



XPRESS

Volume 5, Issue 9

December 2011



Dates for the diary:

- First Class back after Xmas

03/01/12

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Editorial



This year has been terrific!

Several students promoted to black-belt: Matt, Kayleigh, Ollie & Maria.

Lynn gained promotion to 3rd degree. Jessica & Matthew first-time tested for black-belt.

We won medals at both the European & UK Tournaments & held our own Class Tournaments.

We held a raft of local demonstrations over the summer.

Ran a Summer Camp with

gladiator duels & pedal go-karts providing the relaxation after tough Kuk Sool sessions.

We won 2 prestigious community awards.

Successfully hosted the Grandmaster for a Seminar & a National Testing.

Next year will be amazing!

But next year should top even that.

Suffolk County Council will support our 2012 Summer Camp.

Niamh & Nathan will first time test for JKN and KSN respectively. Baz & Jemma should promote to JKN & PSBN Karen will start testing for 4th degree.

Our Black Belt Club will be back with a bang.

Students will be encouraged to participate in more tournaments & demos & there will be a beach training day for everyone organized as well. Have a lovely Christmas and see you all back on the 3rd January!

Young Suffolk President's Award

We are delighted that the School has won this coveted award. The presentation of the beautiful trophy, framed certificate and cheque was made by

Young Suffolk President Anne Dunford OBE at the organisations AGM held in the St Nicholas Centre, Ipswich in November.



Young Suffolk

National Testing & UK Tournament



On the 19th of November Sudbury hosted a National Testing for the first time and over 200 students from all over England arrived to undertake a gruelling 4 hour testing in front of the Grandmaster in the main sports hall.

There was a real buzz to the day and the level of effort and endurance was tremendous. Lynn, Jessica and Matthew from

Sudbury all tested and performed strongly. PSBN Karen tested the junior DBN group which was 20 strong and the level of enthusiasm on display throughout the hall was great to see.

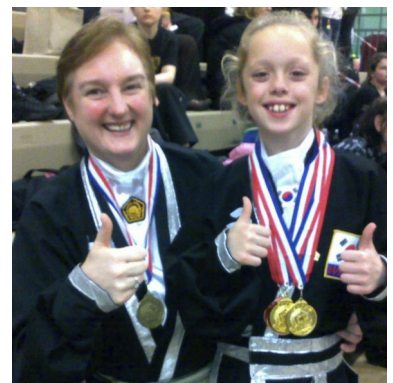
The UK Tournament was held in Liverpool the following weekend and we are delighted to report that Lynn gained promotion to the rank of 'Pu Sa Buem Nim' (3rd degree black-

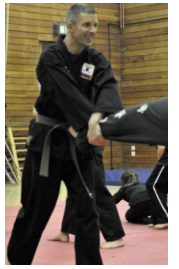
belt). Congratulations on a well deserved promotion!

JKN Maria and Karen also competed and brought home some medals and Maria took part in the acrobatics display.

We are hoping that next year some of you will join us in Liverpool and take part in what is a really nice event.

“It feels fantastic to have made it to this level, all the hard work has really paid off!”

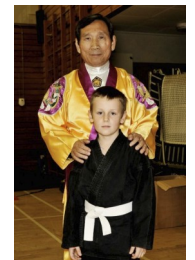
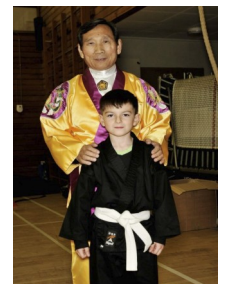
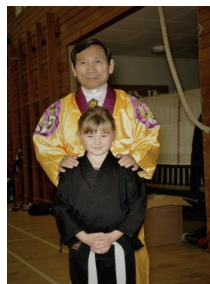




"The Seminar was really brilliant"

Ben

The Grandmaster's Seminar 2011



Class Tournaments

Little Dragons Tournament:

SHIELDS went to:
Jessica Print: Top Dragon.
Fabio Monteagudo: Most Improved Dragon.
Ben Palmer: Best Etiquette.

TROPHIES for Best Newcomers went to:
Aiden Priday.
Tommi Newman.
Ben Palmer.
Oliver Montgomery.

Medal winners included:
Ruben, Eddie, Mac, Charlie, Joshua and Xsona.

Main Class Tournament:

PLAQUES:
Ricardo Henderson: Most Improved Student.
Maxi Webster-Coles: Top Male.
Jessica Knight: Top Female.

SPARRING TROPHIES:
Caroline Bishop: White Belt.
Maxi Webster-Coles: Yellow Belt/Blue Stripe.
Amanda Edington: Blue Belt.
Rebecca Harrison: Red Belt.
Jessica Knight: Brown Black Belt.
Nathan Kelly: Black Belt.

SCHOOL TROPHIES:

Maria Whiting: Outstanding contribution to teaching of the Little Dragons.
Barry Slade: Outstanding contribution to organisation of the Summer Camp.
Darryl Wort: Outstanding contribution to organisation of Main Class.

SCHOOL AWARDS:

Mathew Hayward & Greg King: Best Male Etiquette.
Caroline Bishop: Best Female Etiquette.
Lisa Slade: Outstanding Parental Contribution to Demos.



"You've got to be in it to win it"





Class Testing

Thanks to JIKJN Steve, PSBN Rachel and JKN Phillip for coming out to Sudbury and testing the class on Sunday 4th December.

The class were really excited and a little

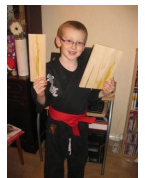
nervous to be facing a 6th degree examiner but took a deep breath and got cracking.

Master Steve commented on how good an effort everyone made with both the

board-breaking and break-falling. He also commented on the good etiquette of those who came to do the testing in order to support their classmates even though they were not due to promote themselves.

“The board-breaking was awesome”

Lewis





Kuk Sool Won™ of Sudbury

PSBN Karen Smith
07751 932 408

TUESDAYS (18.30-21.00)

Sudbury Upper School Gym

SUNDAYS (17.30-19.30)

Kingfisher Leisure Centre

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



News

BLACK BELT CLUB:

Now that we have settled into the Kingfisher on Sundays, we plan to re-start our Black-belt Club in January.

The plan is to hold sessions every fortnight/three weeks for students ranked brown belt and above.

The Black Belt Club is back!

During these classes only PSBN Karen will teach and all other attendees will be learning materials for their next promotion.

ANNUAL INSURANCE:

Please note that Annual Insurance is due in early February so we will start to collect monies right away. The fee is £25p/p and is mandatory. After the February cut-off you will not be allowed to train until this is paid.

WKSA LIFETIME MEMBERSHIP:

If you have been training with us for more than 3 months, you are now due to join the WKSA. The fee is

£15 and is a once only fee for lifetime membership.

INTER-SCHOOL TOURNAMENT:

There will be an inter-school tournament held in March, probably in the hall at Stowmarket...watch this space!

THANK-YOU:

On behalf of KSW Sudbury, thank-you for your efforts and dedication in 2011. Have a wonderful Christmas and come back ready to train in 2012!