



KOREA/USA SIMMUDO ASSOCIATION

MARTIAL ART FITNESS CENTERS, INC.

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SUMMER NEWS - 2006



Greetings from Song, Pan Gon

I welcome all members of the Korea Simmudo

Association to visit me and my associate master instructors in Siheung City, South Korea this fall. I'm currently heavily involved in the planning of your visit to Korea for tours and martial arts training.

Sincerely,

회장 송 판 곤

Song, Pan Gon - President

Siheung
South Korea
Oct. 12-21, 2006



You need not be a martial artist to go.

Please join me on my 6th intriguing visit to south Korea. Master Song and his associates will host us on exotic cultural tours, training with the masters, and viewing amazing feats of martial arts. Experience with me the heart and soul of Korea.

Fredrick Gommels CONTACT ME FOR DETAILS

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OR VISIT <http://www.mafci.com/koreatour/>

COMMENTS ON PAST TOURS

"Probably the best vacation I ever had." "The shopping was awesome. The country was gorgeous. The people were friendly." "The culture, the friendly people, the quality martial arts training, and the gracious hospitality of our hosts were phenomenal."

FACING OUR FEARS

What have you been wanting to do, but were afraid to try? What has been holding you back? What must you overcome in order to face your fear? Do you need to learn a new skill? Do you need to face your fear in smaller increments, taking one step at a time? Or is what you fear not really that necessary to face at all? Do you simply need to turn and walk the other way? Do you need to seek out the support of someone you trust?

Here is a list of some fears that I have faced.

Driving a car	Learning martial arts
Getting married	Public speaking
Flying in a jet airliner	Taking dance lessons
Living in poverty	Traveling over seas
Raising two boys	Changing vocations
Admitting I was wrong	Having surgery
Loss of a loved one	Financial challenges
Running a fulltime martial arts school	

What fears are you facing today? **There are some basic principles to remember when facing our fears.**

- We are not the first person to face this fear.
- 95% of what we fear never happens any way.

- If we must face our fear, face it in small steps.
- Quite often when we do come face to face with our fear, it is not as bad as we had thought.
- As a diamond is purified through heat, the human spirit is strengthened through adversity.
- Hardship can teach us valuable lessons.

But what happens when we are faced with the insurmountable? What should we do when life knocks us flat on our back? When that happens, most people find that they have no other choice than to look up. Even the hardened atheist when faced with death has cried out to God.

God can be our refuge and strength, and a very present help in time of trouble.

If you are like me, you would rather not have to go through the trial to develop the character. Life is not like that, however. So when faced with the fear of challenges or trial, let's not complain. **Rather, let's rejoice in the opportunity to learn, grow, and develop the strength to face even greater fears and challenges.**



Fredrick Gommels



REPITITION = REFLEX

"How many times should we do this?"

This is one of the most common questions I hear from students when they start to practice a drill to develop a specific technique. The honest answer is thousands of

times but we do not have that much time in one class. We do however have enough time to take a technique and work on making it become a reflex.

Through repetition a technique will become ingrained in the muscle memory and become a reflex. This along with proper execution should be the goal when teaching new techniques to students. The minimum number of repetitions should be 10, which in fact is just enough to get a person warmed up with a new technique. After around 100 repetitions a person will usually remember the technique the next class. To become a reflex it will take around 1000 repetitions.

Variety in how the students practice the technique will help maintain interest while increasing the number of repetitions in each class. Take for instance front middle kick. Before even getting into the workout the motion of doing high knee lifts as a warm up can help prepare the

students for the kick later in class. During basic movements the technique can be practiced moving up the floor. Any forms that have front middle kick in them are another opportunity for practice. Drill the kick by choosing a 1-step sparring technique using the front middle kick. Bag work and kicking targets are great opportunities to work on the technique with some physical resistance as opposed to just kicking the air. Come up with combinations using front middle kick in them and use them during sparring drills. As a cool down practice slow front middle kicks.

These are just some basic ideas on how to take one technique and have students drill on it throughout class. **This will help the students develop the muscle memory and be able to make the techniques a reflex.**

Kirby Strissel

MARTIAL ART CERTIFICATION OPPORTUNITY

We will be applying for certification from the Korea Simmudo Association and other Korean based martial art organizations this summer. Interested parties can contact us:

Kirby Strissel at simmudo@earthlink.net

Or view details online:

<http://www.simmudo.com/certification/>