



심무술 체육관 대한 심무도 미충본관

미국에서 미네소타주 러체스터도시

KOREA SIMMUDO ASSOCIATION™

USA Headquarters: Martial Art Fitness Centers, Inc.

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유단자 정보 2002년 여름

Black Belt News - Winter 2002

Dear Black Belts and Association members!

I give my heartfelt thanks to the instructors and master instructors for spreading the training of SimMuDo throughout the world. Furthermore, I warmly congratulate you who have become SimMuDo Association members.

친애하는 세계심무도 회원 여러분! 심무도를 전세계에 보급 육성하는데 노력하시는 관장 사범님들께 진심으로 감사를 드립니다. 그리고 심무도 정회원이 된 것을 진심으로 축하드립니다.



Sincerely,

Song, Pan Gon - President

안녕히 계십시오

회장 송 판 곤

KOREAN MASTERS WEEK! April 15-20, 2002

I can't begin to describe what a privilege it is to host a seminar with Korean Masters of this caliber. This is a rare opportunity to train with and get to know these Masters of the Korean martial arts.

As you know, last year the Martial Art Fitness Centers, Inc. of Rochester, MN was appointed as the headquarters of the Korea/USA SimMuDo Association. We now have a [direct link to Korea](#) for training, certification, and developing an alliance with the roots and heritage of our training.



I would like each of you to feel as if you personally are the host with GrandMaster Song and Master Kim as our very special guests. I want you to feel as if they have been invited right into your very own home. This means you should feel at liberty to get to know them, and for them to know you. You should also feel free to join them for meals in the back room and any other fun activities. I really want you to experience what I have experienced in getting to know Master Song and Master Kim and their culture.

I am planning on having this year's seminar to include [special sessions for black belts only](#). I want each of you to come away from the training with a

sense of personal growth, achievement, and an unquenchable desire to continue your quest for learning the martial arts.

Also, you must be sure to attend the [celebration night of Korean Martial Arts and Culture](#) at the conclusion of the seminar. I guarantee that you, your family and friends will be amazed and thrilled with the music, dance, and martial arts performances. Look for detailed information on this eventful week.

I look forward to your participation in the *Korean Masters Week*.

Sincerely,
Fredrick J. Gommels

SimMuDo Action-Training Video

Now Available!

It is a great honor to have available a video containing live footage of Master instructors from Korea itself. There are very few videos of this kind in the USA. And it has been our privilege to have produced this one! You must take advantage of this opportunity.

For black belt discounts: Call 507-281-4335



*The world's only video
on the art of SimMuDo!*

Black Belt Promotion Test

At the Korea/USA SimMuDo Association Headquarters™
Martial Art Fitness Centers, Inc. Rochester, MN USA
Sat. Feb. 23, 1:00 PM Under Master Fredrick J. Gommels
Sat. April 20, 9:00 AM Under GrandMaster Song Pan Gon

Everyone eligible for testing is encouraged to test under GrandMaster Song in April. However, those who prefer to test under Master Gommels in February may do so.

KOREA - Martial Art and Culture Tour - October, 2002



This is expected to be a 10 day trip. About 8 days for training and sight seeing and 2 days for travel. About 12 people are planning on going so far. See Fred Gommels for details on cost, lodging, schedule, etc.
507-281-4335

Enjoy Korean Culture!

There will be a variety of cultural activities to enjoy: Shops, temples, countryside, open air markets, food, language, music, and

much, much more.

Train With Korea's Finest GrandMasters! If you are like I was before my first trip to Korea you might wonder how many injuries you will sustain from the workouts. The Koreans are honored that we would visit them in their homeland. I can assure you that although they train hard, they are not out to hurt anyone. They want you to have a safe and extremely rewarding experience. So, brush up on your Korean, bring your uniform, and join us for the next exciting tour of this intriguing land and people.



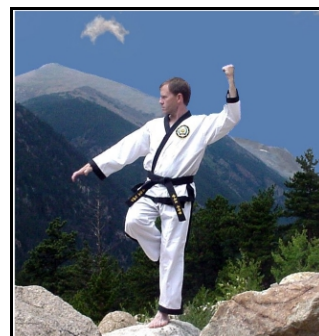
My Perspective

I have trained in the martial arts for 29 years now. I have studied GongSooDo, Hapkido, TaeKwonDo, Aiki-Jujitsu, TangSooDo, Yudo, and SimMuDo.

When I was introduced to SimMuDo I felt that it was a perfect fit with our practical and comprehensive approach to martial arts.

I must say to you that I am extremely proud to be a part of the Korea SimMuDo Association. I feel that this is the beginning of a long term relationship and that the best is still to come.

*Fred Gommels - Director
Korea/USA SimMuDo Association*



SimMuDo Defined

Rather than sport, SimMuDo is an art focusing on self-defense, and the physical and mental health of the traditional martial arts of Korea.

심무도 정의

심무도는 스포츠뿐만이 아니고, 호신술과 실천무술로써 정신적과
내외면적인 전통적 무술입니다.

Master Fred Gommels
프레드 가믈스 관장

