



# KOREA/USA SIMMUDO ASSOCIATION

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## WINTER NEWS - 2008

### PERSISTENCE

Have you noticed this Chinese character before. It has several translations on of which is pronounced “ihn” meaning persistence or perseverance.



This trait can be seen in the life of the turtle. Remember, it's the turtle that wins the race. Consistent, dependable performance of the turtle is always better than occasional flashes of performance under pressure like the rabbit.

**We need persistence in all areas of our lives.** Our profession, as significant as it may be, is just one facet of our entire life. We must live a principle-centered life with our family and friends, with our spiritual, mental and physical health, with ourselves, as well as in our financial management. Each one of these areas is so significant by itself that volumes of books, tapes, and other media have

been produced to assist people in each of these areas alone.

**Few qualities are worth anything without persistence.** That means consistent, steady, dependable effort day in and day out. It means living a principle-centered life. Persistence means doing what's right even when you don't feel like it. Persistence means you fulfill your commitments to others and to yourself. It is only through persistence you will develop a reputation for honesty, integrity, and reliability. And it's only through persistence that we can reach our goals.



*Regards,  
Fred Gommels  
Director - Korea/USA Simmudo Association*



### KOREAN TERMS FOUND IN THE MARTIAL ARTS



#### MARTIAL ARTS

Martial Art	Meaning of Name	Korean Text
Tae Kwon Do	“Way of the Hand and Foot”	태권도
Hapkido	“Way of Harmonious Energy”	합기도
Yudo	“Gentle Way”	유도
Sim Mu Do	“Heart Martial Way”	심무도
Hosinsul	Self-defense techniques	호신술

### COUNTING IN KOREAN

#	Pronunciation	Korean Text
1	hana	하나
2	dul	둘
3	set	셋
4	net	넷
5	dasawt	다섯
6	yasawt	여섯
7	ilgop	일곱
8	yaw dawl	여덟
9	ah hope	아홉
10	yawl	열



### ARE YOU JUST GOING THROUGH THE MOTIONS?

Most if not all of us have seen a person going through the motions of a technique or form with very little speed or power. **How many of us have been the that person just going through the motions?** If we are truly honest with ourselves all of us should answer yes to this question. We may walk through the motions because we are trying to get an understanding of something new or trying to refine our technique. This is going to be a normal part of learning how to do something we have not done before or a variation on something we already know. When a person is going through the motions in this way there is intent or focus on what is being done.

**However, there are times when people are just going through the motions with no intent or focus on what they are doing.** Sometimes people will be walking through the motions and not have

any speed, power, or intent. Other times a person may have all the speed and power in world but no intent or focus on where all the energy is going.

**We can roughly divide the material in a martial art into three broad categories: form, sparring, and self-defense.** Form includes your basic movements and hyung/poomse/tul practice. Sparring can include 1-steps, various drills, and free-sparring. Self-defense can include strikes followed by joint-locks, throws, and restraints. In all three of these areas a person should have intent or focus in whatever they are doing. As instructors we need to keep our eyes open for some common signs that there is no intent or focus in what the students are working on.

In the next newsletter we will look at some signs that the students may not have intent behind the techniques they are executing.

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