



KOREA/USA SIMMUDO ASSOCIATION

MARTIAL ART FITNESS CENTERS, INC.
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FALL NEWS - 2007

JUNE MASTERS SEMINAR



GrandMaster Song, Pan Gon

In the middle of May we found out a group of officials and citizens from ShiHeung City, South Korea would be coming to Rochester, MN for further development of the Sister City connection between ShiHeung and Rochester.. Because of this trip the last week in June the Martial Art Fitness Centers, Inc. was able to host GrandMaster Song, Pan Gon for a seminar from June 25-27. Over 60 people from Minnesota and Iowa were able to attend this event. GrandMaster Song covered a variety of 1-steps and hosinsul (self-defense) techniques including joint-locks, throws and weapons



GrandMaster Song demonstrating a snake arm-lock

THE SLOW GROWING STUDENT

Anybody who has instructed students or been a spectator on the sides can see those students who are a “natural” when it comes to their martial arts training. It is also pretty easy to pick out the students who are slower than the norm, “slow growing,” when it comes to learning the material being presented. As an instructor it is obviously easier to pass the material onto the “natural” that is able to pick up on things after seeing and doing it a few times. Be that as it may, **as an instructor it is your job to also pass the material on the “slow growing” students too.**

Personally I have found it more difficult but more rewarding to pass material onto the “slow growing” students. When working with the “natural” students it does not take much effort to pass the material onto these students. Trying to teach the “slow growing” students is a lesson in creative thinking and patience for the instructor. If I watch somebody pick something up with little to no effort I am happy for them. But, if I see somebody struggle with a skill when they do finally understand what they are doing it means more to me because they persevered through they challenge before them.

People generally learn best one of three ways: audio, visual or kinetic. The audio learners can pick up on things by having it explained to them. A visual learner is going to catch onto things best by seeing a demonstration. Finally a



kinetic learner will understand the material by doing it.

The “natural” student is not going to need a whole lot of variety in how the material is presented to them be it audio, visual or kinetic. On the other hand, **the “slow growing” students are going to need the same material presented to them in a vast variety of ways.** One example is a person I have worked with that could not get the mechanics of a round kick during basic movement or on a target to save their life. We took the same technique and did it slowly against the wall explaining what should be done during each step of the technique. All of the sudden the light bulb came on for them. I have worked with other people that could not get the mechanics of a basic wrist lock irregardless of how I tried to explain as they practiced and watched demonstrations of the technique. Finally, I explained the circular movement of the technique and they figured out how to execute the technique.

The point to all this is that as an instructor you need to be patient and continue to try and get your point across to the students in a constructive way. Each of us is an individual and will learn in our own unique ways. As instructors we need to take the time and try different ways to pass on the material to our students to make sure **they understand what they are doing rather than fumbling through the technique.**

*Take care,
Kirby Strissel*

LAST CHANCE TO ENROLL!!!



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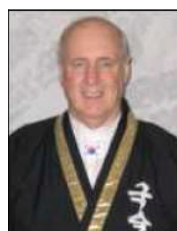
Proudly Announces:

**National Korean Martial Arts Association
SEMINAR**

**KOREAN MARTIAL ARTS
KONG SHIN BUP - HAPKIDO - KUK SOOL**

TRAINING CONDUCTED BY:

**GrandMaster
Rudy Timmerman
9th Dan Black Belt GrandMaster**



**For more information on
GrandMaster Rudy W.
Timmerman
& Kong Shin Bup
visit: www.nkmaa.com**

Saturday, Oct. 20 10:00 am-5:00 pm

Age 12 - adult

KI Training, Weapons Training, Joint-locking, Pressure Points, Traditional Forms, and a myriad of awesome Self-Defense techniques.

The training is derived from ancient Korean Tribal, Temple, and Royal Court martial arts.

SEMINAR FEE: \$79.00 / person

Payable to “MAFCI”

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