



KOREA/USA SIMMUDO ASSOCIATION

MARTIAL ART FITNESS CENTERS, INC.
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WINTER NEWS - 2010



GrandMaster Song, Pan Kon

November 2009 Simmudo Seminar

From November 17th through the 21st GrandMaster Pan Kon Song and his son Master Sung, Dong Song came from Siheung City, South Korea and conducted seminars for youth and adults at the headquarters for the Korea/USA Simmudo Association in

Rochester, MN.



GrandMaster Song demonstrating a hosinsul technique.

GrandMaster Song, Pan Kon is the founder and current President of the Korea Simmudo Association. Master Song, Sung Dong teaches and trains at the Jeyill Academy of Martial Arts under Master Kim, Joung Sung who assisted with a 2005 seminar in Rochester.

Seminar attendees from Minnesota and Iowa were presented with reviews of old material and new material in the areas of chae sul (throwing techniques), kwon sul (striking/blocking techniques), hosinsul (self-defense against armed and unarmed

opponents) and the Simmudo hyung along with the application of the techniques.

The seminar ran very smoothly and was well received by the participants. Following the seminar GrandMaster Song and his son connected with people in the area and celebrated Thanksgiving with friends before returning home. Hopefully in the future those of you that were unable to attend this seminar will be able to connect with GrandMaster Song and his associates either here or in South Korea.

Take care,

*Kirby Strüssel
Administrator - Korea/USA
Simmudo Association*



Master Song, Sung Dong



Master Song's kicking skills.



Participants from one of the evenings youth and adult seminars.



Black Belt Promotions & Certifications

1st Dan

- Donald P. Bartemes - TaeKwonDo
- Johnathan A. Kappler II - TaeKwonDo & Simmudo
- Cody P. Kour - TaeKwonDo
- Michael R. Lisowski - TaeKwonDo
- Douglas L. Martin - TaeKwonDo & Simmudo
- Shawn W. Olson - TaeKwonDo
- Barbara A. Owen - TaeKwonDo & Simmudo
- Roy W. Schroeder - TaeKwonDo

2nd Dan

- Lloyd G. Bartholomew - TaeKwonDo
- James C. Lura Jr. - Simmudo

6th Dan

- Nigel May - Simmudo

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

**For details contact: Fred Gommels
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