

# MARTIAL ART FITNESS CENTERS, INC.

2849 S. Broadway Rochester, MN 55904 USA

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Proudly Announces:



## *National Korean Martial Arts Association*

### **SEMINAR**

KOREAN MARTIAL ARTS

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KONG SHIN BUP - HAPKIDO - KUK SOOL



GrandMaster Timmerman  
featured in the March 1992 edition  
TAEKWONDO TIMES MAGAZINE

**TRAINING CONDUCTED BY:**

**GrandMaster**

**Rudy Timmerman**

9<sup>th</sup> Dan Black Belt GrandMaster

**Saturday, Oct. 20 10:00 am-5:00 pm**

**Age 12 - adult**

KI Training, Weapons Training, Joint-locking,  
Pressure Points, Traditional Forms, and a myriad of  
awesome Self-Defense techniques.

The training is derived from ancient Korean Tribal,  
Temple, and Royal Court martial arts.

**SEMINAR FEE: \$79.00 / person**

**Early Registration Discount**

**By Oct. 1 - \$69.00 / person**

Payable to "MAFCI"

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GrandMaster Rudy W. Timmerman began his martial art studies in Holland, his native country, when he was ten years old. His initial studies were in the art of JiuJitsu. After moving to Canada in the 1950's GM Timmerman continued his martial arts training in Kuk Sool Won Hap Ki Do. GM Timmerman eventually assisted GrandMaster, Pak In Shyuk with the development of a martial arts system called Kong Shin Bup™. Grandmaster Pak appointed Master Timmerman as the successor of Kong Shin Bup™. He is recognized as such by the World Council of Grandmasters.



For more information on GM Timmerman and Kong Shin Bup™  
Visit: [www.nkmaa.com](http://www.nkmaa.com)