



KOREA/USA SIMMUDO ASSOCIATION

MARTIAL ART FITNESS CENTERS, INC.

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SPRING NEWS - 2007



CHANGE CAN BE SCARY

2007 is here, and it's a time of change. We usually change ourselves for one of two reasons: either from inspiration or out of desperation.

So change now while life is easy, or be forced to change later when life gets hard.

- Instead of wishing for fewer problems, **develop more wisdom.**
- Don't wait until you are in ill health to exercise. Do it now. "If we don't **take time to exercise now**, we'll eventually be forced to find time to recuperate later."
- Don't wish for more money, **develop more skills.**
- Instead of wishing that person wouldn't push you around, **learn to express your opinion.**

I used to say, *I sure hope things will change.* Then I learned

that **the only way things are going to change** for me is **when I change.** We can't change **our destination** over night, but we can change **our direction** over night.

IDEAS FOR CHANGE

Spend time with **positive people.** Find a church you are comfortable in. Try a **self-development** book or a CD. Start a **new hobby**, sport, or service club. Set some **reasonable goals.** Take up martial arts or dance lessons. Join a Toastmasters Club to develop **speaking skills.** **Take a short trip** to somewhere you have never been.

Change is scary and sometimes risky. However, **the riskiest thing** we could ever do is to never change. What will you do this year for a change?

Regards,

Fred Gammels

Director - Korea/USA Simmudo Association

MARTIAL ARTIST FIRST, INSTRUCTOR SECOND

Anybody who instructs a class is aware that the student's need for a workout comes before the instructor's need for a workout during class. However, this also means that **as instructors we need to make sure we are making time for our own workouts.** A pattern can develop where we go and run the workout for the students but never take the time to workout ourselves.

Our progress in the martial arts is a continuous journey. Along the way we will feel like we are **down in valleys**, at other times we will be reaching the **peak of a mountain**, and at the most difficult times we may be **on a plateau.** I consider this the most difficult because we may not feel like anything is happening with our progress. We are not down in the valley working on scaling the walls to improve our situation and we are not finally reaching the peak of the mountain after our efforts. Instead we are in a place that seems flat and desolate.

On this flat and desolate plane we may be teaching and working out ourselves as much as we should be. If this is the case we may suddenly find **instead of being on a plateau we are sliding down the slopes losing what we had gained.** With the martial arts we will get out what we put in. When we stop working out ourselves our technique is going to start to slip away from us. As instructors we have a responsibility

to set an example for the students. What we show them while instructing them and what we show them through our efforts to continue to grow in our own development will have an overall effect on their development.

There are instructors who will make time in their own schedule to workout and attend classes to have somebody else oversee their technique and offer guidance. **There are also instructors who become complacent** and do not work out on their own or attend class to get guidance. Those who are not working out themselves are doing their students a disservice by not refining their own technique and grasping the finer details. While teaching they can only offer a gross overview of the material without giving the subtleties because they may not themselves be aware of them.

Most of us cannot train full-time and teach. We have other areas in our day to day lives that take up time in our schedule. **What we can do though is make a conscience effort to set aside time** for our own growth as a martial artist each week. By doing this we will be better equipped to give the students we teach a strong foundation in their art and the finer details that will make the difference between doing a technique and truly knowing a technique.

Take care,

Kirby Strissel

Administrator - Korea/USA Simmudo



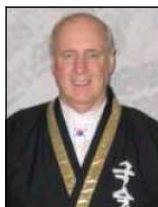
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Rudy Timmerman**
9th Dan Black Belt GrandMaster



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GrandMaster Rudy W. Timmerman began his martial art studies in Holland, his native country, when he was ten years old. His initial studies were in the art of JiuJitsu. After moving to Canada in the 1950's GM Timmerman continued his martial arts training in Kuk Sool Won Hap Ki Do. GM Timmerman eventually assisted GrandMaster, Pak In Shyuk with the development of a martial arts system called Kong Shin Bup™. Grandmaster Pak appointed Master Timmerman as the successor of Kong Shin Bup™. He is recognized as such by the **World Council of Grandmasters.**