



MARTIAL ART FITNESS CENTERS, INC.
 2849 S. Broadway • Rochester, MN 55904
 507-281-4335 • www.mafci.com • www.simmudo.com



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

SUMMER NEWS – 2005

THE STRONG-WILLED CHILD

Hey, how's it going with that child that insists that your world revolves around theirs? When you read that question did you feel a twinge of anxiety or adrenaline shoot through your body? If so, it's time to re-group and think through your strategy of dealing with that strong-willed child.

1 – kids respond to actions, not words. The only reason kids appear to respond to our words is because they fear our actions. When spankings are not an option, try: pushups; writing sentences; temporary removal of privileges; restricting freedom of movement.

PS – It's not enough to tell someone that you love them. They must see it in your actions. The most effective act of love is that of spending time with someone.

2 – do not give warnings. Giving warnings will wear you out. As long as the child knows what is acceptable behavior, they don't need warnings. They need immediate and swift consequences to unacceptable behavior.

3 – use fewer words with short syllables. By using fewer words you will come across with more authority.

4 – use a positive approach. Rather than telling the child what they should not do, try telling them what they should do. This will focus their attention on good behavior and in time produce better results.

5 – discipline in love, not in anger. None of us can think very clearly while angry. If you are angry, give yourself time to cool down before deciding on discipline. You may find that what you promised while you were angry does not seem very reasonable when you are sane.

6 – If we don't spend time with a person, we have no right to correct them. We all accept correction much better from those whom we feel truly care about us.

7 – reward small steps of progress. We all respond more readily to praise than to correction.

Continued on other side.

SUMMER TIME NOON CLASSES
 Tue - Wed - Thu 12:00-1:00 pm

BLUE FIRE DEMO TEAM
Xtreme Martial Arts

ACROBATIC FORMS
ADVANCED WEAPONRY
COMBATIVE SELF-DEFENSE

Wed & Fri 6:00-7:00 pm

GREEN BELT & UP • Age 12 & older

Ya just gotta try it!!



Free Sparring Classes!!
Light Contact

Teens & Adults Yellow belt & above: Fridays 7:30pm
All Ages Green belt & above: Thursdays, 6:00 pm
 Regular TKD advanced class also held at this time



EQUIPMENT REQUIRED

Purchase at: Martial Art Fitness Center

Gloves, boots, chest protector, mouth guard, groin guard, head gear (shin / forearm guards optional)

Some helpful ideas when you receive
“CONSTRUCTIVE CRITICISM”

1 – keep quiet and hear the person out. They might just be right. If you start defending your point right away, you may regret it later. Once your critic has had a chance to ventilate, they'll likely be more reasonable.

2 – if possible, take notes on the conversation. This will enable you to sort out your thoughts later. It will also send a message that you are truly listening.

3 – avoid getting mad at all costs. Getting angry with your critic will just escalate the issue and serves no productive purpose. **Continued on other side**

COMING EVENTS

Jun 4 Yusool Martial Arts Seminar
Jun 7 Weaponry promotion test
Jun 18 Albert Lea / Austin Taekwondo test
Jun 23 Spring Valley Taekwondo test
Jul 2-4 **Closed for July 4th**
Jul 7 White belt Taekwondo test
Jul 8 Color belt Taekwondo test
Aug 4 Hapkido promotion test
Sep 2-5 **Closed for Labor Day**
Oct 17-22 **Korean Masters Seminar**

THE STRONG-WILLED CHILD Continued. . . .

8 – if nothing else works, then try this: Have the child pick up the phone and personally call dad (or some other authority figure in the child’s life) at work. The child must then explain over the phone what they did and why they are calling. This is almost always guaranteed to produce effective results.

9 – do not provoke your children to anger. Avoid teasing or pointing out your child’s faults.

10 – be an example of mature behavior your self. Your child’s behavior may just be a reflection of yours.

11 – teach your child Godly principles of life. God’s Word is our map for life. Kids must understand that God is love and that they have a responsibility to obey his commands, even when no one else is around. Apply God’s Word to your own life and teach it to your kids.

12 – avoid taking away good things as a means of discipline. Apples, church youth activities, Martial Arts, and going to grandmas house are all good for a child and should never be taken away as a form of discipline.



TAE KWON-MU
 MUSICAL FORMS
 NUNCHAKU • FAN TECHNIQUES
 CREATIVE SELF-DEFENSE

Mondays 6:00-7:00 pm

YELLOW BELT & UP • Age 7 & older

Come on and do it!

Dance Schedule

SAT. 7:30-11:00 PM

AT THE MAFCI – ROCHESTER

| | | |
|--------|------------------|--------------------|
| JUN 11 | DJ Variety Dance | Lesson in Bolero |
| JUN 25 | DJ Variety Dance | Lesson in Rumba |
| JUL 9 | DJ Variety Dance | Lesson in Tango |
| JUL 30 | DJ Variety Dance | Lesson in Cha-Cha |
| AUG 13 | DJ Variety Dance | Lesson in Foxtrot |
| AUG 27 | DJ Variety Dance | Lesson in WC Swing |

Smoke free – Alcohol free

FREE LESSONS WITH EVERY DANCE

“CONSTRUCTIVE CRITICISM” Continued. . . .

4 – try to view the issue from your critic’s perspective. We are often quick to blame others when things don’t go our way. It could be that we are too wrapped up in our own ideas, opinions, and agendas.

5 – realize that we can learn from our critics. Some of life’s greatest ideas came about because someone questioned the status quo.

6 – admit any areas your critic could be right in. And above all, be sure to apologize if you are in error. Being able to apologize when wrong is not a sign of weakness, as some may think. It is a sign of maturity and strength.

7 – slow down, take 10 slow, deep breaths, and give your critic the benefit of the doubt. They may have unresolved challenges or adversities that they are dealing with. They may just need some understanding.

8 – do all you reasonably can to preserve the relationship. It does not matter who is right or wrong. What matters is correcting what you can and maintaining relationships.

SUMMER CAMPS!

You may try out any class listed that you are not currently enrolled in.

Four 1-Hour Classes = 1 Session 1 Session/\$29.00 or any 3 Sessions/\$69.00

| SESSION | | JUNE | JULY | AUG |
|-----------|-------------------|-------------|-------------|------------|
| TAEKWONDO | 5-adult M&W 6 pm | 13,15,20,22 | 11,13,18,20 | 8,10,15,17 |
| TAEKWONDO | 5-adult T&Th 7 pm | 14,16,21,23 | 12,14,19,21 | 9,11,16,18 |

Korea’s National Sport: Taekwondo is Korea’s national sport utilizing the hands and feet for blocking and striking.

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| HAPKIDO | 13-adult T&Th 6 pm | 14,16,21,23 | 12,14,19,21 | 9,11,16,18 |
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Korea’s Dynamic Art of Self-Defense: throws, joint locks, takedowns, grappling and striking self-defense techniques.

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| KICKBOXING | 13-adult T&Th 8 pm | 14,16,21,23 | 12,14,19,21 | 9,11,16,18 |
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Punch, kick, and stretch your way to good health with this fun and exciting workout to energetic music!

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| WEAPONRY | 10-adult T&Th 5 pm | 14,16,21,23 | 12,14,19,21 | 9,11,16,18 |
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Nunchaku, Sword, Staff: Learn the fundamentals of martial art weapons as taught to warriors of long ago.

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| AIKIDO | 15-adult M&W 7:30 pm | 13,15,20,22 | 11,13,18,20 | 8,10,15,17 |
|--------|----------------------|-------------|-------------|------------|

Japanese Art of Defense: Learn to blend with the opponent’s force, using their own energy to control or throw them.

ENROLL THROUGH: Martial Art Fitness Centers • 2849 S. Broadway, Rochester, MN 55904 • 507-281-4335