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**Martial Art Fitness Centers, Inc.**  
2849 S. Broadway · Rochester, MN 55904  
**Fall News 2001**



### 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.

### Suddenly, America is on her knees.

By Fredrick J. Gommels

The recent tragedy in New York has suddenly brought to life the Christian values that are the cornerstone of America's strength. Public schools are now saying the pledge of allegiance to the American flag and proclaiming "God bless America". People everywhere are praying and attending church. The leaders of our land are holding public worship services and emphasizing the importance of a God-centered life.

The Christian values that our country was founded upon suddenly have new meaning. This nation was founded upon God, the Bible, and the principles contained therein. Our public schools were started with the express purpose of teaching children to read the Bible. And the family was the foundation of American society.

Why has America become the most highly esteemed and powerful country in the world? Could it be

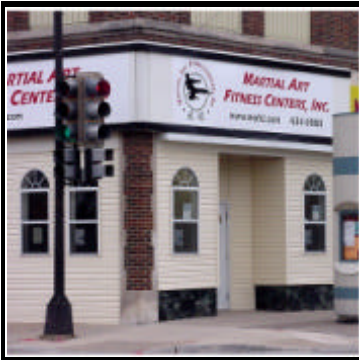
that the God of the Bible is real and that He has blessed and protected America because she has lived by Christian values?

In the last century, however, as a nation we have become apathetic toward honesty, morality, and conscience. If any good can come out of such a tragedy, perhaps it is a nationwide spiritual awakening to our Christian values. These are values that can give a life wisdom in times of confusion, peace in times of turmoil, and joy in times of sorrow.



*God Bless America.*

### ***Austin School Moves to New Location!***



**424 N. Main, Austin MN**

On August 1 the Austin students began training in their new facility.

Several new programs have recently been introduced.

- sparring and self-defense
- Hapkido class
- Nunchaku and grappling

Classes are taught by Ken Kingstrom, Mike Thorpe, Jon Juenger, Kirby Strissel, and Josh Gommels.



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## Black Belt TaeKwonDo Promotions      Sept. 8, 2001



**1ST DEGREE :** Ralph Burtis, Logan Clark, Joshua Jacobson, Bryan Kroening, Natalie Reiss

**2ND DEGREE:** Dave Braun, Brad Carlson, John Cruz, Joshua Gommels, Ken Kingstrom. John Peterson, Sue Savage

**3RD DEGREE:** Kirby Strissel      Each one testing has also received rank through the *Korea SimMuDo Association*.

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### Black Belt Hapkido Promotions

August 25, 2001



**1ST DEGREE**

Josh Gommels, Bob Friemund, Josh Jorgenson

### INSTRUCTOR CERTIFICATES

These people have developed leadership skills and earned a level of instructorship through teaching the martial arts. To achieve the 1st Dan Black Belt, a student must earn at least the Assistant Instructor Level.

**Assistant Instructor:**

Nicole Nelson	Joshua Jacobson
Ralph Burtis	Bryan Kroening
Logan Clark	Natalie Reiss

**Associate Instructor:**

John Cruz

**Instructor Certificate:**

Maren Johnson

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## Order Now: *Korea SimMuDo Association Action Video!*

Live footage from the 2001 spring training, with GrandMaster Song Pan Gon and Master Kim Jong Gu. Study traditional Korean martial arts as taught in ShiHung, South, Korea.



SimMuDo is a comprehensive and practical Korean Art of self-defense. SimMuDo employs 3 main areas of training:

- Kwon sul: Striking and kicking techniques
- Chey sul; Grappeling, throws, and joint locks
- Kom sul: Weaponry, both defense and offense

*Reinforce your training and expand your knowledge of Martial Arts*

**The only video in the world ever produced on the art of SimMuDo!**



*Produced and available exclusively through:*  
**MARTIAL ART FITNESS CENTERS, INC.**  
 507-281-4335 e-mail: mafci@hotmail.com

### APPOINTMENT



April 19, 2001 GrandMaster Song Pan Gon of Shi-Hung City, S. Korea appointed the Martial Art Fitness Centers, Inc. as the headquarters for the *Korea/USA SimMuDo Association*.

Master Instructor Fred Gommels was appointed to the position of Director. This association provides training, alliance, and certification for black belts of Korean martial arts.

### Hanguk Awh Korean Language

#### Class Opening

chadyut	attention
kook ee aye	face the flags
kyong yea	salute or bow
yoodanjanim aye	to the instructor
kyong yea	salute, bow

dojang	training hall or gym
chaeyookwan	fitness training center

#### Counting

hana	one	yaw sawt	six
dul	two	ilgop	seven
set	three	yaw dawl	eight
net	four	ah hope	nine
ta sawt	five	yawl	ten

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## KOREA - Cultural and Martial Art Tour

### PLAN NOW:

#### For Korea in October, 2002

This trip is expected to be 10 days long with 2 days of travel to and from Korea. In the past the schedule has been:

- 1 hour flight on American Air from Rochester to Chicago
- 13 1/2 hours flight on Korean Air from Chicago to Seoul, S. Korea
- The estimated cost: plan for \$2,000 (hopefully less) for travel to and from Korea, hotel, meals, training, touring, spending money, and travel while in Korea.



### INFORMATION SESSION

Friday, October 19, 2001 at 7:00 PM

Martial Art Fitness Center • Rochester MN • 507-281-4335

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#### *How Students Progress in Rank*

Once every 3 months we conduct a promotion test wherein the students have the opportunity to demonstrate their skills to be promoted in rank.

Students are notified of the date 1 month before the test. A list is posted 2 weeks prior to the test indicating who the instructors recommend as ready for the test. The **belt colors** and number of stripes indicate the level of the student's rank.

WHITE: beginner

**YELLOW:** intermediate      Additional stripes indicate an intermediate

**GREEN:** advanced            or advanced level of

**BLUE:** advanced            the belt color.

**RED:** advanced

**BLACK:** instructor

It takes **the average teen or adult** about 4 years to reach the black belt level. A student encounters a completely new curriculum at the black belt level.

**Youth** must be at least 16 to achieve the certified black belt. Because the martial arts were originally designed for adult minds, the training and testing requirements have been adjusted for youth.

**Make-up tests are always available in Rochester during the regular class period.**

#### Calendar of Events

##### 2001

- NOV 8** HKD Promotion Test - Rochester  
**22-24** No class: *Happy Thanksgiving!*
- DEC 8** TKD Promotion Test - Albert Lea / Austin  
**24-26** No class: *Merry Christmas!*
- 31-Jan. 1** No class: *Happy New Year!*

##### 2002

- JAN 11** White Belt TKD Promotion Test - Rochester  
**12** Color Belt TKD Promotion Test - Rochester
- FEB 7** HKD Promotion Test - Rochester
- MAR 9** TKD Promotion Test - Austin / Albert Lea
- APR 5,6** TKD Promotion Test - Rochester  
**15-19** Korean Masters SimMuDo Training  
**20** Black Belt Promotion Test  
**20** Korean Culture and Martial Arts Show
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