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KOREA SIMMUDO ASSOCIATION™
USA Headquarters: Martial Art Fitness Centers, Inc.

Fredrick J. Gommels: Executive Vice-President

Barry A. Moszer: Vice-President

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Instructor News - Summer 2002

Ahn young ha shim nikka?

Greetings to Everyone. Are you at peace?

Thank you for your hospitality during our stay in your country this past spring. We enjoyed teaching everyone SimMuDo. It was good to see your development in the martial arts from the past year.

Much progress has been made in the Korea/USA SimMUDo Association since its establishment in April, 2001.

- ? The SimMuDo website is now on the internet. Please visit the Korea SimMuDo Association at: www.simmudo.com
- ? Barry Moszer has been appointed to the position of Vice-President
- ? The SimMuDo curriculum is being translated into English for you. Ask Master Gommels about the progress.
- ? We are also in the process of developing a sister-city relationship between Shihung City, S. Korea and Rochester, Minnesota. We hope this to become an athletic and cultural exchange.



Kamsah hamnida.
Thank you

Ahn young hee kay ship shiyo.
May you remain in peace

May you continue to train diligently. I look forward to seeing many of you in Korea this October.

Sincerely,
GrandMaster Pan Gon Song

Association
President

SIMMUDO

BLACK BELT

PROMOTION

TEST

April 21, 2002

Conducted at the:
Martial Art
Fitness Centers,
Inc.
Rochester, MN



Front Row: 1st Degree- Joseph Paulson, Tim Wilcken, Michael Turk, Kwasi Kyeremeh, (GM Song, Master Gommels) Peter Shimshak, Steve Funke, Jason Hatz.

Back Row: 2nd Degree- Glen Moe, Mike Thorpe, Greg McIntire, Jon Juenger, **4th Degree-** Barry Moszer
2nd Degree- Dave Canale, Josh Jorgensen, Jeffrey Clark, Joe Sedelmeyer, **Assisting:** Master Kim, John Cruz.

APPOINTMENT TO VICE-PRESIDENT



Sat., April 20, 2002 Grand-Master Pan Gon Song appointed Barry Moszer as :
Vice-President of Korea/USA SimMuDo Association

Master Moszer started his martial arts training in 1972 and has trained in TaeKwonDo, GongSooDo, Judo, TangSooDo, and Martial Art Weaponry.

Some of Master Moszer's duties will be over-seeing promotion tests, teaching seminars, and furthering the development of the Korea/USA SimMuDo Association.

心 武 道 SIM MU DO Curriculum

As you know, the general outline of SimMuDo consists of 3 elements:

- ? Kwon sul - striking techniques
- ? Chey sul - grappling techniques
- ? Kom sul - weaponry

As long as you teach within these 3 areas you are teaching the concept of SimMuDo. However, within each of these 3 areas of training are particular techniques that make up the curriculum. The particular techniques of each category are in the process of being translated into English.

The goal is to have a complete training guide for each black belt rank of SimMuDo.

We will keep you posted as to the progress of this project.

Korean Martial Art Terms

KOREAN	ENGLISH
Hoshinsul	Self-defense
Sim (Shim)	Heart
Mu	Martial
Do	Way
Makki	Block
Chigi	Hand Strike
Chagi	Kick
Chey Yook Kwan	Martial art school

Korea 2002 October 2-13

Possible Tours and Activities

Kukkiwon	Open air markets
Folk villages	Museum
Martial arts	DMZ line
King's palace	Buddhist Temples
Martial art supply stores	
Korea SMD Assoc. Headquarters	
For details contact:	
Fred Gommels 507 -281-4335	

This trip is open to you to experience Korean culture and martial arts. GrandMaster Pan Gon Song will be our host.

The next tour is scheduled for October, 2004.

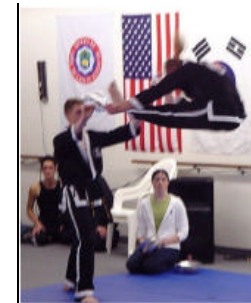


Joe Sedelmeyer performing the outside wrist lock throw

Highlights From April, 2002 SimMuDo Seminar Held in Rochester, MN USA



Chonsa Korean Dancers at the Korean Culture Show



Josh Jorgenson flies high: White Tiger Demo Team



John Cruz demonstrating a hand shake throw



GrandMaster Song explaining the finer points of basic movement



Dave Canale performs Basai