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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)

# 道

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

### WINTER NEWS – 2006



#### PREMIER TRAINING

Greetings,  
I have been training in the martial arts since 1973 and have been teaching martial arts since 1979. I would like to introduce to you a **concept that is on the cutting edge** of martial arts training today. This concept involves providing “private training” from a **highly qualified and experienced instructor** in their field of expertise.

**The purpose of private training** is not to replace, but rather to supplement the group training that you are already receiving. Through “private training” your instructor will take you to **levels of proficiency and excellence** that are not possible through group training alone.

Would you like to become an “excellent martial artist”? Would you like to have more power in your movements? Do you wish to improve your self-defense or sparring skills? Do you need to polish your technique? I can assure you that through this program, given enough time and effort, you will be able to walk with confidence knowing that you are a **“PREMIER MARTIAL ARTIST”**.

*Fredrick J. Gommels – Director*

#### COURSES OF PRIVATE INSTRUCTION

**Self-Defense:** Develop throws and takedowns from martial arts of Hapkido and Judo.

**Forms Training:** Improve your focus, balance, speed, and power of your Taekwondo forms.

**Weapons Defenses:** Knife Defense, Blunt Weapon Defense, Firearms Defenses.

**Free Sparring:** Develop offense and defense, your reflexes, footwork and body mechanics.

**Ground Grappling:** You will develop ground positioning, escapes, pins and restraints

**Promotion Test Preparation:** Greatly improve your level of performance on a promotion test.

*This program is not designed to pass you through the ranks more quickly. Its purpose is to hone your talents, sharpen your skills, and to help you become your best.*

#### TAKE YOUR FIRST STEP NOW!

- Focus on your future.
- Accelerate your potential.
- Sign up for a private lesson.

**CALL 281-4335 FOR DETAILS**

#### *Thank you for all that you do.*

Fred, Attached is the short letter that we put together. Hope you can use it for your newsletter. We really think the world of you and everybody at MAFCI.

#### **What our son likes about TaeKwonDo:**

*Fun · Good exercise · Basics of self-defense.*

#### **What we like about MAFCI:**

- \* *Classes are offered throughout the week, so attending fits into a busy schedule.*
- \* *TKD requires discipline to achieve mastery. It teaches hard work and determination. We've noticed that our son used to whine about completing tasks before, now he persists.*
- \* *Respect is integral to TKD. It encourages respect outside the martial arts center. Our son has actually called us ma'am and sir.*
- \* *Training and coaching is positive and helps the student build confidence and self-esteem. A quiet confidence has taken over our teenager.*
- \* *After years of hockey, soccer and baseball, we were pleased to find an environment where students can achieve, without pressure from parents.*

Thank you for all that you do. We are really pleased to have found MAFCI.

*John & Paula Biermann*

#### CALENDAR OF EVENTS

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

- Feb 4 Black belt appreciation night
- Feb 9 Hapkido promotion test
- Mar 7 Weaponry promotion test
- Mar 18 Albert Lea / Austin Taekwondo test
- Mar 26 CLOSED FOR EASTER
- Apr 6 White belt Taekwondo test
- Apr 7 Color belt Taekwondo test
- Apr 15 NO CLASS – EASTER WEEKEND

#### Kong Shin Bup

#### KOREAN MARTIAL ARTS SEMINAR

**Mar 30 - Black Belts • April 1 - All Levels**

KI Training, Weapons Training, Joint-locking, Pressure Points, Traditional Forms, and a myriad of self-defense techniques derived from Royal Court, Tribal, and Temple Martial Arts. This seminar will be taught by:

**GrandMaster Rudy W. Timmerman**  
Inheritor of KongShinBup - Korean Martial Arts

**Light Contact****Sparring !**

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

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

**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**

**INTRODUCTORY****Martial Arts 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

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

**Four 1-hour sessions CALL 281-4335**

**Try Something New This Year!****Do In Sul & KumSul - age 16-adult**

**DoInSul** combines breathing and stretching exercises in way that cleanses the body, clears the mind, and improves over all mental and physical health and energy.

**KumSul** utilizes ancient sword techniques in slow movements for exercise, coordination, concentration, and focus. Both arts will be taught as a slower paced, low-impact class by Master Chae Su Kim.

**Choose one session: 1. February 6-27 2. April 3-24**  
**Mondays 8:15-9:15 pm**

\$39.00 per person includes KumSul training sword.

**2005 BLACK BELT PROMOTIONS****SPRING - TAEKWONDO****1st Dan Black Belt**

Allison R. Jones  
Jerry D. Karow  
Laura A. Holm  
Douglas L. Beauchene  
Matthew W. Burzinski  
Jill M. Schimke  
Lisa R. Doherty  
Andrew R. Voigt

**2nd Dan Black Belt**

Nicholas J. Talley

**3rd Dan Black Belt**

John M. Cruz  
Kenneth L. Kingstrom  
John D. Peterson  
Christopher R. Hagness

**2005 HAPKIDO****2nd Dan Black Belt**

John M. Cruz  
Josh F. Gommels

**FALL - TAEKWONDO****1st Dan Black Belt**

Deborah K. Beauchene  
Stacy L. Ellefson  
Andrew J. Hatzenbihler  
Michael T. Kempinger  
Mahdad Majd  
Mark J. Walters  
Jay R. Hansen  
Margaret C. Waletzki

**2nd Dan Black Belt**

Elizabeth R. Bloedel  
James C. Dunlap  
Patrick Q. Sheehan  
William C. Winter

**3rd Dan Black Belt**

Connie J. Benjamin  
Nicole L. Strissel  
Jeffrey W. Day  
Glen O. Moe  
Jeremy D. Anderson  
Susan L. Savage  
Jeffrey A. Clark  
Gregory F. McIntire

**4th Dan Black Belt**

Kirby L. Strissel

**OTHER 2005 ADVANCEMENTS****Kirby L. Strissel**

Master Instructor Certificate

Korea Taekwondo ChungDoKwan - 4th Dan Certificate

Korea Simmudo Association - 4th Dan Certificate

**Fredrick J. Gommels**

6th Dan Korea Simmudo Association

5th Dan Korea Taekwondo Chang Moo Kwan

5th Dan Universal Taekwondo Brotherhood

5th Dan National Korean Martial Arts Association

4th Dan Yusool - Martial Arts USA

Fred Gommels has been studying the Korean language for the past 7 years. He was issued on Dec. 19, 2005:

**Certificate of Intermediate High Level**

**by the AMERICAN COUNCIL**

**ON THE TEACHING OF FOREIGN LANGUAGES**

**TAE KWON-MU**

MUSICAL FORMS

NUNCHAKU & FAN TRAINING

Mondays 6:00-7:00 pm

**YELLOW BELT & UP**

Age 7 - Adult - *Please join us!*

**Coaches Doug & Debbie Beauchene**

