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Martial Art Fitness Centers, Inc.
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*Discipline · Respect · Confidence,
Physical Fitness · Self-defense*



Table of Contents

Introduction	Branches Clubs:	Korean Martial Art &	Announcements
Taekwondo	Albert Lea	Culture Camp	Instructors
Hapkido	Austin	Korea Trip	Black Belts
Kickboxing	Spring Valley	Website	
Aikido	St. Charles	Calendar of Events	
Karate	Stewartville		
Jujitsu			
Youth Academy			
Nunchaku Ninjas			

TaeK wonD o

Taekwondo meaning "the way of the hand and foot" is a general term used to describe Korea's national sport. Prior to the establishment of Taekwondo as an official Korean martial art, a variety of martial arts were practiced in Korea. One of these arts was TangSooDo "the way of the China hand". This is the original term used to describe the style of Taekwondo that we train in here at the Martial Art Fitness Centers, Inc.

TangSooDo involves the hands and feet for blocking and striking and is an excellent means for building flexibility, strength, and endurance. The hand techniques help develop reflexes, timing and coordination. The kicking techniques improve balance, agility, and all around fitness.

Forms - Hyung

Forms training is an integral part of most traditional martial arts. Forms are a memorized series of basic movements against imaginary opponents. Forms training helps a student develop focus, discipline, memory, balance, coordination, speed, power, and perfection of technique.

The forms of TangSooDo are generally referred to as **traditional Korean forms**. This is due primarily to the fact that these forms have little or no alterations from their original creation. These forms are also traditional in the light that much of the symbolism used in earlier times remains an important part of the significance of the forms.

Symbols have been an important part of Korean culture for centuries. Before written language the use of symbols was a common occurrence in everyday life for people. Instructors of the Korean arts of self-defense have used a variety of symbols to pass on the secrets of the forms that they train in to their students. Instructors taught their students symbols, which include animals such as birds and snakes, flowers, plants, and insects, all to help the person to gain a clear image and understanding of what technique can be applied in a situation, where the technique may have originated from, and the successful use of the technique.

Each of the different symbols which are found in advanced TangSooDo forms, be it bird, snake, or bear, has its own **unique set of characteristics**. Each has its own place in nature. The skills that the animal has enable it to survive by obtaining food and defending itself. Instructors used these symbols to help pass on the secrets of the forms to their students. The symbols represented were not confrontational. They all avoid conflict unless it is necessary to fight. These symbols didn't just tie into the practice of forms, but also to the art, personal awareness, and practical facets of every day life.

This can be seen in **the movements and names** of the forms. For example Bassai is represented by the cobra and lightning quick strikes throughout the form. The three Naihanchi (Chulgi) forms are all represented by a horse moving sideways. Sipsoo (Ship Soo) represents the bear and its strength and power is seen in the techniques. Jinto (Chinto) represents the crane in battle using many parts of it's body to strike, and demonstrating exceptional balance while using it's neck and beak to strike faster than the eye can see. Rohai represents the heron along with patience, balance, speed and a perfected single attack as a defense. Kong Sang Koon is represented by an eagle in battle while in flight seen by the variety of strikes and angles of attack.

The symbols used in the advanced TangSooDo forms are tied into **the Korean people's culture** and history. The symbols used in the forms help provide a deeper understanding of the concepts that are in the form as well as a deeper understanding of Korean people and their culture. The association of the different symbols in Tang Soo Do forms provides a unique learning experience for the individual as they train in this traditional Korean martial art.

Forms and Children

Parents often get frustrated watching their children struggle through learning forms. We have to remember that most children begin to grasp distance, angles, depth, focus around the age of 6 - 8. For that reason it's important to be patient with your child's development so that they might progress at a rate that is reasonable for them.

Although the martial arts were originally designed for adults the military, today's training has been modified for youth. Through a balance of fun and discipline kids as well as adults can experience the mental and physical benefits offered through the martial arts.

Taekwondo Program of MARTIAL ART FITNESS CENTERS, INC.

- Non-competitive atmosphere
- We teach "Martial Art" not "martial sport"
- We focus on the individual's self-development
- Rank is "earned" not "bought"
- No Contracts
- We have an instructors' training program
- A practical approach to self-defense
- An individualized approach to teaching
- For beginner, intermediate, and advanced students
- Flexible schedule with daytime and evening classes