



www.mafci.com 507-281-4335
Martial Art Fitness Centers, Inc.
2849 S. Broadway · Rochester, MN 55904
Fall News



Mission Statement

Youth - helping parents teach kids discipline, respect, and confidence, plus physical fitness and self-defense.
Adults - complete self-improvement developing the mind and body through disciplined, aerobic, martial arts.

From Me To You - Fredrick J. Gommels - MAFCI Director

Have you ever tried to define "success"? Society often equates success with a large bank account, material possessions, or a high position.

Real success is success with self. It is not in having, but in being. It involves mastery or victory over self. Real success means that we value people more than things, our character more than position, and our health more than money.

We often think that success in one area compensates for failure in

others. Can success in your profession compensate for ruined health or weakness in your character? If I volunteer volumes of time to needy causes, but neglect my family's needs, am I truly successful?

True success also involves determining priorities and then scheduling them effectively.

True success involves self-discipline. It's found in doing what we know we should do, when we should do it whether we like it or not.

True success involves balance.

This means spending adequate time in the areas of life which are truly important.

In this hectic world we live in, may we each take time to reflect and meditate on those things which should truly be priorities. May we then act on our priorities with balance and discipline to experience a wholesome and successful life.

SCHEDULE CHANGES

TaeKwonDo / TangSooDo: Free sparring & self-defense class
For color belt teens and adults - Thursdays 7:00 - 8:00 PM

Hapkido

Korea's Dynamic Art of Self-defense

The Hapkido program in Rochester has experienced excellent growth in the over the past year.

A new class will be added to the Hapkido schedule on Wednesdays:
12:00 - 1:00 PM

CALENDAR OF EVENTS

Sept. 16 Austin, Albert Lea Test
Sept. 23 First Aid - CPR
Oct. 6-7 Rochester Testing
Oct. 20-29 Annual Korea Trip
Nov. 10-12 **Korean Martial Art & Culture Camp**
Nov. 14 Hapkido Promotion Test
Nov. 23-26 No classes for Thanksgiving
Dec. 9 Austin, Albert Lea Test
Dec. 23-26 No classes for Christmas

www.mafci.com

Have you checked out these topics on our website yet?

Wayne Fuller Benefit Fund

This past spring Wayne Fuller was diagnosed with Lymphoma, cancer of the lymph nodes. The location of the tumor was in his left hip. He went through a series of chemo-therapy treatments. Initially the tumor weakened and reduced in size, and significant improvement was made.

However, Wayne has experienced severe pain and further complications. He has now also developed a tumor in his head. More aggressive treatment is planned to deal with the cancer.

Wayne and his family need our prayers and financial assistance. A benefit savings account has been arranged to help meet their needs.

Wayne and his family reside in St. Charles, MN. Wayne is married to his hometown sweetheart, Jane. They have two children: Holly and Justin. Holly is 15 years old and attends St. Charles High School. She works at the Oasis Drive-In, baby-sits, and has a red belt in TaeKwonDo. Justin is 20 years old, has a degree in Graphic Designing, and works in Eau Claire, Wisconsin for Midwest Manufacturer. Justin has a 1st Degree Black Belt in TaeKwonDo.

Send Cards to: 537 Wiskow Way - St. Charles, MN 55972

TO CONTRIBUTE:

Make checks payable to: *Wayne Fuller Family Benefit Fund.*

Mail to: Eastwood Bank
748 White Water Ave.

St. Charles, Minnesota 55972

Wayne Fuller has been training in TaeKwonDo with the Martial Art Fitness Centers since 1983.

He has a 3rd Degree Black Belt and was the head instructor of the Karate Studio of St. Charles for 15 years.

Nunchaku Ninjas

Tuesdays
5:00 - 6:00 PM
In Rochester

This Nunchaku class is a fun way to develop fine motor skills, hand-eye coordination, and to sharpen the memory along with discipline, respect, and confidence.

Students are taught the basic techniques of the nunchaku in a fun, safe, and supervised class environment. Rubber nunchaku and headband are the attire of the class.

AFTER SCHOOL YOUTH ACADEMY!

MAFCI In Rochester

5 Martial Arts
Computer Aided Academics
Oriental Arts and Crafts
Supervised Homework

Benefits for MAFCI members:

- Registration fee is FREE
- 1st week is FREE
- Evening Taekwondo is FREE

*We'll give your child what they
won't get any where else!*

CALL 507-281-4335

KOREA - Annual Tour

October 20-29 For Details Call: 281-4335

Korean Martial Art & Culture Camp

HanGuk MooSul MoonHwa Kamp

Frid. - Sun.

Nov. 10-12

Ironwood Springs Ranch
(Stewartville, MN)

**Rochester's
Korean
Community
says:**

Please come!

This is an event to remember!

The finest in Korean food, culture, and martial arts!

For Families and friends of the Martial Art Fitness Centers, Inc.

For 1st grade through adult with or without any martial art experience.
(Care available for younger children)

Cultural Activities:

Cooking

Culture

Language

Korean Art

Youth Culture

Korean Games

Martial Arts Training

Sword Training (Advanced: green belt and up)

Hapkido Short Stick (Intermediate: yellow belt & up)

Nunchaku (All levels of experience)

Youth Martial Arts (All levels of experience)

Basic Self-defense (Beginners: white belt & up)

Weapons Defense (All levels of experience)

A number people of the area's Korean community will teach many of these unique classes.

For a detailed flyer or to register:

Call 507-281-4335

LEADERSHIP ANNOUNCEMENTS

***Special Notice For
Black Belts of the:
MARTIAL ART FITNESS
CENTERS, INC.***

2nd Degree Black Belt:

Robert Freimund, Andy Kruse, Luke Rose

1st Degree Black Belt

Matt Streyle, Jill McTavish, Tom Yennie, Ken Syring

INSTRUCTOR CERTIFICATES

Assistant Instructor: Nicole Nelson

Associate Instructor: John Cruz

The Korea *TangSooDo MooDukKwan* official black belt uniform pictured is now available to all MAFCI black belts.

This is the standard uniform worn by *TangSooDo MooDukKwan* black belts worldwide.

Korean lettering on uniform:

1st Dan: No Korean lettering
2nd Dan: Lettering on back only
3rd Dan: Lettered on front and back

Purchasing this uniform is optional. The other style of uniform may continue to be worn.

See Fred Gommels to order.
