

Dates for the diary:

- GCMS Demo
25/06/11 (13.15 start)
- Class Testings
Tues 05/07/11
Thurs 07/07/11
- Wells Hall Demo
08/07/11 (18.30 start)
- Summer Camp
16/07/11 (13.30 start)
- Last Class before Summer Break
21/07/11
- Party in the Park Demo
24/07/11 (14.00 start)
- Advanced Belts Testing in Bury
JKN & Above
05/08/11 (18.30 start)
- DBN & Brown
06/08/11 (09.00 start)
- First Class back after Summer
06/09/11

Inside this issue:

Editorial	1
Young Suffolk	1
Eu Tourne	2
Promotions	3
Demos	4
Summer Camp	5
News	6

XPRESS

Volume 5, Issue 8



June 2011

Editorial

This year is a landmark year for the school with no fewer than 8 students promoting to black-belt ranks.

Congratulations to the five students who promoted in June:

2nd degree:

Tony

First Degree:

Matt

Kayleigh

Ollie

Maria (Junior)

In November, all being well, we will see Lynn promoted to 3rd degree and Barry and Jemma promoted to 1st degree.



**We are a
Black Belt School!**

Each promotee has undertaken at least 4 years of training to achieve their new rank and they richly deserve their success.

Each of them proves that

“a black belt is just a white belt who never quit”

So never quit! You too can get there if you just persevere.

KSN Tony

We also say goodbye to KSN Tony who is now going to take a break from Kuk Sool for an indefinite period. I know you will join me in wishing him and his family well for the future.

Young Suffolk

We are delighted that the School has won grants totalling over £900 from Suffolk County Council Cluster Funding and Young Suffolk.

The grants enabled: purchase of a large crash mat and free-standing kicktube and our Summer Camp (venue, gazebo & refreshments).

Young Suffolk 



Equipment Presentation

European Tournament



The Tournament was held in King's Lynn and was well attended as usual with over 650 competitors from all over the continent taking part.

Congratulations to the following for competing:

PSBN, KSN, Nathan, Kayleigh, Jessica, Maria, Jemma, Matthew, Rebecca, Chris, Jade, Amanda, Rick, Greg, Maxi, Lewis and James.

We are glad to report that the medal haul was excellent 18 medals from 18 competing. Well done!

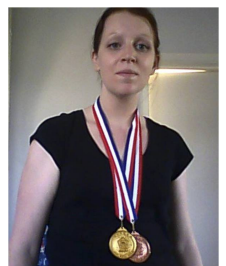
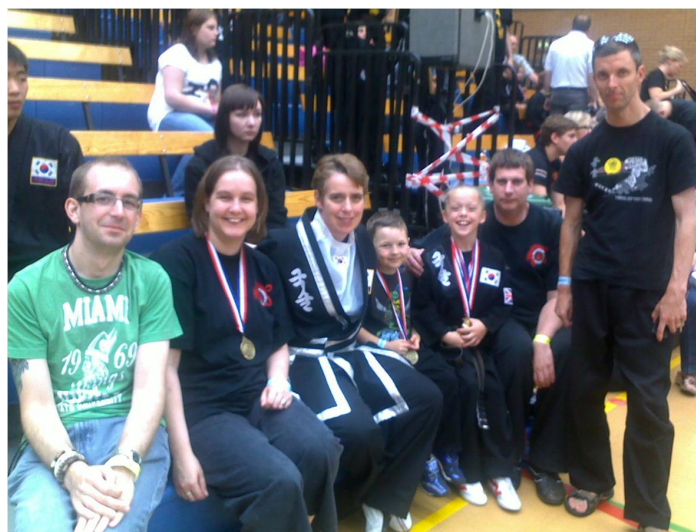
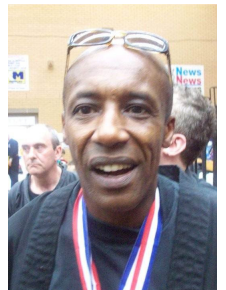
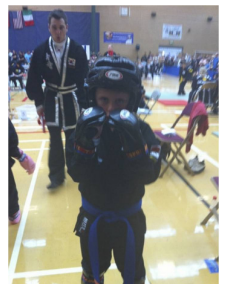
PSBN and KSN were Tournament Judges and Darryl a Scorekeeper.

The Promotions Ceremony was wonderful to watch with Matt, Kayleigh, Ollie and Maria receiving their Certificates from Kuk Sa Nim. The Masters Demo and Exhibition that followed was

also good, PSBN Karen leading the Ladies Demo and doing Breaking (we're glad to report she broke first time). Maria also participated as the youngest member of the Acrobatics Team.

Between the testings, demo practice and tournament, it was a long weekend so well done everyone who took part! The whole school is very proud of your efforts.

*"I can't believe it,
I've done it!!"*



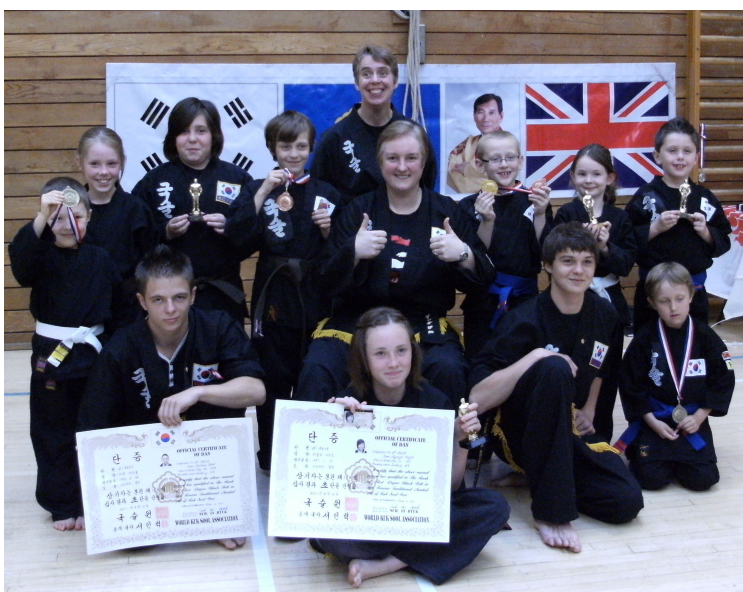


Congratulations!



***“All the
classes,
practice,
sweat and
pain was
worth
it...big
time!”***

Matt



**Lots more photos on
our Facebook Page!**

Demos

With the help of Chris, we have lined up three Demos for this summer.

Last year we had a wonderful turnout of students participating in all the Demos and we are hoping for the same level of enthusiasm this year so please sign-up!

25th June:

Great Cornard Middle

School. 1.15 pm

8th of July:

Wells Hall Primary
School. 6.30 pm

24th July:

Party in the Park. 2pm start.

We will also have a stall for the day at Party in the Park and Darryl and

Lisa will man the stall. Lisa has also suggested and organized 'name the Kuk Sool Bear' for 50p.

We plan to draw up exciting programmes and spend a bit of time in class rehearsing our moves so that we look good. All participants will receive a Demo Team Headband.

"Demos are an excellent way to get people interested in Kuk Sool and they also provide a good opportunity to show your friends and family your martial arts skills"



Kuk Sool Won™ of Sudbury Black-Belt 'Hall of Fame' (June 2011)

JKN



Junior JKN



KSN

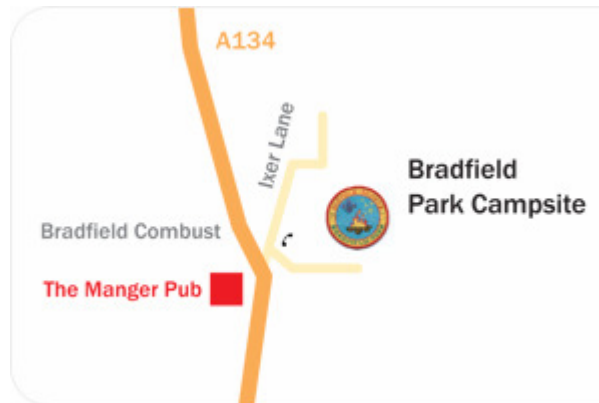


We have secured the superb Bradfield Park Camp site as the venue for our Summer Camp.

The Camp is perfectly situated just off the A134 at Bradfield Combust, between Bury St Edmunds and Sudbury and offers 26 acres of countryside.

Bring:

- Tent
- Sleeping Bag
- Uniform & spare clothes
- Trainers
- Warm jumper/Anorak
- Torch



“Camp was brilliant fun last year, can’t wait for this year’s to come”

Jessica

Summer Camp (16-17th July)

Thanks to the super generosity of Young Suffolk, Summer Camp will be free for all students.

Main Class:

Please arrive on site Sat at 12.30 and pitch your tent. We will begin activities at 1.30pm.

As well as a range of Kuk Sool sessions we will also have:

bouncy gladiators duels, pedal go-karts, camp fire, BBQ, five-a-side footie and water fights etc.

Finish 2.30 pm on Sun.

Dragons Class:

Your session is on the 16th from 3-5pm. You may also stay up until 7pm for the BBQ that follows.

Refreshments will be provided. Parents welcome.

News

Remember we operate a ‘**Bring-A-Buddy Scheme**’ for the recruitment of new students worth £15. Please make the effort to encourage friends, neighbours etc along.

We need more students!!

Welcome to Adam, Adam, Jay, Fabio and Ruben.

We are particularly pleased to announce that Ollie has been offered a contract with Colchester United FC and this will enable him to pursue his ambitions to become a goalkeeper.

Well done Ollie!



Maxi and Greg, Cornard Dynamos ‘Players of the Year’



Kuk Sool Won™ of Sudbury

PSBN Karen Smith
07751 932 408

TUESDAYS (18.30-21.00)

Sudbury Upper School Gym

THURSDAYS (19.00-21.00)

AFC Sudbury

SATURDAYS (10.00-11.00)

AFC Sudbury

Bringing martial arts to life

Kuk Sool Won encompasses all the different physical and mental aspects of martial arts movement into one comprehensive easy to learn style.

It combines kicking, punching, throwing, falling, choking, joint locking and a myriad of weapons techniques into a beautiful, dynamic, 'hard-soft' style, emphasizing speed and fluidity.

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You Tube Channel: www.youtube.com/user/KukSoolWonSudbury



And more news!



Bury Testing 14th May

Bury Testing: Well done to all those advanced belt students who made the effort to get through to Bury for a testing with Master Richard.

PSBN and KSN tested on the Friday night, the focus being on

doing all forms four times each with a 1400 kick routine thrown in for good measure.

DBNs Kayleigh, Jemma, Maria, Jessica and JD Matthew all tested the following morning.

There was an emphasis on forms detail, particularly Geum Moo Hyung in their test.

The testings were physically demanding but everyone did really well and Master Richard and PSBN Karen were pleased with the standard displayed.

Keep up the good work!

Well done to Paul for coming through to see what he's let himself in for next time!

WKSA Judging Certification:

Congratulations to PSBN Karen and KSN Lynn for becoming WKSA Officially Certified Tournament Centre & Line Judges respectively after undertaking training with Masters Darren Brown, Darren Hart & Richard Jones in King's Lynn.