



www.mafci.com **507-281-4335**
Martial Art Fitness Centers, Inc.
2849 S. Broadway · Rochester, MN 55904
Summer News 2002



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.

Rochester and Shihung, S. Korea: A Sister-City Connection



Master Fred Gommels and GrandMaster Pan Gon Song

Over the past several years the Martial Art Fitness Centers, Inc. has developed a unique cultural and athletic relationship with members of Shihung City, South Korea.

This relationship is being cultivated by regularly scheduled cultural and martial art related visits between the two countries.

Part of the purpose of the 2001 visit was for GM Song to establish the Martial Art Fitness Centers, Inc. as the international headquarters for the **Korea/USA SimMuDo Association** with Fred Gommels as the Director.

The establishment of this international black belt martial art association precipitated the interest by the City of Shihung to invite Rochester to join in a cultural and athletic interchange on a much broader scale.

In July, 2001 Fred Gommels was informed by Master Song of his newly elected position as President of the *Shihung City Athletic Taekwondo Association*.

Master Song said Shihung is very involved in the promotion of athletics, and on behalf of the city officials of Shihung, he would like to invite Rochester to an **athletic interchange** with Shihung city.

This request was soon followed by an invitation from the Shihung City Mayor to Rochester's Mayor and Sports Commission to engage in an athletic and cultural interchange.

In April, 2002 Master Song returned to Rochester for the annual SimMuDo Korean Martial Arts tour. During his stay Master Song toured Rochester's athletic facilities and met with Rochester sports officials.

The Martial Art Fitness Centers, Inc. is planning an October 2002 visit to Shihung S. Korea. This trip will include further development of the Rochester/Shihung athletic connection.

On Monday, March 24, 2002 at 4:15 PM Fred Gommels presented this international athletic concept to the Rochester City Council. The Council agreed to send delegates from Rochester in October, 2002 to connect with representatives from Shihung, City S. Korea to further explore this relationship.



**GM Song & Rochester Amateur Sports Officials:
Bob Adams, Denny Hanson, John Grabko**



Korean Masters Spring Training

The Martial Art Fitness Centers, Inc. hosted Korean Martial Arts Training seminars this past April.

GM Song and Master Kim represent the Korea SimMuDo Association. This is a Black Belt association for practitioners of Korean Martial Arts. MAFCI is the Korea/USA headquarters.

Over 200 students attended the training which took place in Rochester, Spring Valley, and Albert Lea, MN. Grandmaster Pan Gon Song and Master Jong Gu Kim taught a unique blend of striking techniques, grappling, and weaponry. It was an exciting time of learning for all ages.

SIMMUDO BLACK BELT PROMOTION TEST April 21, 2002



Front Row: 1st Degree- Joseph Paulson, Tim Wilcken, Michael Turk, Kwasi Kyeremeh, (GM Song, Master Gommels) Peter Shimshak, Steve Funke, Jason Hatz. **Back Row: 2nd Degree-**Glen Moe, Greg McIntire, Mike Thorpe, Jon Juenger, **4th Degree-**Barry Moszer **2nd Degree-**Dave Canale, Josh Jorgensen, Jeffrey Clark, Joe Sedelmeyer, **Assisting:** Master Kim, John Cruz.

Not pictured:

TAEKWONDO BLACK BELT PROMOTIONS:

1st Degree: Shane Moe

2nd Degree: Connie J. Benjamin Maren R. Johnson

Korean Masters Training Video!



Live footage from SimMuDo seminars, with the Korean Masters.

Available exclusively through:
**MARTIAL ART
FITNESS CENTERS, INC.**

LEADERSHIP AWARDS

Glen Moe - SENIOR INSTRUCTOR

Mr. Moe is a 2nd Dan black belt in TaeKwonDo under the Martial Art Fitness Centers, Inc. He is also a 2nd Degree black belt in SimMuDo with the Korea SimMuDo Association

Mr. Moe is the owner of the Stewartville TaeKwonDo School and has 15 years experience in the Korean martial arts.



OTHER CERTIFICATES

Assistant Instructors

Jason Hatz
Shane Moe
Joe Paulson
Tim Postier
Peter Shimshak
Chuck Spencer
Mike Turk
Tim Wilcken

Associate Instructors

David Canale
Greg McIntire
Lisa McTavish
Joe Sedelmeyer
William Winter
Nick Youngs

Instructor Certificates

Becky Anderson
Dave Braun
Josh Jorgensen
Mike Monty

Certified Instructor

Tom Yennie

Barry A. Moszer

Emerges as Leader

During the Korean Masters training in April Barry Moszer tested under Korean GrandMaster Pan Gon Song for:
4th Dan Black Belt

Upon passing this promotion test along with his promotion of Korean Martial Arts through his Martial Art Fitness Center in Albert Lea, MN Barry Moszer is qualified to bear the title: ***Master Instructor***

While in the USA, GrandMaster Song also appointed Barry Moszer to the position of:
Vice-President Korea/USA SimMuDo Association

Master Moszer started his martial arts training in 1972 and has trained in TaeKwonDo, Judo, GongSooDo, Tang-SooDo, and Martial Art Weaponry.

Some of Master Moszer's duties will be over-seeing promotion tests, teaching seminars, and furthering the development of the Korea/USA SimMuDo Association.

Pictured at right:

**Master Moszer performing
the traditional TaeKwonDo form of ChipSoo**





Josh Gommels, Jeff Clark, John Cruz, Josh

White Tiger Demo Team!

To Perform in KOREA

October 2-13 a group of 18 martial artists and Rochester city officials will visit Korea for the promotion of martial arts, culture and the Shihung-Rochester sister city connection.

The MAFCI White Tiger Demo Team has been invited by GM Song to demonstrate in Korea on this trip. They are the first athletes to represent the Rochester/Shihung athletic connection.

They will perform for students and Master Instructors of the Korea SimMuDo Association and Shihung TaeKwonDo Association in Shihung City, S. Korea. They perform at the annual Shihung Taekwondo tournament on Sunday, October 6, 2002.

This trip will cost each demo team member an estimated \$1600 per person for airfare, food, lodging, tours, and training. These young men are earning their way to Korea through demonstrations, fund raisers and good ol' fashioned hard work. If you would like to help the White Tiger Demo Team earn their way to Korea, contact the MAFCI 507-281-4335. **Next performance: Sat, 6/22, Noon at Rochester Fest, Corner of 1st Ave, 1st St.**

Family & Friends Potluck Picnic and KOREAN CULTURE CAMP

Saturday, Sept. 28

At Ironwood Springs Christian Ranch

Morning and Afternoon:

Experience Korea through art & crafts, food, martial arts, games, shopping items, language.

Evening:

Potluck supper followed by:
The Chonsa Dancers
Demo Team Night
White Tiger Demo Team

All proceeds to be donated to:
*Children's Home Society
Korean Adoptive Division*

DEMO TEAM NIGHT!

*All students are welcome to perform on
Saturday Night , Sept. 28.*

*We would like to see a performance
of at least 1 Demo Team from each
MAFCI branch school.*

MAFCI Families SUMMER TIME SPECIAL:

4 FREE Trial Classes!

**See an instructor
to schedule your trial classes**

CALENDAR OF EVENTS

JUN	15 Austin / Albert Lea TKD Promotion Test
	22 White Tigers Demo Noon Rochester-fest
JUL	12, 13 TKD Promotion Test - Rochester
AUG	22 HKD Promotion Test - Rochester
SEP	28 Korean Culture Camp Family & Friends Picnic Demo Team Night
OCT	2-13 Korea Martial Art & Culture Tour

THOUGHTS TO LIVE BY

- ? Success is living a balanced life.
- ? Focus on the present
- ? 95% of the things we worry about never happen.
- ? There are usually three answers to most questions in life: "Yes, No, and Wait a while."
- ? Slow down let go and let God . . .

