

# DOMINYIN DOJO

Martial Arts Academy

WE BELIEVE that he 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

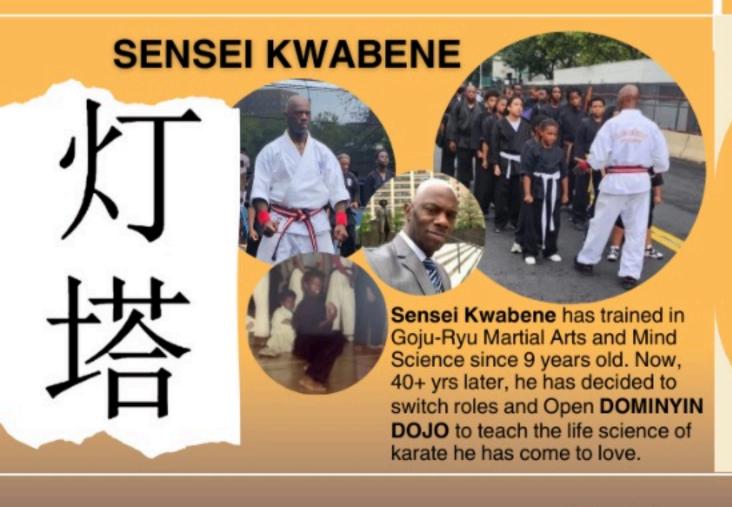
## **Meaning: DOMINYIN Dojo**

- 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



#### Services Provided

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

Call to customized your training