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## MARTIAL ART FITNESS CENTERS, INC.

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

# 道

*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

Weapons Defense

Speed Development

Ground Grappling

Forms Perfection

Power Development

Free Sparring

Promotion Test Prep

**To schedule your private lesson:**

**CALL 281-4335 or EMAIL [fgommels@rconnect.com](mailto:fgommels@rconnect.com)**

### CALENDAR OF EVENTS

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