



# DOMINYIN DOJO

Martial Arts Academy

**WE BELIEVE** that the mind of the martial artist contains the heartbeat of the dojo and that through the martial arts each participant becomes a better version of themselves. We believe the practice of martial arts shapes who we are and makes us better citizens.

**Disciplines: Martial Arts, Mind Science, Fight Science, Physical Fitness, Life Coaching**

## Motto:

"Channel your personal will towards self-mastery and to the realization that Anything is possible".

*Sensei Kwabene*

## Meaning: DOMINYIN Dojo

- **DO** - Determined Optimism
- **MIN** - Minimalism
- **YIN** - Yin/Yang and Balance

## THE DOMINYIN DOJO

A program of Life Science through the Martial Arts that focuses in on the whole person - including a person's:

- fitness and flexibility
- mental well-being
- personal awareness
- mind-body balance

## SENSEI KWABENE

灯塔



**Sensei Kwabene** has trained in Goju-Ryu Martial Arts and Mind Science since 9 years old. Now, 40+ yrs later, he has decided to switch roles and Open **DOMINYIN DOJO** to teach the life science of karate he has come to love.

## Services Provided

- Group Classes
- Movement theory class
- Youth training
- Self Defense
- Life Coaching
- Class Packages
- Corporate security training

**Call to customized your training**

**REGISTER NOW!**

More information at  
[www.dominyindojo.org](http://www.dominyindojo.org)  
[dominyindojo@gmail.com](mailto:dominyindojo@gmail.com)

Contact us at  
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