



KOREA/USA SIMMUDO ASSOCIATION

MARTIAL ART FITNESS CENTERS, INC.

2849 S. Broadway • Rochester, MN 55904

Phn 507-281-4335 • Fax 507-536-9020

www.mafci.com www.simmudo.com

FALL NEWS - 2006



Hyo Chaun Moo Yea Hapkido Association

Greetings Members,

Via the Korea Simmudo Association certification in Hapkido is available through the Hyo Chaun Moo Yea Hapkido Association.

The HCMY was established in Shiheung City, South Korea on July 24, 2003. The current President is Roo, Dong Gu.

Hoe Chaun Moo Yea is a technical science of martial art. The mission of Hoe Chaun Moo Yea is to spread it's core spirit through it's system of research to mankind, and to take a role in the increase of physical and mental health and fitness as well as to enhance national honor of mankind.

Sincerely,

회장 손판곤

Song, Pan Gon - President

SimMuDo Training Video

심무도 연습하는 비디오



1st Dan SimMuDo Training Video - DVD

This video contains the minimum rank requirements to achieve the 1st Dan Black Belt under the Korea Simmudo Association.

The following areas are shown in slow motion, freeze frames, and normal speed:

**Striking & Kicking • 1-Step Sparring
Hoshinsul • Falling Techniques
Throws • Stick Defenses
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The Simmudo Training Video is \$21.95 to members of the Korea/USA Simmudo Association. To order a copy contact

simmudo@earthlink.net

DEALING WITH CONFLICT

I was told some time back, that when you turn 50 years old, you are qualified to start giving advice. *I'm not quite 50, but I'm gonna be soon.* So here's some advice.

When was the last time you had a conflict with someone? Was it resolved peacefully? Or are there still some tensions and hard feelings?

Over the years I have observed that there are 3 basic approaches we can take when dealing with conflicts.

1. OUR SELF-PERSPECTIVE: From this perspective we are only concerned with our own agenda. Often when offended, **it is human nature to** react with our own feelings and goals in mind. From this self-perspective, we may not listen to the other person's position. We may even react in anger. This results in hurt feelings, broken relationships, bitterness, and on-going conflict. This is **the lowest level of maturity** when dealing with inter-personal conflicts.

2. THE PRINCIPLE or ISSUE INVOLVED: From this position we may listen to the other party, but only with the intent of forming our own response. Indeed, there are fundamental principles of right and wrong, honesty, morality, and ethics. However, **most conflicts** are not so black and white. We often focus on the *"principle of the matter"* at the expense of the other person's feelings. When this happens, the other person will often react in anger. Sometimes they may not outwardly express their hurt. But their **pain is often**



manifested later in other ways, and the conflict usually continues.

3. OTHERS' PERSPECTIVE: When faced with conflict, people who have a **sincere desire to fully understand** the other party's perspective are able to effectively deal with conflicts and **maintain relationships**. When we take the time to truly understand the other person's perspective:

- Tensions are diffused.
- Both parties often find some common ground.
- We may even learn some needed lessons.

Before I continue, I need to share a bit about myself.

I was a school teacher and counselor of a private Christian school for 14 years, and the last 6 years as administrator. I have served on numerous church, school, and service boards. I have operated a martial arts school for 23 years I have been fulltime 17 years. Oh! I have been married to my wonderful wife, Myrna, for 27 years. We have 2 boys, Josh age 23, and Jared age 18.

I have either observed or personally participated in numerous conflicts over the years. I have tried all 3 of the afore mentioned approaches. Number 3 works very well.

There are **two fundamental levels of character** that we all can possess:

Level-1: honesty, morality, and conscience

Level-2: understanding, patience, tolerance, forgiveness

While we are defending our character in Level-1, we often violate our character in Level-2.

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Most people focus on the issues. However, all successful families, organizations, and businesses are able to resolve the issues while preserving relationships.

SO, WHAT SHOULD WE DO? Some ideas to try:

1. Be **quiet and listen** to the other party.
2. Sincerely try to understand.
3. **If they “machine-gun” you with anger** and too many points to respond to, take out a pen & pad and write some notes while continuing to listen patiently.
4. After they complete their discourse, review their concerns and ask them if this is what they meant.
5. Then ask if they are OK with you sharing some views.
6. If we are right, we should **speak the truth** with respect and humility allowing the other person to maintain their dignity.
7. If wrong, **we should admit it** and resolve to improve.
8. **Avoid forcing others** to apologize.
9. If you can't get the conflict resolved to your satisfaction, it might be best to **just let it go** and be tolerant.

WHEN WE RESPOND IN ANGER we cannot see the

**STRUCTURED & FREE**

Martial arts just like any other recreational activity is something that people choose to do. It is in our nature to do things we enjoy with our free time. If people do not enjoy what they are doing they will look for something different to fill up their free time.

Any martial art class regardless of style needs to have order and structure to it but it also needs to be fun for both youth and adults. One way this can be accomplished is for instructors to alternate between a structured activity and a more free activity with their students. What is a structured activity and what is a free activity? To put it very simply a **structured activity** involves the instructor having complete control over what the students are doing. On the other hand a **free activity** gives the students a chance to practice with a less controlled approach to what they are doing while still under the eye of the instructor.

Some examples of structured activities are having the students work on the basic techniques, forms and controlled drills. In all of these examples the instructor has specific things that they are looking for that do not change. In the basic techniques the performance of the techniques are generally done the same way each time. The forms that the students practice have a set pattern that is followed. In controlled drills the instructor gives the students the techniques to drill on in a specific way.

Examples of free activities are self-defense, 1-step sparring, and free sparring, or free practice. These examples can entail a little more creativity on the part of the students. With self-defense the techniques being worked on may need to be adjusted based on size and body type person to person. With 1-step sparring the students can experiment with different combinations of blocks, kicks, and strikes. Free sparring, or

issue clearly, we often over-react, and usually complicate the matter. It is not always a matter of “what” we say. It is often a matter of “how” or even “when” we say it.

If you feel **too angry to effectively respond**, let the other person know that this matter greatly concerns you, and that you would like to get back to them at a later date. And then deal with it when you are under control.

IN SUMMARY:

Obviously **not all conflicts** reach a peaceful conclusion, but we can certainly make a serious attempt to improve our odds. As much as possible, believe that the other person truly means well and give them the **benefit of the doubt**.

When faced with conflict, make the preservation of the relationship of a higher priority than your own agenda or even the issues involved. Wholesome relationships in the workplace and in the home will improve your **peace of mind, happiness, and productivity**.

Regards,

Fred Gommels - Director

Korea/USA Simmudo Association

free practice, is a chance for the students to try and apply what they work on during other parts of class in a more free flowing environment. **While practicing free activities the students get a chance to experiment and find what works for them but the instructor is still has the responsibility to make sure proper technique is used.**

These are generally how these activities would be classed but any of these activities can be structured or free depending on how the instructor chooses to have students work on them. **Variety in how you as an instructor run the class** will make the class much more enjoyable for the students compared to the same thing every single class.

How do you know when it is time to change activities?

Generally you would want to change activities every 10-15 minutes for adults and every 5-10 minutes for youth. You may need to change activities sooner or later depending on how well the students are doing with the activity and interest level especially with youth.

There are lots of choices out there as far as martial arts schools go for students. **This being said, as instructors it is our responsibility to teach proper technique and maintain discipline in class but we also need to help the students enjoy what they are learning.** How many of us would still be training in the martial arts if we did not enjoy going to class and working out week after week and year after year? Not many of us would have stayed active this long if our instructors had not made the effort to keep us interested in what they had to share in their classes. As a new generation of instructors we need to continue to share what we have learned but also make it an enjoyable experience.

Kirby Strissel - Administrator

Korea/USA Simmudo Association