



## KOREA/USA SIMMUDO ASSOCIATION

MARTIAL ART FITNESS CENTERS, INC.  
2849 S. Broadway • Rochester, MN 55904  
Phn 507-281-4335 • Fax 507-536-9020

### SPRING NEWS - 2010



#### The Real Secret Technique To Martial Art Mastery

Sometimes I will hear people talking about this or that martial art and how great it is. How much this style dominates other styles. And my favorite is about some secret or special technique that will stop anybody. There are a lot of stories that can be dug up describing a martial art style or technique that is superior to all others. Once you master this style or technique you are going to be an unstoppable force. Here's the real secret... **There is no secret technique.** If you really want to get good at what you are doing then you need to put in a lot of time training.

To truly master something (punch, kick, throw, joint lock, etc.) it takes repetition. **Depending on the source one looks at the number of repetitions is going to range from 1,000 to 10,000+.** This can be done in a variety of ways ranging from general forms practice to self-defense practice, and sparring practice. These three areas cover a wide range of different drills that can be used to focus on a specific technique or techniques. One thing to consider, depending on your goals certain approaches are going to be a better fit than others.

**Now, in addition to doing something again and again to improve at it consistency is a must.** If

you only work out once a week for an hour it is going to take much longer to get adequate time training to really develop to a higher level. Even then, there will be a difference between two average people one of which works out once a week and the other two or three times per week. We could continue to increase this to a person that works out six or seven days a week. Which if you plan to do be sure to vary the workouts and do it in a safe way to avoid injury. The person that works on the skills they are developing on a more regular basis will have more success in retaining and refining those skills.

Everybody's schedules can get crazy and make it difficult to find time to go to class to train. When time allows you to train in class then do it. This will allow for somebody else to see your technique from the outside and catch something you may be missing yourself. **If the time is not there, find time.** When you have time to sit and watch the television, cruise the internet, or some other time killing activity you could use it to train. To be very straight forward about it, **Ultimately it comes down to you putting in the time in addition to being consistent to some degree if you want to improve where your martial arts skill level is at.**

Take care,

Kirby Strissel  
Administrator - Korea/USA Simmudo Association

### **KOREAN CULTURE & MARTIAL ARTS TOUR**

**Siheung, South Korea: October 6-15, 2010**

Join us on an exciting visit to Siheung, South Korea. We will go on exotic cultural tours, make international friends, experience a shopper's heaven, taste uniquely prepared Korean foods, and witness amazing feats of martial arts skill.

The Rochester & Siheung city-partnership is a direct result of the martial arts relationship that the MAFCI has with GrandMaster Song, Pan Kon in Siheung  
GrandMaster Song, will be joined my Martial Arts

Masters and Siheung City Officials to make this a memorable and fulfilling experience.

**For details contact: Fred Gommels  
Martial Art Fitness Centers, Inc. 507-281-4335**

**More Information Can Be Found Here:**  
[http://www.mafci.com/koreatour/2010\\_Korea\\_Tour.pdf](http://www.mafci.com/koreatour/2010_Korea_Tour.pdf)

**Past Trips:**  
<http://www.mafci.com/koreatour/Siheung2010Promo.pdf>



The morning sun rising over Siheung.



#### **Black Belt Promotions & Certifications**

##### **1st Dan**

Richard T. Wright - TaeKwonDo