

Kuk Sool Won™ of Sudbury

Traditional Korean Martial Art

Self discipline, self confidence & self defence

Kuk Sool Won™ is one of the most effective and comprehensive systems of traditional Korean martial arts in existence today.

Through training you can become a more confident individual not only physically, but mentally as well, regardless of age or sex.



Dahn Bong (short stick) training

Learn a beautiful, dynamic, 'hard-soft' style, emphasizing speed and fluidity from British and European Champions.



KSN Karen Smith



KSN Lynn Whiting



JKN Tony Pellegrini



JKN Derrick Bright



JKN Rachael Bright



JKN Paul Pellegrini



JKN Paul West



JKN Lisa West



JKN Nathan Kelly

Key Features

- Striking
- Kicking
- Sparring
- Joint-locks
- Pressure points
- Self-awareness
- Body conditioning
- Weapons techniques

Classes (TUESDAYS)
Sudbury Sports Centre
Tudor Road
Sudbury, C10 1NW

Dragons 18.00 - 19.00
Kids 19.00 - 20.00
Adults 19.00 - 21.00

Contact: KSN Karen Smith
07751 932 40
drkarensmith@mac.com
www.kuksool.co.uk



Classes (SATURDAYS & THURSDAYS)
Sudbury AFC
Brunton Lane
Sudbury, CO10 1XR



11 years +
(Sat from 19th June 2010)
10.00 - 12.00

Kids & Adults
(Thurs from 2nd September 2010)
19.00 - 21.00

First class FREE!