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MARTIAL ART FITNESS CENTERS, INC.

2849 S. Broadway • Rochester, MN 55904

507-281-4335 • www.mafci.com • www.simmudo.com

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Helping you develop discipline, respect, and confidence along with physical fitness and self-defense.

FALL NEWS – 2005

Feel the Fire • Experience the Thrill!



www.mafci.com/mastersseminar/

Have you seen this link to our masters seminar this Fall? October 15 we bring Korea to you with the arrival of Grand Master Pan Gon Song and Master Jong Sung Kim from Shiheung, South Korea.

I hope you can come to this seminar.

We have been trying for 5 years to arrange for Master Kim to accompany GrandMaster Song. And this is the year!

Master Kim is one of the most amazing Korean martial artists that you could ever meet. He is GM Song's top master. He's powerful. He's fast. He's flexible. He's a gentleman. He has trained in a wide range of Korean martial arts. He is our top choice of all the masters from Shiheung, S. Korea to assist GrandMaster Song.

Both men are high level Masters and Leaders in the Korean Martial Arts. The seminar training will be in Yudo, Hapkido, Taekwondo, Hoshinsul, Kyuktookki, Simmudo techniques, and Weaponry.

I have been studying the Korean language for 7 years now, and I am able to communicate with them in

their native tongue. I am in contact with them regularly by phone, fax, or email. They have become my personal friends.

GM Song is the President of the Korea Simmudo Association, our black belt connection to Korea. Master Kim is the Director of General Affairs. The MAFCI of Rochester, MN is the International Headquarters.

Get the details and sign up soon!

People from across the USA, from Spain & England are planning to attend. I urge you to also take advantage of this unique opportunity. I can guarantee that you will come away from this seminar motivated, inspired and on fire to further your martial arts training.

Sincerely,

Fredrick J. Gommels

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Martial Arts Show

We need you to perform at this event.

Student Practice Schedule

Table with 2 columns: Activity and Schedule. Activities include Taekwondo Youth, Taekwondo Adults/Teens, Hapkido, Weaponry, Taekwon-Mu, Blue Fire, and Red & Black Belts.

SATURDAY, OCTOBER 22, 7:00 PM
MARTIAL ART FITNESS CENTERS, INC.

FREE ADMISSION to all performers

A Grateful Mom

Master Gommels, Our six year old son has been doing Tae Kwon Do for about six months now, and we have been impressed not only with the Martial Art Fitness Centers, Inc. and its staff, but with the changes we've noticed in our son. He has always been a rather "high strung" kid, with tendencies toward worry, and emotions worn on his sleeve.

Over the past couple of months, we've noticed that he seems to channel his energy more appropriately, he is learning to accept responsibility for his actions, and he demonstrates more respect for others, and for himself.

One could argue that these changes are simply evidence that he's "growing up" or that he was just "going through a phase." Continued on other side. ....

BLUE FIRE DEMO TEAM

ACROBATIC FORMS

ADVANCED WEAPONRY

CHOREOGRAPHED SELF-DEFENSE

Wednesdays 6:00-7:00 pm

GREEN BELT & UP

Age 12 & older - Give it a try!

Coach John Cruz: 261-7643



TAE KWON-MU

MUSICAL FORMS

NUNCHAKU & FAN TRAINING

"FIRE CRACKER" BOARD BREAKS

Mondays 6:00-7:00 pm

YELLOW BELT & UP

Age 7 & older - Please join us!

Coaches Doug & Debbie Beauchene: 281-8194



**A Grateful Mom Continued. . . .**

But we know that much of the credit for these positive changes goes to his training in Tae Kwon Do. When we encountered **one particularly bumpy spot** on the parenting road, I approached you, Master Gommels, because so many others have spoken so highly of your insight and genuine interest in **helping kids do well in ALL areas** of development: physical, emotional, spiritual, and relational. Your questions of me were poignant, and your advice to me has yielded immeasurable results.

You reminded my husband and me to **get back to the basics**: short, easily understood words delivered without emotion, clearly defined expectations, and swift, consistent consequences, all in the context of a loving, nurturing environment. We appreciate your **support and the professionalism of the Martial Art Fitness Centers, Inc.** We're thankful to have found an organization with values consistent with our own!

Sincerely,

*A Grateful Mom*

## Free Sparring

### Workouts!

All Ages - Thurs 6:00 pm  
Green belt & above

Teens-Adults - Fri 6:00 pm  
Yellow belt & up



**SAFETY EQUIPMENT IS REQUIRED**  
Purchase at: MAFCI

## CALENDAR OF EVENTS

- Sep 10 Albert Lea / Austin Taekwondo test
- Sep 13 Weaponry promotion test
- Sep 17 Kids Day America Demos
- Sep 24 Black Belt promotion test
- Sep 29 Spring Valley Taekwondo test
- Oct 6 White belt Taekwondo test
- Oct 7 Color belt Taekwondo test
- Oct 15 "37 ST GOLD" Jazz and Swing Band 7:30 pm
- Oct 17-22 Korean Masters Seminar
- Oct 22 Martial Arts Show
- Nov 10 Hapkido promotion test
- Dec 3 Albert Lea / Austin Taekwondo test
- Dec 6 Weaponry promotion test
- Dec 8 Spring Valley Taekwondo test
- Dec 17 Christmas Dance: Jazz Band 7:30-11:00 pm
- Dec 23-26 Closed for Christmas
- Dec 31 New Year's Eve Dance - 8:30-12:30 pm

### CLASS CLOSINGS – Rochester MAFCI

- Nov 24-27 Closed for Thanksgiving
- Dec 23-26 Closed for Christmas
- Dec 31-Jan 2 Closed for New Year's

## A New Program!

### Youth Hapkido

Age 7-12

Tue, Thu 6:00-7:00 pm

This class will focus on falling safely, takedowns and throws, along with grappling, pinning and restraining techniques.

## Introductory Martial Arts Classes

*Try any class you are not currently enrolled in.*

### CARDIO KICKBOXING & SPORT YOGA

**An introduction for Age 13-adult**

Work out to energetic music.

Firm up • Lose weight • Get in Shape!

Tue, Thu 8:00 - 9:00 pm

Sat 10:00 - 11:00 am

### AIKIDO – Japanese Art of Defense

**An introduction for Age 13-adult**

Aikido blends with the opponent's force, redirecting their own energy to gain control of or throw them.

Mon, Wed 7:30 - 8:30 pm

### HAPKIDO – Korean Art of Self-Defense

**An introduction for Age 7-adult**

Learn throws, joint locks, takedowns, and striking techniques for self-defense, physical and mental fitness.

Tue, Thu 6:00 - 7:00 pm

### WEAPONRY – Nunchaku, Sword, Staff

**An introduction for Age 7-adult**

Taught safely as an "art" for hand-eye coordination, choreography, left-right body development and fitness.

Tue, Thu 5:00 - 6:00 pm

### TAEKWONDO – Korea's National Sport

**An introduction for Age 5-adult**

Taekwondo is great for flexibility, tone, and balance along with focus, discipline, confidence and self-defense.

Mon, Wed 6:00 - 7:00 pm

Tue, Thu 7:00 - 8:00 pm

**All Intro Classes: \$29.00 / person**

**MAFCI Members: \$23.00 / person**

**Four 1-hour sessions**

**CALL 281-4335**

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FITNESS CENTERS, INC.**

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