

# Siheung, South Korea

## Culture & Martial Arts Tour - October 11-20, 2010



Dear Friends:

I invite you to join me on my 9th intriguing visit to Siheung, South Korea. Master Pan Gon Song and the Siheung City officials will be our personal hosts as we go on exotic cultural tours, make international friends, train with Korean Masters, and witness amazing feats of martial arts skill. Come with me to experience the heart and soul of Korea.



*Fred Gommels - Tour Host*

### **COMMENTS ON PAST TOURS**

“Probably the best vacation I ever had.” “The martial arts training is invaluable.”

“The shopping was awesome. The country was gorgeous. The people were friendly.”

“The culture, the friendliness of the local people, the quality martial arts training, and the gracious hospitality of our hosts were phenomenal.”

“Master Song and his associates rolled out the red carpet for us. We felt like royalty. They really go out of their way to make this an enjoyable trip for all.”

“The community of Siheung is friendly and seems so safe day or night.”

## This tour is also open to non-martial artists.

**QUESTIONS? CONTACT: Martial Art Fitness Center • 507-281-4335**



시흥시 방문을 환영합니다.  
(Welcome to Siheung)

Siheung City website: <http://www.shcity.net/english/index.jsp>

**October 11-20, 2010**



**GrandMaster Pan Kon Song**  
Korea Simmudo Association  
Siheung Taekwondo Association  
[www.simmudo.com](http://www.simmudo.com)

**Your Tour Hosts:**



**Master Fredrick J. Gommels**  
Martial Art Fitness Centers, Inc.  
Korea/USA Simmudo Association  
[fgommels@rconnect.com](mailto:fgommels@rconnect.com) [www.mafci.com](http://www.mafci.com)

**Officials, Associates, and Martial Arts Masters from the following organizations will also be hosting this tour:**

Korea Simmudo Association  
Jeyill Martial Arts Academy

Siheung Sports Assn.  
SungRiKwan Hapkido

Siheung City Hall  
Siheung TaeKwonDo Assn.



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Master Song Pan Kon and his associate hosts are planning our itinerary for this exciting trip to Siheung, South Korea. Below are some of the past exciting tours.



## PAST TOURS

Traditional Korean Folk Village  
Shopping traditional open air markets  
Siheung City Government Center  
Naksan Sah Temple near East Sea  
Exploring Sorae San Mountain  
Traditional Korea Dance Demos  
Oriental Garden tours  
Awesome Martial Arts Demos  
Traditional Korean Archery  
Mulwang Arts Festival

Ornate Temple tours  
Dining with Siheung City officials  
Insadong Art & Relics in Seoul  
Sorak San Mountain tour  
Siheung Police Department  
DMZ & Freedom Bridge



DMZ and Freedom Bridge area



Ancient King's palace



East Sea



Korean War memorial

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Korea Simmudo Martial Arts Association website: [www.simmudo.com](http://www.simmudo.com)

## Martial Arts Training & Tours

The martial arts training and activities on this tour are carefully arranged by GrandMaster Song Pan Kon. The training is taught by several masters from the Korea Simmudo Association. The areas of training include a wide range of Hoshinsul, Taekwondo, Hapkido, & Yudo techniques. Each Master provides training in his particular area of expertise.



**MASTER - KIM JOUNG SUNG**  
Jeyill Academy of Martial Arts  
Performing Hoshinsul

### Past martial art related tours:

- Korean masters martial arts demonstrations
- Visiting the Kukkiwon: World TKD Federation
- Shopping in martial arts supply stores.

These stores have some very unique training videos, uniforms, weapons, sparring gear, flags, banners, books, clothing, etc.

- Visiting authentic Korean martial arts schools
- Korean museum of martial arts history
- Viewing Siheung Martial Arts tournament



**MASTER - PARK KI SHIK**  
Jung Do Martial Arts Studio  
Performing JiTae



**MASTER - KIM HWAN WON**  
Seung Ri Martial Arts Center  
Performing Han Bon Kyurugi

## COMMENTS ON PAST TOURS



We loved the country, its people and ALL the things we did. You worked hard to get the trip together and the Koreans were very gracious in planning events for us. Their hospitality and generosity were exceptional. It was the trip of a lifetime. Thanks for all your work and time involved in organizing the trip. *Jeanne*

I want to personally thank you for your work in making the trip to Siheung such a success. From my viewpoint the trip was fantastic! Certainly one of the best we've taken to SE Asia. *Jim*

Having traveled a good bit, I appreciate greatly the hospitality and generosity of our Shiheung hosts, as well as the other people of Korea we met in our adventure. I was sincere when I said it was a trip that I will remember for a lifetime. I was fascinated by their culture and enjoyed the many activities we attended. Thank you for all you did before the trip and during our stay. *Connie*

The shopping was awesome. The country was gorgeous. The people were friendly. By far the best trip of any that I have ever taken. Experiencing the culture, the friendliness of the local people, the quality martial arts training, and the gracious hospitality of our hosts were phenomenal. *Master Kirby*

The martial arts training is invaluable. You get a feel of the origins of Tae Kwon Do and experience training by some of its greatest martial artists. The masters were helpful and inspiring. They were eager to teach and show us martial arts. The trip along with the gracious hosts made a lasting memory for us. *Jim and Karrie*



I feel blessed by all the generosity of the Korean people. I am more than grateful for all we received during our visit. I hope I get to repay this kindness when our Korean friends come to Rochester. This was a life changing trip for me that increased my understanding of another culture, the world outside of Rochester, and my understanding of myself in the world. *Andrea*

We loved our trip and couldn't have been more grateful and had more fun learning a new culture. I don't know what else to say. *Gayle*

While in Siheung, our group trained under several different Korean masters. With each unique training session, we had the opportunity to practice new techniques and participate in drills with the Korean students. It was fun, challenging, and educational to experience a different style of training. *Britta*

Master Song and his associates rolled out the red carpet for us. We felt like royalty. They really go out of their way to make this an enjoyable trip for all. The community of Siheung is friendly and seems so safe day or night. Training with Korean Masters in the homeland of Korean martial arts was the highlight. *Master Barry*

I thought the trip was absolutely wonderful, far beyond my expectations. We had delightful hosts, terrific experiences, great food and the very best time. I love the country and want to go back with my husband for a longer trip. Thank you again for all that you did to arrange this trip. I felt honored to be able to go. *Sharon*



# Korean Culture & Martial Arts Tour

## October 11-20, 2010

Siheung City website: <http://www.shcity.net/english/index.jsp>

TOUR DATES: Depart: Mon, Oct 11      Return: Wed, Oct 20  
TOUR COST: \$1495.00 per person - ground only (excludes airfare)

Cost Includes:

- Lodging
- 2-3 meals per day of Korean cuisine
- Admission to all tours
- Ground transportation, transfers, and fees
- Martial arts training
- Tour and shopping guides
- All gratuity

AIRFARE: Roundtrip airfare currently **estimated** at \$1300.00 per person  
Rochester to Chicago (1 hour) on American Air. 1 lay-over in Chicago.  
Non-stop from Chicago to Seoul on Korean Air (about 14 hours)

TOTAL COST: \$2795.00 including **estimated** airfare (to be confirmed)

### PAYMENT METHOD

Airfare: \$1300.00 Due June 1 (estimated airfare, TBD)

1<sup>st</sup> Payment: \$500.00      Due July 1

2<sup>nd</sup> Payment: \$500.00      Due Aug 1

3<sup>rd</sup> Payment: \$495.00      Due Sep 1

### PRE-TRIP DETAILS

Submit registration form by April 1

Apply for Passport by May 1

Required Vaccinations by June 1

**Cash • Credit Card • Money Order • Check**  
**Payable to: Martial Art Fitness Centers, Inc. or MAFCI**  
**2849 S. Broadway • Rochester, MN 55904**

# KOREA TOUR - October 11-20, 2010

Hosted By:

**KOREA SIMMUDO ASSOCIATION AND MARTIAL ART FITNESS CENTERS, INC.**

## REGISTRATION FORM

Full Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_

Emergency Contact Phone \_\_\_\_\_

Special Medical Conditions \_\_\_\_\_

\_\_\_\_\_

## WAIVER

### Participants age 18 +

I understand and agree that Fred Gommels, Pan Gon Song, Martial Art Fitness Centers Inc., Korea/ USA Simmudo Association and its servants, agents and employees are released from any and all liability for me during this trip. I further understand that I shall be responsible for providing my own travel and health and insurance and in no way will its servants, agents and employees be held for responsible for any insurances of any kind.

I further agree and understand that during this tour, Fred Gommels, Pan Gon Song, Martial Art Fitness Centers Inc., Korea/USA Simmudo Association and its servants, agents and employees are released from any and all responsibilities for my own personal belongings or possessions that I may take.

I also waive any compensation in regards to any pictures or video furnished by me or taken of me in connection with this Trip, which might be used for publicity or promotion.

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_

### For participants 17 and under

The undersigned certifies that he/she is the parent/legal guardian of the above listed participant, a minor. I also state that this participant has my permission to participate in this Korea Trip and all such activities thereof.

Its adult servants and agents and hereby given the authority to consent to any medical treatment that may be required for the participant with the same authority as myself. I also release its servants and agents, employees from any liability associated with this trip.

On behalf of the participant I also waive any compensation in regards to any pictures or video furnished of the participant in connection with this Korea Trip, which might be used for publicity or promotion.

I further agree to release its servants and agents form any and all responsibilities for the participant's personal possessions or belongings, which may be brought with him/her.

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_