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## MARTIAL ART FITNESS CENTERS, INC.

2849 S. Broadway • Rochester, MN 55904  
507-281-4335 • [www.mafci.com](http://www.mafci.com) • [www.simmudo.com](http://www.simmudo.com)

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

### FALL NEWS – 2006



#### What is success?

Some say you are successful if you have a large bank account. Others say you have success if you have a high position in your career or have obtained an impressive education. Still others feel a sense of success by the material things they possess. All of

these accomplishments can be evidence of achievement and self-discipline.

However, **true success cannot be bought**, found in a classroom, or on the top floor of an impressive building. People with an apparent high level of success often end up with stress, broken relationships, or ill health. This is because in the process of achieving in one area we sometimes sacrifice other, more important areas. True success consists of that which money cannot buy.

**True success means living a balanced life** in these areas: spiritual, mental, physical, family, social, career, financial.

There was a time when I was off balance in my life. I was a teacher and administrator of a private Christian school for a combined total of 14 years. I didn't make much money, but we budgeted well and managed to own a

house on poverty wages. I was very committed and did any thing asked of me. However, my over-commitment to the ministry and to my career resulted in broken relationships at home, and poor health. After balancing out my time and my commitments to my family, my health returned and my family was more content. Living a balanced life is a priority to living a successful life.

We live in such an affluent society that we often misjudge what is truly important in life. If we are a high achiever in our career while neglecting our family or health, are we truly successful? One's career is just one piece of the equation to living a life of balance and success.

If you have good relationships with others; if your bills are paid; if you have good health spiritually, mentally, and physically; if you are content with your career; then forget about trying to climb the ladder of success. You are already there. Just continue to improve the quality of those areas and manage them well.

You will then be able to experience the peace, health, and contentment of living a balanced and successful life.

*Regards,  
Fred Gommels*

#### ARE YOU ON OUR EMAIL LIST?

Stay in touch with our latest events and updates

MARTIAL ART FITNESS CENTER

TO GET ON OUR EMAIL LIST

Contact: [fgommels@rconnect.com](mailto:fgommels@rconnect.com)

#### CALENDAR OF EVENTS

[www.mafci.com/calendar/](http://www.mafci.com/calendar/)

Oct 5	White belt Taekwondo test
Oct 6	Color belt Taekwondo test
Oct 12-21	KOREA TOUR
Nov 9	Hapkido promotion test
Nov 23-26	CLOSED THANKSGIVING
Dec 12	Austin Taekwondo test
Dec 5	Weaponry promotion test
Dec 22-26	CLOSED FOR CHRISTMAS
Dec 31-Jan 1	CLOSED FOR NEW YEAR'S

#### Black Belt Promotions

##### 1st DAN BLACK BELT - TAEKWONDO

DANIEL A. DALENBERG

RYAN J. ELLEFSON

JORDAN M. JUENGER

JAMEN J. RUSHTON

STEPHANIE J. YERHOT

##### 2nd DAN BLACK BELT - TAEKWONDO

JANIS L. MAHLE

##### 3rd DAN BLACK BELT - TAEKWONDO

JONATHAN R. JUENGER

##### 1st DAN BLACK BELT - HAPKDIO

JARRETT P. ABENSTEIN

The above people have trained in the martial arts for  
at least 4 years      1st Dan Black Belt  
At least 6 years      2nd Dan Black Belt  
At least 9 years      3rd Dan Black Belt  
At student with the MAFCI must be at least  
age 16 to earn the certified 1st Dan lack Belt.

## 2006 Instructor Certificates

As a part of our LEADERSHIP PROGRAM instructor certificates are earned by red and black belt students for teaching, seminar attendance, and performance reviews.

### ASSISTANT INSTRUCTOR

Reed W. Seabright

### ASSOCIATE INSTRUCTORS

Jarrett P. Abenstein      Jamen J. Rushton  
Stephanie J. Yerhot      Jordan M. Juenger

## INTRODUCTORY CLASSES

*FITNESS · DISCIPLINE · DEFENSE*

### CARDIO KICKBOXING & SPORT YOGA Age 13-adult

Firm up • Lose weight • Get in Shape!

Tue, Thu 8:00 - 9:00 pm Sat 8:00 - 9:00 am

### AIKIDO – Japanese Art of Defense Age 13-adult

Learn balance, harmony, control of opponent.

Mon, Wed 7:30 - 8:30 pm

### HAPKIDO – Korean Art of Self-Defense Age 13-adult

Throws, joint locks, takedowns, and striking techniques

Tue, Thu 6:00 - 7:00 pm

### WEAPONRY – Nunchaku, Sword, Staff Age 7-adult

Coordination, choreography, left-right body development.

Tue, Thu 5:00 - 6:00 pm

### TAEKWONDO – Korea's National Sport Age 5-adult

Taekwondo is great for flexibility, tone, and balance.

Mon, Wed 6:00 - 7:00 pm Tue, Thu 7:00 - 8:00 pm

### JUJITSU - Combat Self-Defense Age 13 - adult

Emphasizing ground fighting plus throws, joint locks, chokes, and striking techniques. Tue, Thu 7:00 - 8:00 pm

**Four 1-hour sessions: \$29.00 / person**

## Siheung, South Korea

Fred & Myrna Gommels are hosting a group of people to visit Siheung, South Korea Oct. 12-21. In addition to cultural tours and martial arts training, this tour will include the official the establishment of the Siheung / Rochester City Partnership. This culminates the past 5 years of exchanges of martial artists, city officials, athletes, and business between Rochester and Siheung.

Fred Gommels, having studied the Korean language for over 8 years, will be translating much of this tour.

Fred & Myrna Gommels will be joined on this tour by:  
Dennis Hanson: President of Rochester City Council  
John Eckerman: Director Rochester Area Chamber  
Francis Moore: Director AcademyKorean Martial Arts  
Glen Moe: MAFCI Instructor of Taekwondo  
Nancy Moe: Rochester Mayo Clinic  
James Geroux: MAFCI Instructor of Taekwondo  
Karie Geroux: MAFCI Instructor of Taekwondo  
Jarret Abenstein: MAFCI Instructor of Hapkido  
William Ihrke: MAFCI Assist. Instructor of Hapkido  
Stephen Rodeheffer: MAFCI Blue fire Demo Team & TKD

## PREMIER TRAINING PROGRAM

*Have you often thought that you would like to take some martial arts lessons, but . . . . ?*

Then consider our **PREMIER TRAINING** program which is designed to meet **your personal needs**.

### Through "private training"

your instructor will take you to **higher levels of proficiency and excellence** that are not possible through group training alone.

### IDEAS FOR PRIVATE TRAINING

Self-Defense	Forms Perfection
Weapons Defense	Power Development
Speed Development	Free Sparring
Ground Grappling	Promotion Test Prep

## Private Training Instructors:



### FREDRICK J. GOMMELS

6<sup>th</sup> Dan Korea Simmudo Association  
4<sup>th</sup> Dan Yusool – Martial Arts USA  
5<sup>th</sup> Dan Korea Taekwondo Chung Do Kwan  
5<sup>th</sup> Dan Korean New Hapkido Federation  
5<sup>th</sup> Dan Korea Taekwondo Chang Moo Kwan



### KIRBY L. STRISSEL

4<sup>th</sup> Dan Taekwondo ChungDoKwan  
4<sup>th</sup> Dan Korea Simmudo Association  
2<sup>nd</sup> Dan Hapkido – MAFCI  
16 years martial arts experience  
Administrator - Korea/USA Simmudo Assoc.



### JEREMY D. ANDERSON

4<sup>th</sup> Dan Taekwondo (Kukkiwon)  
4<sup>th</sup> Dan Taekwondo (San-Mai)  
3<sup>rd</sup> Dan Taekwondo MAFCI  
3<sup>rd</sup> Dan Korea Simmudo Association  
14 years martial arts experience



### JOHN M. CRUZ

3<sup>rd</sup> Dan Taekwondo – MAFCI  
3<sup>rd</sup> Dan Korea Simmudo Association  
2<sup>nd</sup> Dan Hapkido – MAFCI  
Manage of General Affairs – MAFCI  
13 years martial arts experience



### JOSHUA F. GOMMELS

3<sup>rd</sup> Dan Jujitsu – Martial Arts USA  
2<sup>nd</sup> Dan Taekwondo – MAFCI  
2<sup>nd</sup> Dan Korea Simmudo Association  
2<sup>nd</sup> Dan Hapkido – MAFCI  
18 years martial arts experience

**To schedule your private lesson:**  
**CALL 281-4335 or EMAIL [fgommels@rconnect.com](mailto:fgommels@rconnect.com)**