



## KOREA/USA SIMMUDO ASSOCIATION

MARTIAL ART FITNESS CENTERS, INC.

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### WINTER NEWS - 2007



#### WHAT IS SUCCESS?

Some say you are successful if you have a large bank account. Others say you have success if you have a high position in your career or have obtained an impressive education.

Still others feel a sense of success by the material things they possess. All of these accomplishments can be evidence of achievement and self-discipline.

However, **true success cannot be bought**, found in a classroom, or on the top floor off an impressive building. People with an apparent high level of success often end up with stress, broken relationships, or ill health. This is because in the process of achieving in one area we sometimes sacrifice other, more important areas. True success consists of that which money cannot buy.

**True success means living a balanced life** in these areas: spiritual, mental, physical, family, social, career, financial.

**There was a time when I was off balance in my life.** I was a teacher and administrator of a private Christian school for a combined total of 14 years. I didn't make much money, but we budgeted well and managed to own a house on poverty wages. I was very committed and did anything asked of me.

However, my over-commitment to the ministry and to my career resulted in broken relationships at home, and poor health. After balancing out my time and my commitments to my family, my health returned and my family was more content. Living a balance life is a priority to living a successful life.

We live in such an affluent society that we often misjudge what is truly important in life. **If we are a high achiever in our career while neglecting our family or health, are we truly successful?** One's career is just one piece of the equation to living a life of balance and success.

**If you have good relationships with others;** if your bills are paid; if you have good health spiritually, mentally, and physically; if you are content with your career; then forget about trying to climb the ladder of success. You are already there. Just continue to improve the quality of those areas and manage them well.

You will then be able to experience the peace, health, and contentment of living a balanced and successful life.

*Regards,*

*Fred Gommels*

*Director - Korea/USA Simmudo Association*



#### KOREA TOUR 2006

**For me the anticipation of the 2006 Korea trip was well worth the wait.** I enjoyed an excellent trip to Korea in 2004 but this one was even better. We had an uneventful,

though long (about 14 hours in the air from Chicago to Incheon/Seoul after a 4 hour layover in Chicago) flight. Once in the air we became acquainted with a new method of keeping ourselves occupied by watching up to at least 30 movies that were viewed on the back of the head rest in front of us as well as watching world news and listening to music.

There was a welcoming committee awaiting us at the Incheon/Seoul airport before we boarded the bus that took us to our hotel in Shiheung City. **The accommodations at the Hotel Bellagio were excellent** and included both American and Korean style rooms. Each morning we enjoyed an American style breakfast on the 1<sup>st</sup> floor of the hotel.

Many of us ventured out into the surrounding neighborhood for early morning walks and to discover the many shops that were nearby (some especially enjoyed the **French pastry shop** a few blocks away). There was also a small **Buddhist**

temple about one-half mile away that was worth visiting. I enjoyed being able to walk out of the hotel and with a short jaunt take a stroll through a rice field that was in the pro-

cess of being harvested. **Martial arts training with Kim Joung Sung** at his school was excellent and gave our young martial artists a chance to show how well they matched up with the Korean kids.

Our hosts kept us very busy from the time we arrived to the time we departed for home. **We had many trips for shopping both to downtown Shiheung and to Seoul** (a city of over 10 million people) for martial arts supplies and to visit the Kukkiwon and the N Seoul Tower to get a panoramic view of the city. We enjoyed a trip to **Gyeongbokgung**



Training at Kim, Joung Sung's school

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**Korea Tour 2006 cont.**

**Palace** where we got to see some of the architecture of past kings of Korea and of course a shopping trip to the large sprawling **Namdaemun Market**.

**We were also entertained by the city council of Shiheung City and treated to three excellent meals at various sites in the city.** At one of the dinners I found out that I shared that day as a birthday with the city's Art Director, Suh, Hoon. We shared a birthday cake during the evening meal and this made the trip even more special to me.

**We went on an all day trip to Soeraksan National Park** where we rode the cable car to the top of Seorak mountain for a spectacular panoramic view of the area. It was quite windy at the top but the view was breathtaking. There is also a large Buddhist temple where one of the largest Buddha's in Asia is located. Another trip was a tour of the **Demilitarized Zone**, including the freedom bridge and the Odsan Unification Observa-



Fresh sea food for purchase

tory close to Panmunjeom where we could see the North Korean village of Gijong with its empty buildings and almost complete lack of people anywhere except in the rice fields tending the fields with Oxen pulling carts.



Soeraksan Mountain

**Overall the trip was excellent and well worth the time and expense of going.** As before I spent too much money shopping but that is what these types of trips are for. Our hosts kept us so busy with all of the many activities that we did that I don't think we had much more than one or two hours to ourselves during the entire trip. I hope you are entertaining the idea of joining the trip in 2008. I know that you would enjoy every part of the trip.

*Regards,  
Francis Moore  
Iowa State Representative  
Korea/USA Simmudo Association*



### MAYBE IT'S TIME FOR A BREAK

"There's only so many times that you can tell someone the same thing. So I spend my time on those who try hard to make sure they continue trying hard." I found out this was recently said by an instructor after teaching one of their classes. **What this is implying is that they are giving up on the students who actually need their help and guidance while focusing on those who need less attention.**

Anybody who has had to teach anything, not just martial arts, to a group of people has probably felt similar feelings of frustration with people who just are not catching on. I know I have been guilty of it in the past and probably will be again in the future. **However, instead of focusing on the "easy students" and neglecting the "difficult students" there are more appropriate options.**

**Teaching is a service field where you are giving a part of yourself to other people.** Even when things are going great and there are no "difficult students" this can become draining after awhile. Now let's throw in some "difficult students" to your class, work or school, and your home life. Now we have an equation for getting burned out teaching. The last thing you should do in this situation is focus on the "easy students" at the expense of the "difficult students" training.

**Try asking for assistance** from another instructor to help with teaching the class. Depending on how the individual learns you may not be able to communicate the points to the

students in a way they understand and somebody else can. This way they are still able to learn and progress without being neglected.

If there are already multiple instructors in the class **try rotating the students** through the instructors. If you always teach the same students each class they can get bored with the routine. A little variety with who their instructor is could be all that is needed to get the results you are looking for in the students.

If these previous ideas do not help then **maybe it's time for a break.** There is no shame in admitting you need to step back and take a break from teaching, especially if you truly love teaching. People will be able to help fill in for you and give you the time you need to refresh yourself before stepping back into a teaching role. When you come back with a clear outlook both you and the students will benefit from the break.

*Take care,  
Kirby Strissel  
Administrator - Korea/USA Simmudo Association*

### MARTIAL ART CERTIFICATION OPPORTUNITY

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

**Kirby Strissel at [simmudo@earthlink.net](mailto:simmudo@earthlink.net)**

Or view details online:

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