

Dates for the diary:

- Xmas Party and Last Class of 2010

14/12/10

- First Class of 2011

04/01/11

- Class Testing

22/02/11

- Class Testing

24/02/11

- KSN & PSBN Testing

25/02/11

- DBN and above Testing

26/02/11

- Last Class before Easter Break

07/04/11

- First Class back after Easter

26/04/11

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XPRESS

Volume 4, Issue 7



December 2010

Editorial

This year, has been an incredible one for the school. Highlights included:

Medal success at the European and British-Tournaments

Our first overnight Summer Camp

New Saturday Class

New additional location at AFC Sudbury

Sponsored Breakfall-a-thon

5th Anniversary Class-Tournament and Party

Promotion to JKN (1st degree) for Nathan

Promotion to PSBN (3rd degree) for Karen



Summer Camp was fab!

Successful National Testings for Lynn, Tony, Kayleigh, Matt, Ollie, Maria, Jemma and Barry.

Excellent Demos at Wells

Hall and Party in the Park

Great fundraisers like our Bring & Buy Sale

Superb Seminar with Kuk Sa Nim



Party in the Park amazing

Bring & Buy

Our first ever Bring & Buy Sale raised a grand total of £170 which was used to cover the main hall hire for Kuk Sa Nim's Seminar. That's teamwork!



Students brought cakes...



DVD's, T-shirts, the lot

Kuk Sa Nim Seminar

Thursday the 18th of November was a very special night. We were delighted to be able to welcome our Grandmaster back to the School for a Seminar.

Kuk Sa Nim was accompanied by Senior Masters: Barry Harmon, Sung Jin Suh, Alex Suh, John Ives, Darren Hart and Richard Jones as well as SBNs Sonny Boyall and Nick Reeve.

They put on a night of high quality training that every single student in the hall appreciated.

Kuk Sa Nim and the Masters covered:

- Biomechanics of kicking
- Self-defence techniques
- Break falling
- Staff drills

All 49 students who attended received a

Seminar Certificate and DVD.

You can find lots of photos from the night on the School Website and on our Facebook page.

Thank-you to everyone who came in early and stayed late to help with the setting up and tidying away of the hall, especially the Slade's, Duffy's and Pellegrini's. Thanks to Cam and Aimee for taking super photos as well.



"I can't believe it, I just met Kuk Sa Nim"





Maria won 4 medals at the UK Tournie

“Our Class Tournie is set up and run exactly like the proper WKSA Tournies”

Class Tournament

We celebrated our 5th Anniversary with a highly competitive and enjoyable School Tournament followed by a Halloween themed buffet. Lots of medals were won for forms, techniques and sparring. Tournament Winners are listed here -

Dragons Shields:
Top Dragon - Greg

Most Improved - Maxi
Best Etiquette - Callum

Plaques Main Class:
Men's Champion - Ollie
Women's Champion - Amanda
Most Improved Student - Jess

Trophies Main Class:
White Belt Sparring -

Amanda
Yellow Belt Sparring - Nick
Blue Belt Sparring - Jessica
Red Belt Sparring - Matthew
Brown/DBN Sparring - Ollie
JKN Belt Sparring - Nathan
1st place, Paul 2nd place

Most Dedicated Student - Jemma

More photos on Facebook!



PSBN Karen



I have had a lot of highlights during my Kuk Sool years. Some of the best moments have included: my first class with Master Richard Jones (who was a PSBN then), promoting to black-belt in 2004, my first grand-championship, winning a medal at the world championships in Korea, opening my own

School, seeing my son Kurt and my first students promote to JKN. The list goes on...

So it was very humbling and exciting to receive my 3rd degree black belt at the UK Tournament last month. All the practice really does pay off!

Kuk Sool has given me

a great deal for which I am deeply grateful; confidence, a strong spirit and a desire to always strive to achieve my dreams. Some wonderful friends and students too.

So enjoy your training, your own journey. It will take you to some very interesting and magical places.

“Enjoy your training, your journey. It will take you to some very interesting and magical places”



Countless Bumps & Bruises

THOUSANDS of hours of TRAINING

Hundreds of classes

YEARS of SWEAT

ONE BLACK BELT 

Tel: 07751 932 408 Website: www.kuksool.co.uk




“Kuk Sool and Sailing have a lot in common. Power, co-ordination, balance and fitness”

News

Barry is a Skills Instructor/ Sailing Instructor with the Sea Scouts.

He has taught many scouts how to respect and look after equipment. He has also

taught many how to sail. He particularly enjoys going out to sea teaching beginners how to sail in rough weather. He is now looking forward to the beginning of the sailing season in May 2011.



Baz on the water

And More News!

Remember we operate a ‘Bring-A-Buddy Scheme’ for the recruitment of new students worth £15.

Welcome back to Terri and Michael.

Welcome to Alyssia, April, Amanda, Charlie, Eddie,

Emily, Frankie, Harvey, India, Jade, Jai, James, Jessica, Lewis, Poppy and Rick.

Please note: **WKSA Annual Insurance is due in Jan/Feb.** This is mandatory for all. The cost is £22 per person, payable

in cash as the monies go straight to HQ. If paying this is difficult, see PSBN to arrange an installment plan.

If there is heavy snowfall on a class night, check the school website. If we cancel a class we’ll post an alert there on the day.



Tell us your news!



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.

Email: drkarensmith@mac.com

Website: www.kuksool.co.uk

Facebook: www.facebook.com/pages/Sudbury-United-Kingdom/Kuk-Sool-Won-of-Sudbury/115960023567

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



Christmas Party



Our Christmas Class this year will be on Tuesday the 14th of December.

We are planning a lot of fun martial arts based activities and drills as well as competitions with prizes.

We will bring in the CD player and do forms to some Christmas music as well.

We will provide the crackers, balloons and party hats. You need to provide the food & drink e.g. crisps, sweets, cakes. Everyone needs to bring something.

There will also be our hotly contested annual quiz so start swatting up on your Kuk Sool terminology now!

We will also make sure that there will be plenty of time to just relax, chat with your Class-mates and celebrate the year's achievements and efforts in style.



Buffet, Prizes, Games, Quiz

Please make sure to invite your

families and friends to join us for the evening.

I have particularly enjoyed 2010 and think the School has done an amazing job of staying strong through what has been a tough economic period. Student numbers have not dipped and that is truly incredible and is due in no small part to many of you introducing your friends and neighbours to this great martial art. Please keep up the good work!! We want some more newbies to come in Jan 2011.

I would like to thank every one of you for your enthusiasm and dedication and hope to see you all back, raring to go, in the New Year.

Have a wonderful holiday :-)