

## Branch Instructor



Head Instructor Vince Domingcil was born and raised in Kalihi, an area of Honolulu, on the island of

Oahu, HI. He began his martial arts training at the early age of 9 at the Japan International Karate Center. The discipline that he learned from the martial arts led him on a mission to find the best martial arts that would tailor to his abilities. He trained in Aikido and Tao Kung-Fu before enrolling with the Universal Kempo-Karate Schools Kaimuki Branch in 1992. There he was able to incorporate his previous training into one. In 1998, Instructor Vince relocated to the State of Washington and continued his kempo training at the Lake Hills Branch. He also began training in the Filipino Stick & Knife Combat Art of Arnis. Instructor Vince is currently employed with the Bothell Police Department and serves as a School Resource Officer. He is a certified Master Instructor in Defensive Tactics with the WA State Criminal Justice Training Commission and the Defensive Tactics Coordinator and trainer for the Bothell Police Department.

## Bothell Branch

Skyview Junior High School

21404 35 Avenue SE

Bothell, WA 98021

Ph: 425.275.2461

Bothell Branch Web Site:

[www.bothellkempo.cmasdirect.com](http://www.bothellkempo.cmasdirect.com)

## Class Schedule

Monday & Thursday

Youth - 500 PM to 630 PM

Adults - 630 PM to 730 PM

## Fees & Tuition

Joining Fee (Includes annual association dues, uniform, club T-shirt, start up packet & 1st month tuition) - \$90

Adult Class - \$65 per month

Youth Class - \$55 per month

Exam Fees - \$30

***A constructive alternative  
to an average lifestyle!***



## **Universal Kempo-Karate Schools**

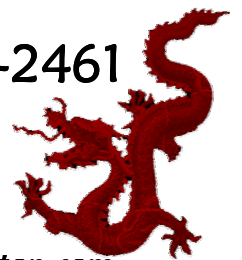
***Family Values \* Respect \* Confidence  
Perseverance \* Self Control \* Patience  
Fitness \* FUN!***

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425-275-2461

Or Log on to:

[www.KempoWashington.com](http://www.KempoWashington.com)



## Chinese Kempo-Karate

Chinese Kempo-Karate is an eclectic martial arts system that integrates the realistic aspects of karate, judo, jujitsu, grappling, and the boxing arts, creating a comprehensive and effective system of self defense. Kempo means the “The way of the Fist” and Karate means “Empty Hands.”

Chinese Kempo-Karate is a combination of self defense and awareness of the vital areas of the body, which in time of civil unrest and assaults upon individuals, is of importance. Kempo teaches one to deal instantly and effectively if a violent situation were to ever arise.

## Universal Kempo-Karate Schools Association

Universal Kempo-Karate Schools Association was founded by Professor Martin T. Buell, who is one of the most respected and recognized Kempo Instructors in the world. Professor Buell resides on the island of Oahu, Hawaii, and is home base for the main headquarters. Universal Kempo-Karate Schools currently operates over 90 branches around the country and as far as Barbados. Please visit our main website at [www.UniversalKempo.com](http://www.UniversalKempo.com).

## Youth Program

At Universal Kempo-Karate Schools, we are committed to your child’s personal success in life. Our curriculum specializes in critical thinking development, respect for self and others, family values and fitness , along with an award winning self defense program that is fun, safe and exciting!

Bothell Kempo-Karate School 2006



We can never stress enough on how to protect our children from life’s dangers. In our junior warrior class, we teach more than just kicking and punching. Students learn the fundamentals of Violence Diffusion, Stranger Danger, Safety Awareness and Crime Prevention by our certified instructors.

*We instill in students that the true warrior is not about fighting, but it is the way you live your life. This leads to the central philosophy of “Black Belt Excellence!”*

## Adult Program

The adult curriculum at Universal Kempo-Karate Schools is measured through high standards and offers a realistic challenge for all students. Our curriculum is designed to enhance physical fitness levels by increasing strength, muscle tone, endurance, flexibility and weight loss through high/ low intensity workouts and strengthening exercises through a comprehensive core program.

We understand that every student possess various abilities and learning capabilities. Our curriculum targets all three learning styles and focuses on the “building block” theory of training with high frequency, which increases high retention for all students. We also maintain a safe training environment. Students are encouraged to work together as partners rather than with an opponent, and work at their individual levels to help each other to grow and develop into becoming better martial artists.

*We believe that the path to a true Kempo Practitioner is through personal growth and self discovery of the mind, body and spirit.*