



www.mafci.com 507-281-4335

**MARTIAL ART FITNESS CENTERS, INC.**

2849 S. Broadway · Rochester, MN 55904

*Winter News 2003*



### Mission Statement

**Youth** - helping parents teach kids discipline, respect, and confidence, plus physical fitness and self-defense.

**Adults** - complete self-improvement of the mind and body through disciplined, aerobic, martial arts workouts.

### **RISK: THE ART OF LETTING GO**



Well guys, I never thought I'd do it. But, I've taken up dancing lessons. I know what you're thinking. "How could he do that? It's a disgrace to manhood and to the martial arts." Well, last winter my wife and I were at a local restaurant that had a live band with great music. We saw another couple get up and dance what we now know as the Rumba. I thought it looked like so much fun that I wanted to ask Myrna if she would take dancing lessons with me.

I felt like a teen age boy asking a girl out for the first time. What would she say? What would she think? She was my wife, and we had a great marriage of 22 years. Oh, was I ever nervous! I sat there quietly for a while, and finally got up the guts to ask her. We started our lessons in March and have been having great fun ever since.

I've always wanted to learn to dance but, until recently, never had the nerve to do it. What is there in your life that you've always wanted to do, but hesitate to do? And why do you hesitate? Are you afraid of failure? Mistakes and failure are the stepping stones to success and fulfillment. Are you concerned with what others might think? As long as your heart is pure and right with God, then it doesn't matter what others might think.

Life is short. Take some risks, learn something new, change your routine, turn your life around with the excitement of letting go of your inhibitions and follow the passions your heart.

*By Friedrich J. Gommel*



*Fred and Myrna doin' the OAA OAA*

*Starting January, 2003 MAFCI In Rochester*

### **New Weapons Class**

- Training in 3 different weapons: Staff, Sword, Nunchaku
- Class Curriculum
- Ranking System
- Promotion Tests
- Special Uniforms
- Tues. & Thur. 5:00 - 6:00 PM
- Age 8 - Adult
- Students may train 1 or 2 times per week.
- Students under age 8 must be at least yellow belt in Taekwondo

#### **DISCOUNTS**

- TKD and HKD students
- Family members
- EFT or 3 month advance payments

MAFCI Profile of Branch Schools:  
**Austin Martial Art Fitness Center**  
 424 N. Main St. Austin, MN • 507-434-0985



**OWNERS / CHIEF INSTRUCTORS**

**Mike Thorpe**  
**Jon Juenger**  
**Ken Kingstrom**

All are 2nd Degree Black Belts  
 registered with the  
 Korea SimMuDo Association

**Classes: Mon., Tues., Thurs. nights and Sat. AM Ages 6-Adult**



**ASSISTANT TAEKWONDO  
 INSTRUCTOR**

Pat Sheehan  
 1st Degree Black Belt  
 TaeKwonDo



**HAPKIDO  
 INSTRUCTOR**

Josh Gommels  
 2nd Degree TaeKwonDo  
 1st Degree Hapkido

**Special  
 Introductory Offer**

**2 FREE TRIAL LESSONS**

**For Families and Friends:**

Call MAFCI in Rochester 281-4335  
 Or any of our Branch Schools

**MAFCI Branch School Listing:**

Location	Director	Phone No.
Albert Lea	Barry Moszer	507-377-9633
Austin	Jon Juenger	507-434-0985
	Ken Kingstrom	“
	Mike Thorpe	“
Pine Island	Tim Wilken	507-287-9743
Spring Valley	Tom Yennie	507-754-5277
St. Charles	Dave Braun	507-932-5313
Stewartville	Glen Moe	507-365-8133

**2 FREE TRIAL LESSONS**

Also available for the following  
 Rochester programs:

**Aikido      Karate**  
**Hapkido    Taekwondo**  
**Jujitsu     Weaponry**

**CONGRATULATIONS TO  
 Instructor Tim Wilken**



Mr. Wilken opened the Pine Island  
 Taekwondo branch in October, 2002.  
 Mr. Wilken is a certified black belt in-  
 structor with the Martial Art Fitness Centers, Inc.  
 and the Korea SimMuDo Association.

**Classes meet Mondays at 6:00 PM**  
**Pine Island High School Wrestling Room**

## **TAEKWONDO Black Belt Promotion Test**

**September 14, 2002**

The following people were recently promoted in rank with the Martial Art Fitness Centers, Inc. and the Korea SimMuDo Association.



FRONT ROW: Pat Sheehan-1st Dan, Aaron Nielsen-1st Dan, Master Gommels, Master Moszer, Sam Shockey-1st Dan, Tim Postier-1st Dan

BACK ROW: Tom Yennie-2nd Dan, Andy Kruse-3rd Dan, Bob Friemund-3rd Dan, Chris Hagness-2nd Dan, Chuck Spencer-2nd Dan, Mike Monty-2nd Dan, Nicole Strissel-2nd Dan, Becky Monty-2nd Dan

Master Gommels and Master Moszer were the promotion test examiners.

---

### **INSTRUCTOR LEVEL PROMOTIONS**

ASSISTANT  
Aaron Nielsen  
Sam Shockey

ASSOCIATE  
Steve Funke  
Natalie Harwood  
Kwasi Kyeremeh  
Tim Postier  
Peter Shimshack

INSTRUCTOR  
Brad Carlson  
Chris Hagness  
Greg McIntire

SENIOR  
Kirby Strissel

---

## KOREA 2002

October 2-13 sixteen people from the MAFCI and Rochester city officials went on a cultural and martial arts tour of South Korea.

Some of the highlights are as follows:

- Police escort from the airport to our hotel
- Met and dined with many Shihung City officials, the Mayor, President of the Shihung Athletic Association, and martial arts masters.
- Trained in local martial arts schools with Korean masters
- Visited the Korea War vets memorial and DMZ observatory on the border between North and South Korea
- Toured factories and industry
- Witnessed awesome performances at Shihung TKD Tournament
- White Tiger Demo Team had



**Korean pagoda at DMZ area**

- an outstanding opening performance
- Shopped in traditional Korean open air markets
- Toured traditional folk village showing Korean life of long ago
- Climbed a nearby mountain each AM to watch the beautiful sunrise
- Watched the Kukkiwon TaeKwonDo demo team practice
- Many more exciting experiences too numerous to mention
- This tour also included continued development of the Shihung / Rochester sister-city connection



**Reachin' the Peak**

*We would like to thank Master Song, his friends and associates for going to great lengths to host this wonderful tour of Korea.*



# Okinawan Karate & Kobudo of Rochester

*Age 16-Adult 8:00-9:30 PM at the MAFCI.*



**Front row: Kazumi Runtsch, Masami Takayama, Dolly Savoy. Back row: Veronika von Messling, Tim Snyder, Kinjo Takashi, Frank and Sue Crow, Mike Heldebrant.**

**Okinawan Karate and Kobudo of Rochester** has been at MAFCI since the fall of 1999. Although new to Rochester, both Shihan Frank Crow and Shihan Sue Crow have many years of teaching experience, before moving to Minnesota. They teach a new and dynamic style of Okinawan Karate and Weaponry

We are pleased to introduce the first black belts from the Rochester school: Kazumi Runtsch, Veronika von Messling, Dolly Savoy, and Mike Heldebrant.

Kinjo Kaicho, the founder of our style, and Masami Sensei visited the Rochester dojo (school) in September, teaching seminars in karate and kobudo.

---

## ***MAFCI UPCOMING ACTIVITIES***

### **CALENDAR OF EVENTS**

JAN. 9 Spring Valley promotion test  
10 Rochester white belt promotion test  
11 Rochester colored belt promotion test  
FEB.3 Winter Com. Ed. classes begin  
13 Hapkido promotion test  
22 Active black belts appreciation night  
MAR. Albert Lea / Austin test, date TBA  
JUN KOREAN MASTERS SEMINARS  
this date also to be Announced

### **ROCHESTER INTRODUCTORY CLASSES**

#### **TEEN/ADULT**

- TaeKwonDo Feb.3-Feb.12
- Hapkido Feb.4-Feb.13
- Aikido Feb.3-Feb.12
- Karate Feb.3-Feb.12
- Weaponry Feb.4-Feb.13
- JuJitsu Feb.4-Feb.13

#### **YOUTH Age 5-12 (Choose only 1 session)**

- TaeKwonDo Feb.10-Feb.19
- TaeKwonDo Mar.10-Mar.19

# ASIAN CULTURE & MARTIAL ARTS RETREAT

September 28, 2002 at Ironwood Springs Christian Ranch

This annual event was an exciting educational experience in cultures from:  
Japan, Korea, Okinawa, and Vietnam

Classes in Asian culture were taught during the day, followed by an ethnic potluck supper, and martial arts performances in the evening. Over 200 people attended the evening events.



Han, Ki Nam Hansen  
Queen of Korean cuisine



Master Barry Moszer leads the TaeKwonDo instructors through the traditional black belt form called Basai.



Chief Jujitsu Instructor, Trevor Johnson executes a flawless, dynamic throw.

To the right Karate Master Sue Crow breaks a baseball bat with a shin kick. Husband and Master Instructor Frank Crow (in black left) winces at the thought.



## GUESTS OF HONOR

were Kinjo Kaicho (right) and wife, Masami Sensei (left) from Okinawa. They demonstrated the finest in Okinawan karate, weaponry, and dance.

If you missed this event,  
watch for our  
2003 ASIAN CULTURE  
& MARTIAL ARTS RETREAT

