



www.mafci.com

507-281-4335

**MARTIAL ART
FITNESS CENTERS, INC.**

2849 S. Broadway · Rochester, MN 55904



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.

Some Thoughts for Parents

Back in my early days of marriage I can remember observing energetic and unruly kids and wondering, “Why don’t they just discipline that child?” And then we had kids of our own. That answered my question.



By: Fred Gommels with
sons Jared-age 13 & Josh-age 17

Our first son, Josh, is an openly strong-willed child. Our second son, Jared, is more quietly strong willed. Joshua’s first complete sentence was, “Ya drive me nuts. Ya drive me nuts.” He learned that from hearing his mother saying it repeatedly when frustrated by his resistance to discipline. Jared, on the other hand, worried us with his lack of conversation. We know now that if he has nothing to say, he doesn’t say it out loud.

Raising children is easier said than done. And unless you’ve been there, it’s next to impossible to understand the process. Because at times, it seems that there is no process. The rewards and discipline that work well for one child may not work at all for the next. And just when we think we have a handle on raising kids, God often sends us a whirl wind of a strong-willed child. I wonder if He does that to keep us humble.

Here are a few effective principles that I would like to share with you. I learned some through authors on the

subject. Some I learned from observation. And others I figured out the hard way by learning from my own mistakes. Hopefully these principles can help you.

Respect. Kids need to feel respected in order to develop a healthy self-image. This means we need to respect their need for privacy. We need to respect their opinions regardless of how absurd or immature they may seem. When we must discipline, we can show our kids respect by giving ourselves a cooling off period before making any hasty decisions. This action alone will go a long way toward gaining the respect of our kids. **Continued on back . . .**

CALENDAR OF EVENTS

April

6,7 Rochester Taekwondo testing
15 Master Song and Master Kim arrive
17 Training begins with Korean Masters.
21 Korean Culture & Martial Arts Night
28 Austin ShimMooDo Seminar

May

5 Albert Lea ShimMooDo Seminar
6 ShimMooDo black belt Testing
17 Hapkido promotion test

June

9 Albert Lea & Austin promotion test

July

13,14 Rochester TaeKwonDo Testing

September

22 Korean Martial Arts & Culture Retreat

Korean Martial Art & Culture Events

心 武 道

Shim Moo Do

*An Incredible Experience in
Korean Martial Arts And Culture!*

ShimMooDo is a traditional Korean martial art that is untouched by the modern influences of sports. It focuses on self defense, the art, and the physical & mental health that comes from the traditional martial arts of Korea.

Last June at the Martial Art Fitness Centers, Inc. Master Song conducted an explosive and exciting one day introduction seminar to Shim Moo Do. He is greatly looking forward to coming again with Master Jong Gu Kim .

Call (507) 281-4335 for details!

Training Starts April 17th for 2 Weeks!



Master - J ong Gu K im
Grandmaster - Pan Gon Song

Korean Dance & Demos Saturday night, April 21, 7:30PM

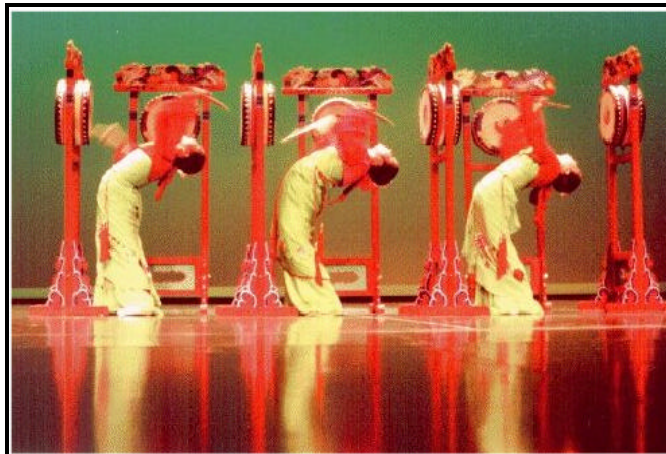


White Tiger Korean Demo Team

The Martial Art Fitness Centers' very own White Tiger Demo Team is trained in the Korean martial arts of TangSooDo, Hapkido, and Weaponry. They will be performing high flying throws, board breaking, intriguing weapons forms, awesome feats of self-defense, and martial art skill.

Mu Gung Hwa Korean Dancers

perform in the Korean arts of dance and music. At one time only royalty and the royal courts of Korea were able to witness these beautiful performances. The colorful costumes, intricate dances, and intriguing music make the MuGungHwa a truly incredible experience in Korean culture.



Martial Art Summer Camp!

Ages 6 - 16

June, July, August

MISSION STATEMENT:

Helping parents teach kids discipline, respect, and confidence along with physical fitness and self-defense.

Learn to focus your life!

Taekwondo, Hapkido, Judo, Nunchaku
*Oriental Art & Crafts, Korean Language,
Computer-Aided Academics*



To Register Contact:

Martial Arts Fitness Centers, Inc. 2849 S. Broadway - Rochester, MN 55904
(507)-281-4335 www.mafci.com

Black Belt Promotions

TaeKwonDo

Hapkido



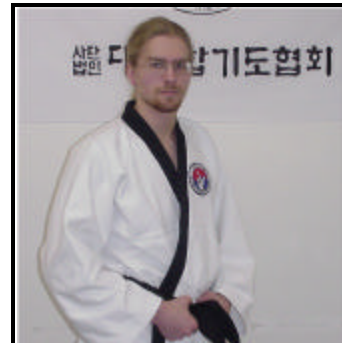
1st Degree

Nicole Nelson, Lisa McTavish,
Chriss Hagness



2nd Degree

Jared Pankratz



1st Degree

Kirby Strissel

Instructor Certificates:

Assistant Instructor

Chris Hagness
Jared Gommels

Associate Instructor

Greg McIntire

Instructor Certificate

Connie Benjamin
Jeff Clark
Josh Gommels
Tom Yennie

Certified Instructor

Bob Friemund
Andy Kruse

**2nd Annual
Korean Martial Arts & Culture Retreat!**
Sat, Sept. 22 Ironwood Springs Christian Ranch



Last year's retreat was a wonderful experience with cultural and martial arts classes that were taught by the area's Koreans.

Log on to www.mafci.com for details!

Continued from front . . .

Never, ever discipline in anger. When we discipline in anger, we are usually impatient, not understanding, and often over-discipline. This in turn wounds the child's spirit. They respond later through misbehavior or rebellion. Then we get angry, over-react again, and the cycle continues. We then think we have a problem child or rebellious teen, and expect them to change when we also need to change.

Apologize. If your family is experiencing this cycle, it's not too late to make some improvements. Whenever we have wronged our son or daughter we must apologize and seek their forgiveness. This is difficult, but it is the first step to improving the relationship. When we apologize to our child, they may be too hurt to forgive at that moment. But give them time, and they'll show forgiveness through their actions.

Patience & Understanding. We must also make a conscious effort to act with patience and understanding. The need to be understood is one of the most fundamental human needs. When our son or daughter knows we are making a sincere effort to understand, it melts their rebellious spirit, and causes them to want to understand us.

The Golden Rule. The bottom line is that everything we need to know to raise our children properly was probably taught to us by age 5-7; and that is be loving, polite, wait your turn to speak, control your anger, show respect to others, be considerate of others feelings, be patient and understanding, and always, always tell the truth. We're really talking about the golden rule. It comes right from the word of God, "Do unto others as you

would have others do unto to you."

Spend Time. There is a basic concept of time management: spend quality time at work and spend quantity of time with relationships. There is no substitute for a parent's time spent with their kids.

By the way, sometimes no matter how well we have raised our kids they choose to live their lives contrary to the way we've taught them.

Please don't put guilt and blame unfairly upon yourself. We can only go so far in raising our kids. Some of life's lessons they must learn on their own. If your son or daughter has chosen a wayward path, give them time to mature. Meanwhile, they still need your patience, understanding, love, and respect.

Regardless of a child's personality or temperament, **there are some time-proven principles** that can help us stay connected with our kids. Of course these principles will not guarantee a home of constant peace and happiness. Nor do they assure that our kids will turn out the way we had hoped. But these principles can ease us through the bumps along the road and help us have a better relationship with our kids.

TAEKWONDO VIDEO SERIES

Now Available!

This video series includes rank requirements for white through 1st degree black belt. The videos are based on adult level requirements. Because children learn at a different pace from adults, the training on the tapes is adjusted in class according to the age of the student.

These videos are excellent training tools to assist students in preparing for promotion tests. They are also an effective teaching guide for instructors.



**10th & 9th gup white belt tapes now available.
The yellow belt tapes are coming soon.**

Place Your Order Now:

(507) 281-4335

mafci@hotmail.com