-6:25pm Child/Teen Tkdo All Belts		
	Cycle Rm 6:30-7:30pm All Ages All Belts		Cycle Rm 6:30-7:30pm All Ages All Belts		

- Please be sure to be on time for class ready to line up at start time —students will not be permitted to attend class if more than five minutes late—but are welcome to sit and watch.
- Please be sure to wear your complete uniform—including an official MAIV t-shirt (can be purchased online). Please do not wear any t-shirt other than an MAIV t-shirt or full white dobok may be worn.
- Please be sure to call/email/text if you have any questions.

FEES:
 \$55 Gold's Gym Members (\$50 EFT)
 \$65 Non Gym Members (\$60 EFT)
 \$99—Six Week Special includes Uniform
 Six Week Special/Monthly EFT/4 month PrePay
 Family Discounts/EFT Discounts
 Uniform—\$35 plus Tax
 Testing rates are generally \$25-\$35.



*At Maximum Fitness
 201a Main Street
 Vacaville, CA 95688*

Email: senseipenny@yahoo.com

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

Call/Text 707-689-7989

Traditional Taekwondo and Fitness Training for Ages 5 to adult.

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

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.



- **Discounts for MaxFit Members**
- **Low Monthly Rates**
- **Family Discounts**
- **Convenient Location**
- **Safe, Clean Environment**
- **Convenient Schedule**

We're located at 201a Main Street in Vacaville, CA, at Maximum Fitness Vacaville

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 in the lot or on the street.

Call/Text 707-689-7989



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.

(Taekwondo-ages 5 & older)