



www.mafci.com

MARTIAL ART FITNESS CENTERS, INC.

2849 S. Bdwy. • Rochester, MN 55904

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SUMMER 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.

It's Time For a Break

By Fredrick J. Gommels - Director, MAFCI

The routine of life sometimes needs to be broken, just like these boards I broke in a demo back in the early 80's.

If your life is like mine, you sometimes get stuck in a rut and it's hard to break loose.

Take that initial step toward a break through in your life by getting involved with one of the many exciting activities that we provide you and your family. You'll never be the same.



Korean Culture & Martial Art Retreat

A FAMILY EVENT! Sat., Sept. 22 9 AM - ??? PM

Ironwood Springs Christian Ranch - Stewartville, MN

Korean Language, Art & Crafts, Martial Arts, & Games

Authentic Korean

Open-Air Market!

With food and items that are normally only available in Korea.

Call MAFCI for tickets
507-281-4335

***Live life in Korea
for a day!***

**Register Today:
507-281-4335**



Martial Art Summer Camp!

Ages 6 - 16

***4 Martial Arts • Oriental Art & Crafts
Korean Language • Computer Academics***

Mon. - Fri. 9:00 AM - 5:00 PM

2 Weeks per month

June, July, and August

MARTIAL ART FITNESS CENTER

Rochester, MN

To enroll call:

507-281-4335



Combat Self-defense Seminar

Saturday, July 28

1:00 - 5:00 PM

Age 12 - Adult

All levels



Defensive tactics against a club, knife, and gun.

Learn:

**evasion, soft blocks, traps,
strikes, take downs, restraints,
and disarming techniques.**

**To Register Call 507-
281-4335**



Korean Masters' Training

The Martial Art Fitness Centers, Inc. recently hosted specialized training in Korean martial arts. This event was conducted by GrandMaster Pan Gon Song (9th dan black belt) assisted by Master Jong Gu Kim (6th dan black belt) from ShiHung City, S. Korea.

They conducted an explosive three weeks of SimMuDo: practical training in blocking and striking techniques, grappling, and weaponry. Sim-MuDo is a martial art that is untouched by the modern influences of sports, but focuses on self-defense, the art, and the physical and mental health that comes from the traditional martial arts of Korea. More than 150 students and instructors from MN and WI attended.

The event was highlighted with Korean culture and martial art demonstrations by the Mu Gung Hwa Dancers, GrandMaster Song and Master Kim, and the Martial Art Fitness Center's demonstration teams.

A variety of action photos were taken during this training.

To order, contact the office: 507-281-4335.

P.S. June 1 Master Kim opened a new martial art school in ShiHung City, South Korea. Congratulations Master Kim!



August is !Family Month!

Students, invite your family members to try out the martial arts for 4 FREE lessons any time in August.

A special offer will be given to any family members joining the on-going program during August.



CALENDAR OF EVENTS

July

13,14 Rochester TaeKwonDo Test
28 Combat Self-defense Seminar

August

Family Month!

16 Hapkido Promotion Test

September

8 Black Belt Promotion Test
TangSooDo / SimMuDo
15 Albert Lea / Austin Test
22 Korean Culture Retreat

October

12,13 Rochester Promotion Test

!Exciting Martial Art Videos!

Produced by: Martial Art Fitness Centers, Inc.



TaeKwonDo A 10-tape series

White through black belt requirements for Taekwondo / Tangsoodo. Includes demonstrations by advanced and black belt students. These videos will help parents assist their children and are a must for students and instructors wishing to excel in their martial art.

White and yellow belt tapes now available.

\$21.95 / video.

Korean Culture & Martial Arts

MuGungHwa Korean Dancers, the Martial Art Fitness Center's demo teams, and Korean Masters from ShiHueng City, S. Korea provide a truly incredible experience in Korean culture and martial arts. An awesome, entertaining, and inspiring experience. **\$12.95 / video**



SimMuDo

The only video in the world available on this martial art. This video contains practical, effective self-defense techniques taught and demonstrated by Korean Masters Song Pan Gon and Kim Jong Gu. Master Song and Kim show you the fundamentals of the art of SimMuDo as taught in Korea. All of the 1-step sparring techniques, joint locks, throws, and basic hand and foot movements that were taught in their recent seminars here are contained in this unique, one of a kind video. **Action packed!**

\$39.95 / video



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To take advantage of any events or videos contact:

MARTIAL ART FITNESS CENTERS, INC.

507-281-4335 mafci@hotmail.com