



XPRESS

Volume 5, Issue 10

December 2012



Dates for the diary:

- Last Class before Xmas 16/12/12
- First Class back after Xmas 06/01/13

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Editorial

This year has really been one to remember!

Barry and Jemma both promoted to JKN. Maria won junior girls JKN Grand Champion and students of all ages from the school won dozens of medals at that tournament as well.

Sixty of us had a super sunny Summer Camp with activities ranging from BBQs to boxing.

Twenty seven of us performed at the Party in the Park Demo to over two thousand spectators

who gave us a fantastic reception. We enjoyed excellent Testings, Class Tournaments, Inter-School, Olympic weekend and Diamond Jubilee events and celebrated the school's Seventh Anniversary with a wonderful Halloween themed night of fun.

Our 7th Anniversary Year!

We held kick-a-thon that raised over £600 and hosted the Grandmaster for another superb seminar.

We settled into the Kingfisher and have some brilliant new white belts so the future is looking very bright!

Next year Matthew and Jessica should promote to JKN (1st degree) in June and in November Nathan should promote to KSN (2nd degree) and Karen to SBN (4th degree).

New activities such as a beach training day is in advanced planning.

Have a lovely Christmas and see you all back on the 6th January!



SAVO Award

We are delighted that the School has won an Award from the Suffolk Association of Voluntary Organisations (SAVO).

The Award was presented to PSBN Karen by Paul Banjo, the Chair of the SAVO Board of Directors at their 20th Anniversary AGM held

at Kesgrave Conference and Community Centre on the 10th October 2012. The Award was for Innovation in Communication and Karen was commended for consistently introducing innovative ideas to the school that facilitated and enabled new ways of learning.



CONGRATULATIONS!

Events



JKN Barry ran well attended Olympic week-end taster sessions.

We held Diamond Jubilee parties, the Dragons got stuck in.

We won lots of medals at the European Tournament in Kings Lynn. Congrats to all who competed.

Our Party in the Park Demo, choreographed by JKN Nathan, was a real blast!



JKN Jemma and JKN Barry

"Its great just how much there is to get involved in"

Harry



Lots more images on our School Website and Facebook page !



The Kick-a-thon and Grandmaster's Seminar 2012

*“The Seminar was excellent”
Becky*



Summer Camp

Over sixty people participated in our best ever annual Summer Camp at Bradfield Park on the 28-29 July.

We pitched tents on Saturday from 11.00 and made a flying start on activities at 12.00. It was then work hard - play

hard for the whole two days.

We undertook a huge range of activities including: Kicking, Nunchaku, Sword meditation and Cuts, Staff drills, Bouncy Boxing, Pedal Go-Karts, Assault Course,

Archery, BBQ and Campfire.

A fantastic time was had by all.



“The girls didn’t want it to end”

Andy



Lots more images on our School Website and Facebook page !



Class Testing

Testings were held on the 11th of November and the turnout was huge. Tests were split into 4 groups: dragons; white to blue belts; red to DBN and Black-belts in order to ensure every student got put through

their paces thoroughly. Etiquette, Ki meditation, fitness, punching, kicking, forms, techniques, breakfalling and wood breaking skills were all assessed. PSBN and the testing panel were impressed

with the hunger and effort levels shown.

Well done to all the promotes!

“It was tough but worth it for my promotion”

Alix





Kuk Sool Won™ of Sudbury

PSBN Karen Smith
Head Instructor
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SUNDAYS (16.30-19.30)

Kingfisher Leisure Centre

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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Twitter: [@KukSoolSudbury](https://twitter.com/KukSoolSudbury)



Bringing martial arts to life



7th Anniversary Celebration and News

ANNUAL INSURANCE:

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.

INTER-SCHOOL TOURNAMENT:

There will be an inter-school tournament held in March, probably in the hall at Stowmarket...date tbc.

THANK-YOU

Thank-you for your efforts and dedication in 2012. Have a wonderful Christmas and come back ready to train hard in 2013!

