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MARTIAL ART FITNESS CENTERS, INC.

2849 S. Broadway • Rochester, MN 55904
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Helping you develop discipline, respect, and confidence along with physical fitness and self-defense.

SUMMER NEWS – 2006



DEALING WITH CONFLICT

I was told some time back, that when you turn 50 years old, you are qualified to start giving advice. ***I'm not quite 50, but I'm gonna be soon.*** So here's some advice.

When was the last time you had a conflict with someone? Was it resolved peacefully? Or are there still some tensions and hard feelings? Over the years I have observed that there are 3 basic approaches we can take when dealing with conflicts.

1. OUR SELF-PERSPECTIVE: From this perspective we are only concerned with our own agenda. Often when offended, **it is human nature to** react with our own feelings and goals in mind. From this self-perspective, we may not listen to the other person's position. We may even react in anger. This results in hurt feelings, broken relationships, bitterness, and on-going conflict. This is **the lowest level of maturity** when dealing with inter-personal conflicts.

2. THE PRINCIPLE or ISSUE INVOLVED: From this position we may listen to the other party, but only with the intent of forming our own response. Indeed, there are fundamental principles of right and wrong, honesty, mo-

ality, and ethics. However, **most conflicts** are not so black and white. We often focus on the **"principle of the matter"** at the expense of the other person's feelings. When this happens, the other person will often react in anger. Sometimes they may not outwardly express their hurt. But their **pain is often manifested later** in other ways, and the conflict usually continues.

3. OTHERS' PERSPECTIVE: When faced with conflict, people who have a **sincere desire to fully understand** the other party's perspective are able to effectively deal with conflicts and **maintain relationships**. When we take the time to truly understand the other person's perspective:

- Tensions are diffused.
- Both parties often find some common ground.
- We may even learn some needed lessons.

Before I continue, I need to share a bit about myself. I was a school teacher and counselor of a private Christian school for 14 years, and the last 6 years as administrator. I have served on numerous church, school, and service boards. I have operated a martial arts school for 23 years I have been fulltime 17 years. Oh! I have been married to my wonderful wife, Myrna, for 27 years. We have 2 boys, Josh age 23, and Jared age 18. **Cont . . .**

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

Angela K. Dalenberg
Jamen J. Rushton

ASSOCIATE

Daniel A. Dalenberg
Stacy L. Ellefson
Ryan J. Ellefson

CALENDAR OF EVENTS

www.mafci.com/calendar/

Aug 10	Hapkido promotion test
Sep 1-4	CLOSED FOR LABOR DAY
Sep 12	Weaponry promotion test
Sep 16	Black Belt promotion test
Sep 23	Austin Taekwondo test
Oct 5	White belt Taekwondo test
Oct 6	Color belt Taekwondo test
Oct 12-21	KOREA TOUR

Siheung South Korea

OCT 12-21, 2006



Experience the heart & soul of Korea.

Exotic cultural tours, training with the masters, and viewing amazing feats of martial arts skill.

There is still room on this tour.

***Fred Gommels* CONTACT ME FOR DETAILS**

fgommels@rconnect.com 507-281-4335

OR VISIT <http://www.mafci.com/koreatour/>

**GET ON OUR STUDENT EMAIL LIST
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The latest events and updates at the
MARTIAL ART FITNESS CENTER

TO GET ON OUR EMAIL LIST

Contact: fgommels@rconnect.com

DEALING WITH CONFLICT Continued

I have either observed or personally participated in numerous conflicts over the years. I have tried all 3 of the afore mentioned approaches. Number 3 works very well.

There are **two fundamental levels of character** that we all can possess:

Level-1: honesty, morality, and conscience

Level-2: understanding, patience, tolerance, forgiveness
While we are defending our character in Level-1, we often violate our character in Level-2.

Most people focus on the issues. However, all successful families, organizations, and businesses are able to resolve the issues while preserving relationships.

SO, WHAT SHOULD WE DO? Some ideas to try:

1. Be **quiet and listen** to the other party.
2. Sincerely try to understand.
3. **If they "machine-gun" you with anger** and too many points to respond to, take out a pen & pad and write some notes while continuing to listen patiently.
4. After they complete their discourse, review their concerns and ask them if this is what they meant.
5. Then ask if they are OK with you sharing some views.
6. If we are right, we should **speak the truth** with respect and humility allowing the other person to maintain their dignity.

7. If wrong, **we should admit it** and resolve to improve.
8. **Avoid forcing others** to apologize.
9. If you can't get the conflict resolved to your satisfaction, it might be best to **just let it go** and be tolerant.

WHEN WE RESPOND IN ANGER we cannot see the issue clearly, we often over-react, and usually complicate the matter. It is not always a matter of "what" we say. It is often a matter of "how" or even "when" we say it.

If you feel **too angry to effectively respond**, let the other person know that this matter greatly concerns you, and that you would like to get back to them at a later date. And then deal with it when you are under control.

IN SUMMARY:

Obviously **not all conflicts** reach a peaceful conclusion, but we can certainly make a serious attempt to improve our odds. As much as possible, believe that the other person truly means well and give them the **benefit of the doubt**.

When faced with conflict, make the preservation of the relationship of a higher priority than your own agenda or even the issues involved. Wholesome relationships in the workplace and in the home will improve your **peace of mind, happiness, and productivity**.

Regards,
Fred Gommels

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

Four 1-hour sessions: \$29.00 / person

Do In Sul & KumSul - age 16-adult

DoInSul combines breathing and stretching exercises in a way that improves mental & physical health and energy.

KumSul utilizes ancient sword techniques in slow movements for exercise, coordination, concentration. A slower paced, low-impact class by **MASTER CHAE SU KIM**.

Four Mondays 8:00-9:00 pm - Starting Aug. 28
\$39.00 includes sword.

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

"To be taught one-on-one is an experience that has changed my practice in martial arts, giving it new direction and energy."

Stephanie Yerhot - Red Belt

"If you are looking to improve a specific skill or your overall technique I would recommend private lessons."

Dan Dalenberg - Red Belt

"I get great positive feed back. I am learning the nuances of various techniques and practical approaches to self-defense as well."

Darcy Adamczyk - Blue Belt

To schedule your private lesson:

CALL 281-4335 or EMAIL fgommels@rconnect.com