

!SHIMMOODO SUMMIT!

April 19 - 21, 2001

***An Incredible Experience
in Traditional 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

ShimMooDo

ShimMooDo is a practical Korean martial art. It is a combination of blocking and striking techniques, grappling, and weaponry. ShimMooDo is 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.

Realistic? Effective? Self-defense



Grand Master Song
9th degree Black Belt

Grandmaster Pan Gon Song 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.

Master Kim
6th Degree Black Belt

Master Jong Gu Kim is a former ROK (Republic Of Korea) military champion and has trained in TangSooDo, Yudo, TaeKwonDo, Hapkido, and Korean weaponry.

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



Grandmaster Song and Master Kim have lived their whole lives in Korea. They come to us from ShiHung City, South Korea. ShiHung is a suburb of Seoul and is the home of the Korea ShimMooDo Association. Masters Song and Kim come to us in the tradition of their Korean culture.

I have personally trained with them several times in Korea and the USA. They teach in a way that is inspiring, educational, and often humorous. They are very humane in their teaching methods and are concerned that everyone has a satisfying learning experience. They conduct their seminars with a balance of teaching, demonstrations, and hands on practice. Everyone is assured to leave the seminar with new levels of knowledge, motivated and inspired to further their training.

Sincerely,

Fredrick J. Gommels • Director Martial Art Fitness Centers, Inc.

ShimMooDo Training Schedule

April 19 - 21 Yellow Belt - Black Belt Age 12 - adult

Thursday: 5:00 PM - 8:00 PM Training
Friday: 9:00 AM - 9:00 PM Training with breaks and meals
Saturday: 9:00 AM - 5:30 PM Training with breaks and meals
5:30 PM Dinner break

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

\$195 per person. \$35.00 per additional family member.

!BONUS EVENT! Saturday Night April 21, 7:30 PM

***Mu Gung Hwa Korean Dancers
White Tiger Korean Demo Team***

\$10.00 per person FREE for ShimMooDo participants.

See last page of this flyer for details!

Mail registration and seminar fee to:

MARTIAL ART FITNESS CENTERS, INC.

2849 S. Broadway ? Rochester, MN 55904 ? 507-281-4335

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ShimMooDo Registration Form

Name: _____ Age: _____ Rank: _____

Address _____

Credit card #: _____

MC ____ Visa ____ Am. Ex. ____ Disc. ____ Phone _____

!Thrilling Performances In the Korean Arts!

\$10.00 per person. FREE for ShimMooDo participants.



**Mu Gung Hwa
Korean Dancers**

perform in the Korean arts of dance and music. At one time only royalty and the royal courts of Korea were able to witness these beautiful performances. The colorful costumes, intricate dances, and intriguing music make the MuGungHwa a truly incredible experience in Korean culture.

White Tiger Korean Demo Team

The Martial Art Fitness Centers' very own White Tiger Demo Team is trained in the Korean martial arts of TangSooDo, Hapkido, and Weaponry. They will be performing high flying throws, board breaking, intriguing weapons forms, awesome feats of self-defense, and martial art skill.



The Show Starts at 7:30 PM ? Saturday, April 21

Korean Dance & Martial Arts 4/21/01 Fee: \$10.00 per person

Name: _____ Phone: _____

Address _____

Credit card #: _____

MC ____ Visa ____ AmEx. ____ Dsc. ____