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MARTIAL ART FITNESS CENTERS, INC.

2849 S. Broadway • Rochester, MN 55904
507-281-4335 • www.mafci.com

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

WINTER NEWS – 2007



CHANGE CAN BE SCARY

2007 is here, and it's a time of change. We **usually change ourselves** for one of two reasons: either **from inspiration or out of desperation**.

So **change now** while life is easy, or be forced to change later when life gets hard.

- Instead of wishing for fewer problems, **develop more wisdom**.
- Instead of expecting the other person to be more reasonable, **try being more understanding**.
- Don't wait until you are in ill health to exercise. Do it now. "If we don't **take time to exercise now**, we'll eventually be forced to find time to recuperate later."
- Don't wish for more money, **develop more skills**.
- Instead of wishing that person wouldn't push you around, **learn to express your opinion**.

I used to say, *I sure hope things will change*. Then I learned that **the only way things are going to change** for me is **when I change**. We can't change **our destination** over night, but we can change **our direction** over night.

IDEAS FOR CHANGE

Spend time with **positive people**. Find a church you are comfortable in. Try a **self-development** book or a CD. Start a **new hobby**, sport, or service club. Set some **reasonable goals**. Take up martial arts or dance lessons. Join a Toastmasters Club to develop **speaking skills**. **Take a short trip** to somewhere you have never been.

Change is scary and sometimes risky. However, **the riskiest thing** we could ever do is to never change. What will you do this year for a change?

*Regards,
Fred Gommels*

INTRODUCTORY GROUP CLASSES

FITNESS • DISCIPLINE • DEFENSE

Invite your friends!

Or try out a new class yourself!

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 16 - adult

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

MIXED MARTIAL ARTS - Age 16-Adult

Training for combat martial arts competition. Must have minimum of 3 months Jujitsu training.

Mon, Wed 8:30-10:00 pm

Four 1-hour sessions: \$29.00 / person

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 schedule your private lesson:

CALL 281-4335 or EMAIL fgommels@rconnect.com

CALENDAR OF EVENTS

www.mafci.com/calendar/

- Feb 3 Black Belt Appreciation Night
- Feb 8 Hapkido promotion test
- Mar 6 Weaponry promotion test
- Apr 6-9 CLOSED – EASTER Weekend
- Apr 19 White belt Taekwondo test
- Apr 20 Color belt Taekwondo test