

!SHIMMOODO SUMMIT!

April, 2001

***An Incredible Experience
in Korean Martial Arts!***

From Shihung, South Korea!



Grandmaster - Pan Gon Song

Master - Jong Gu Kim

Exclusively at the:

MARTIAL ART FITNESS CENTERS, INC.

2849 S. Broadway - Rochester, MN 55904

507-281-4335

www.mafci.com



Grand Master Song
9th degree Black Belt

Pan Gon Song is a 9th Degree Black Belt GrandMaster. He has trained in Yudo, GongSooDo, TangSooDo, TaeKwonDo, Hapkido, and Korean weaponry. He is the current president of the *Korean Martial Arts Instructors Association* headquartered in *ShiHung City, South Korea*. He shares with us much of his knowledge from his decades of experience in the Korean martial arts.

Realistic? Effective? Self-defense

Master Kim is a former ROK (Republic Of Korea) military champion and a 6th Dan Black Belt Master. He has trained in Yudo, Tang-SooDo, TaeKwonDo, Hapkido, and Korean weaponry.

Master Kim is GM Song's training partner, traveling associate, and personal security guard. He shares with you much of his knowledge as taught in Korea.



Master K im
6th Degree Black Belt

Shim Moo Do

Shim Moo Do is a martial art created by Master Song from a combination of blocking and striking techniques, grappling, and weaponry. His goal is to share a martial art that is untouched by the modern influences of sports, but focuses on self defense, the art, and the physical & mental health that comes from the traditional martial arts of Korea.



Last June at the Martial Art Fitness Centers Inc. Master Song conducted an explosive and exciting one day introduction seminar to Shim Moo Do. He is greatly looking forward to coming again with Master Kim Jong Gu.

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Shim Moo Do

Shim: Heart, Mind

Moo: Martial Art

Do: The Way

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ShimMooDo Training Schedule

Rochester

18 Hr. SUMMIT April 19 - 21 Yellow Belt - Black Belt Age 12 – adult

Thursday: 5:00 - 8:00 PM Training
Friday: 9 AM - 9 PM Training with breaks and meals
Saturday: 9 AM - 5:30 PM Training with breaks and meals
5:30 PM Dinner break
Saturday night: 7:30 PM Korean dance team and martial art demos.

During all dinner and lunch breaks you may eat where you like.

3 Hr. SEMINARS April 23 - 28 White Belt & Above Age 10 – adult

Mon.-Thu. night: 5:00 PM - 8:00 PM each night

3 Hr. SEMINARS April 30 - May 5 White Belt & Above Age 10 – adult

Mon.-Thu. night: 5:00 PM - 8:00 PM each night

Austin & Albert Lea

Saturday, April 28: Austin 10:00 AM - 12:00 PM (lunch) 2:00 - 4:00 PM

Saturday, May 5: Albert Lea 10:00 AM - 12:00 PM (lunch) 2:00 - 4:00 PM

BASIC TRAINING FEES

Rochester Summit & Seminars

Weekend Summit Only: \$195 Per person. Includes: Saturday night events.

Seminars Only: \$35 Per person. Per 3 Hour Night.

Package: \$265 Per person. Full Summit & Seminars Unlimited

Korean Dance / Demos: \$10.00 Per person. FREE for Summit participants.

Austin & Albert Lea Seminars

One day: \$49.00 Per person. 4 Hour Seminar

Both days: \$85.00 Per person. Two 4 Hour Seminars

Ask for additional discounts & family rates.

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ShimMooDo Registration Form, 2001

Name: _____ Age: _____ Rank: _____

Summit _____ Seminar Dates _____

Credit card #: _____

MC ____ Visa ____ Am. Ex. ____ Disc. ____