



www.mafci.com

507-281-4335

Martial Art Fitness Centers, Inc.

2849 S. Broadway · Rochester, MN 55904

Winter 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.

Marriage Survival Tactics

By Fredrick J. Gommels - Director of MAFCI



Myrna and I have been married for about 25 years now (22 to be exact). Life together hasn't always been fun. However, we have managed, by God's grace, to maintain a

happy marriage by following some basic principles.

Strong families are the foundation of a strong nation. With about 1/2 of all American marriages ending in divorce, I felt compelled to write this article. In preparing to do so, I asked Myrna, "What have I learned about marriage?" she laughed and said, "If you have to ask, then you didn't learn it." So I struggled to put a few thoughts together myself and came up with these. Most of them I had to learn the hard way.

1. Avoid saying, "Why did you do that?"
2. Express your feelings respectfully.
3. Show appreciation.
4. Respect each other's need for privacy and independence.
5. Be understanding, especially when you don't understand.
6. Spend time together nurturing the relationship.
7. Admit when you are wrong and apologize when it's appropriate.
8. To keep the spark in your marriage, treat each other like you did when you were dating.
9. Be patient. When you are irritated, wait a couple of days before you express your mind. You might

find that you simply got over it.

10. Worship together.
11. Avoid comparing my wife's cooking to my mother's.
12. Marry a farm gal. She'll work hard and the overhead is low.

Is it possible that your marriage isn't what you'd like it to be? Is it because you and your spouse "just aren't compatible"? Or is it more likely that you've been following a poor plan of action for your marriage? Reality says that regardless of how many wonderful qualities we may have, if we follow the wrong game plan, we won't be pleased with the results.

Most often, conflicts in marriage are a result of priorities out of balance. The priorities of a successful marriage are in this order:

1. Spiritual; 2. Emotional; and 3. Physical
If we share a common interest in keeping Godly principles as the guide of our lives, we set the foundation for a successful marriage. For it is God who created the institution of marriage, and it is God who has given us the guidelines for successful relationships.

Too often, however, the physical or emotional side of the relationship takes precedent over the spiritual side. When this happens, conflicts arise and the marriage is taxed.

But it's not too late to change, because life is a choice. We can't change our spouse, but we can choose to change ourselves. Perhaps change can begin with this simple prayer:

"Lord, help to be more patient, understanding, loving, respectful, flexible, considerate, sensitive and loyal to my spouse".



GrandMaster Song

*Special
Black Belt Training*

Train With the Korean Masters!

April 15-20

**From Shihung City, S. Korea
GrandMaster Pan Gon Song
and Master J ong Gu K im**

Last year, in April of 2002, GM Song and Master Kim conducted a fun-filled, fiery schedule of training in the Korean martial arts. They are back again for an exciting seminar that you just have to attend! *Classes for all ages and all levels.*

They teach SimMuDo, a practical martial art of striking, kicking, joint locks, and throws. See flyer for details and registration.



Master Kim

*Special Classes
For Youth*



Master F. Gommels and GrandMaster Song

**For action packed live video of last year's training,
order your professionally produced SimMuDo video:**

Martial Art Fitness Centers, Inc.

507-281-4335 e-mail: mafci@hotmail.com

AN HONOR

It is an honor for the headquarters of the Korea/USA Sim-MuDo Association to be right here at the Martial Art Fitness Centers, Inc. in Rochester, MN.

As the recently appointed Director of this association, I invite each student to participate in this rare experience in Korean martial arts and culture.

*Sincerely,
Fredrick J. Gommels*

Calendar of Events 2002

JAN	11	White Belt TKD Promotion Test - Rochester	MAY	HKD Promotion Test - Rochester
	12	Color Belt TKD Promotion Test - Rochester	JUN	Austin / Albert Lea TKD Promotion Test
FEB	7	HKD Promotion Test - Rochester	JUL	TKD Promotion Test - Rochester
MAR	9	Austin / Albert Lea TKD Promotion Test	AUG	HKD Promotion Test - Rochester
APR	5,6	TKD Promotion Test - Rochester	SEP	Korean Culture Camp
	15-20	Korean Masters Training	OCT	Korea Trip

How Students Progress in Rank in Taekwondo and Hapkido

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 is ready for the test. The **belt colors** and stripes indicate a student's rank:

WHITE: beginner • **YELLOW:** intermediate • **GREEN:** advanced • **BLUE:** adv • **RED:** adv • **BLACK:** instructor

Additional stripes indicate an intermediate or advanced level of the belt color. It takes the average teen or adult about 4 years to reach the black belt level. Youth must be at least 16 to achieve the certified black belt.

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

INSTRUCTOR CERTIFICATES

These people have developed leadership skills and earned a level of instructorship as part of their black belt requirements.

Assistant Instructor:

Jeannie Pestorious - Albert Lea

Associate Instructor:

Chris Hagness

Instructor Certificate:

Maren Johnson

? ? Hanguk Awh Korean Language

Forms Training

- ? Chadyut attention
- ? Kyong yea salute or bow
- ? Jo onbi ready
- ? Shee jak begin
- ? Kibon hyung basic form (unit)
- ? Pyungahn hyung peaceful form (advanced)
- ? Chulgi iron horse form (red belt)

Firearms Disarming Seminar

Sat., Feb. 9 1:00 - 4:30 PM
Age 13 - Adult All Levels

You will train in the following Defensive Tactics:

- ? Awareness
- ? Evasion
- ? Blocking
- ? Trapping
- ? Striking
- ? Takedowns

\$35.00 / person

Payable in advance to MAFCI

Seminar held at:

MARTIAL ART FITNESS CENTERS, INC.
Rochester, MN 507-281-4335

Refreshments provided

Available Now: *SimMuDo Masters Action Video!*



Live footage from the 2001 spring training, with GrandMaster Song, Pan Gon and Master Kim, Jong Gu. Through this video you can study traditional Korean martial arts as taught in ShiHung, South, Korea. SimMuDo is a comprehensive and practical Korean Art of self-defense and 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 on the art of SimMuDo!

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



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 from Rochester to Chicago
- ? 13 1/2 hours flight 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.

NEXT INFORMATION SESSION

Friday, January 19, 2002 at 7:00 PM
Martial Art Fitness Center • 507-281-4335

!OUR WEBSITE IS UPDATED!

www.mafci.com Check out the new:

- ? *Menu*
- ? *Video clips*
- ? *Photos*
- ? *Topics*
- ? *Events*
- ? *Announcements*

BRANCH SCHOOLS

Location	Instructor	Phone
? Albert Lea	Barry Moszer	507-377-9633
? Austin	Ken Kingstrom Jon Juenger Mike Thorpe	507-434-0985
? Spring valley	Tom Yennie	507-754-5277
? St. Charles	Dave Braun	507-932-5313
? Stewartville	Glen Moe	507-365-8133

THOUGHTS TO LIVE BY

1. "If ya keep on doin' what ya been doin' yer gonna keep on gettin' what ya been gettin'".
2. "Commitment is a heartfelt promise to yourself from which you will not back down."
3. "Most people who fail in their dreams, fail not from ability, but from lack of commitment."
4. "If you don't like who you are, and where you are, don't worry about it, because you are not stuck with either. You can grow; you can change; you can choose to be more than who you are."
5. Change is a choice.



Josh Jorgensen - Assist. Instr.
Tom Yennie - Head Instr.

Branch School Profile Spring Valley TaeKwonDo

- ? Founded in 1994
- ? Located in the Spring Valley Community Center
- ? Thurs. Nights 6:00 - 8:30 PM
- ? 40 Students
- ? Youth, Teens, Adults

