



KOREA/USA SIMMUDO ASSOCIATION

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Maintaining Standards and Testing

There are going to be minimum standards or requirements that people are held to in school, work and other areas of life. For those active in the martial arts we should have minimum standards that we adhere to. These standards

do not need to be unrealistic expectations of near super-human feats but should be a competent working knowledge of the material that is represented in the art.

Anybody that is instructing students is essentially molding an ambassador for their art.

Even within the same art there will be variations in how techniques or forms may be executed but you should be able to see good technique regardless of the variations that can be found from school to school. A great example of this is Kukki-Taekwondo which is the national sport of South Korea. This style of Taekwondo is overseen by the World Taekwondo Federation which has standards for how techniques and forms are to be performed. However, one can find **subtle variations from school to school** in some of the forms and techniques. These schools are still practicing Kukki-Taekwondo and should have a certain level of competency at each rank so if they went to another school practicing the same art they would have a similar skill level to peers of the same rank.

A major problem that can be found in the martial arts is peo-



ple who are **moving through the ranks too quickly** without the proper knowledge of the material they should know.

This is doing a disservice to the students and the art. Most arts will have a minimum time that a person holds a rank before being allowed to test for the next level. These times are just a minimum. **If a student does not have an adequate understanding of the material they need to know they should not be allowed to test too soon.**

Testing the students too soon leads to students with a poor foundation to build on. If their technique from lower belt levels is not up to par then teaching them new material that should be build on the previous material is a guarantee for more poor technique. Sometimes people may be worried

about how a person feels if their peers are moving through the ranks faster than they are. As difficult as it maybe to see, this for the student is part of the character development that should happen along with just doing the techniques.

There are always going to be challenges in life that we come across. Those who just give up and quit are not going to grow as

individuals. On the other hand, those that work through the challenges they encounter and overcome are able to grow as an individual.

Next time we'll look at what the role of an instructor is with the students.

Take care,

Kirby Strissel

Administrator - Korea/USA Simmudo Association

Black Belt Stories

In 2000, I was 34 years old, feeling large, and out of shape. Walking up my basement stairs had me breathing hard. I decided my best course of action was to buy an expensive stationary bike that I could ride and ride and ride in the comfort of my own home. **I started with great intentions** and steadfast determination that the bike was going to solve my problem. My plan had a key fault...that expensive bike bored me to tears. I needed a different plan.

During the Fall of 2000, Debbie and I decided to school our children at home. We knew we wanted our kids to have some sort of physical outlet. Being new to home-schooling we weren't sure what was available or what would be a good fit for us.

I had a need for physical activity, we wanted our kids involved in something physical and I really wanted to do something that could include our entire family. I had studied Tae Kwon Do in junior high school and thought that perhaps it could meet our need. We talked to a couple of folks familiar with MAFCI, stopped in to visit, and took a trial lesson. Within 5 minutes of that first class, I knew I had found the solution. It had everything we were looking for...physical activity/challenge, and something we could do as a family.

Like most families, work and activities can have us **running in many different directions** at all times of the day. Many times an activity is geared for part of the family, but not the entire family. The program at MAFCI is one where all mem-

bers of the family can participate in an activity and share it with one another. You can set goals and share in achievements in a way most other programs or activities can't provide.

If you are a parent, brother, or sister of someone participating in a class at MAFCI, I'd encourage you to test drive a class rather than just sitting on the sidelines watching. Get active, share in the challenge, share a common experience with the rest of your family.



Douglas Beauchene

RECENT BLACK BELT PROMOTIONS



1st Dan

Michaela D. Antolak TaeKwonDo & Simmudo
Kirkland E. Strissel TaeKwonDo & Simmudo

2nd Dan

Daniel A. Dalenberg TaeKwonDo & Simmudo
Jordan M. Juenger TaeKwonDo & Simmudo