



MARTIAL ART FITNESS CENTERS, INC.  
**ACADEMY OF KOREAN MARTIAL  
 ARTS**



2849 S. Broadway • Rochester, MN 55904 • 507-281-4335  
 Master Instructor: Fredrick J. Gommels - 5th Dan Taekwondo, 4th Dan Hapkido

**Mission Statement**

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

**Winter Hapkido Seminar**

On February 26, 2000 a Hapkido seminar was conducted by Master Instructor Fredrick J. Gommels. The seminar was received with much enthusiasm from guests from other schools as well as students here under the Martial Arts Fitness Centers, Inc.

Of the group of forty-four people that trained that afternoon, sixteen of them came from Wisconsin, Northern Minnesota, North Dakota, and even Michigan.

The seminar was received quite well by the attendees. Many commented on how it was set at the right pace where it was easy for them to grasp the techniques and get an understanding before moving on to something else.

The seminar concluded at around five o'clock on Saturday afternoon. Many new friends were made that day. All the people who were visiting from other areas asked to be kept informed of upcoming events so that they can attend in the future.

For those of you who were not able to attend, the spring Hapkido seminar will be well worth your time to come and add some variety to your martial arts training and to meet some new people.

**John Cruz throwing Josh Jorgenson**

**MARTIAL ART**

**FITNESS CAMP 2000**

**Academic & Physical Fitness**

**For 1st - 6th Grades**

**Martial Arts**

<b>Computer Skills</b>	<b>Flexible Schedule</b>
<b>Snacks / Lunch</b>	1/2 Days
<b>Arts &amp; Crafts</b>	Full Days
<b>Field Trips</b>	Full Weeks

*After school available next fall.*

<b>Registration &amp; Open House</b> <b>9:00 AM - Noon</b> May 6,13,20 June 3,10,17
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*Register Soon While Openings Are Available!*  
**MARTIAL ART FITNESS CENTERS, INC.**

**UPCOMING EVENTS**

**April**

8, Sat. Kids Sports Expo and Demos  
 14, Fri., White Belt Taekwondo Test  
 15, Sat. Color Belt Taekwondo Test  
 27, Thu. Hapkido Promotion Test  
 29, Sat. World Festival Demo

**May**

11-14 Training Camp, Orlando, FL  
 20, Sat. Hapkido Seminar, Rochester  
 27-29 Memorial Weekend, No Classes

**June**

10, Sat. Austin, Albert Lea Test  
 24, Sat. Black Belt Promotion Test

**Oct.**

20-29 Annual Trip to Korea

**Training Camp 2000**

Age 13 and up May 11-14 Florida

**HAPKIDO**

**Korea's Dynamic Art of Self-Defense**

Effective self-defense techniques by  
*Korea Hapkido Federation*

**TAEKWONDO**

**Korea's National Sport**

Awesome sparring techniques by  
*Korea Taekwondo Association*

**CALL 507-281-4335  
 FOR DETAILS.**

**KOREA**

Land of the Morning Calm

**October 20-29, 2000**

*This is your chance to live the dream of training in Korea and experience her rich culture and history.*

Last year's tour included training with GrandMasters in a variety of martial arts. We visited the Pulguksa and Chogyesa Temples, and a variety of Korean shops in the open air markets. We also had all the rice and Kimchee we could eat.

**For students and families of the Martial Art Fitness Centers.**

**CALL 507-281-4335**

**FOR DETAILS**

<p><b>TangSooDo MooDukKwan Rank Transfer</b></p>	<p><b>Spring Hapkido Seminar</b></p>
<p>The MooDukKwan is a Korean Governing Body established in 1945, and grants internationally recognized black belt certification for TaeKwonDo and TangSooDo</p> <p><b>1st Degree Black Belt:</b>                  Connie Benjamin, and Jim Hanson</p> 	<p>The next seminar held in Rochester will be a Hapkido seminar on Saturday May 20, 1:00 - 5:00 PM.</p> <p>The seminar is open to age 13-adult Taekwondo students green belt and above; and Hapkido students yellow belt and above.</p> <p><b>합기도</b></p>

**Instructor Certificate Promotions**

**Black Belt Promotions**

**Assistant & Associate Instructor Certificate**

**1st Degree Black Belt**

Assistant: Ken Syring, Associate: Maren Johnson, Josh Jorgensen, Jared Pankratz, Laura Hartert, Nick Londowski, Adam Seeman, & Tom Yennie

John Cruz, Jeremy Anderson, & Nick Londowski  
**1st Degree Black Belt**

**Instructor Certificate**

Steve Franks, Andy Kruse, Shawn McCarron, Bob Friemund, & Ken Kingstrom

Jon Juenger, Joe Sedelmeyer, David Canale, Greg McIntire, & Mike Thorpe

**Certified Instructor Certificate**

**3rd Degree Black Belt**