



Kuk Sool Won™ of Sudbury

XPRESS

Volume 3, Issue 4

DEC 2008

Notices:

CHRISTMAS

HOLIDAYS:

Our last class is

16/12/08

Classes resume on

06/01/09

ANNUAL INSURANCE

DUE: Jan 2009

SCHOOL TESTING:

03/03/ 09

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Editorial - Kuk Sa Nim coming to Sudbury!

Welcome to Xpress, the newsletter for members of KSW Sudbury and their friends.

This year has been a rollercoaster ride with global markets faltering and a recession hitting home. Such events do impact our students and their families and 'making ends meet' can be a struggle. That the School continues to thrive against such a backdrop is a real testament to its students and to their dedication to their training and Kuk Sool.

Last month we fielded a 22 strong team at the UK Tournament in Birmingham. This represented the biggest

turnout for a tournament we have ever had and we were rewarded with an amazing medal haul of 36 medals.

Congratulations and well done to everyone who took part, you did us proud!

There will be a full round-up of 2008 in the next issue.

We can also look forward to a bright future.



I am delighted to announce that on the 28th May we will have the honour of hosting a seminar with the Founder and Grandmaster, Kuk Sa Nim.

This will be an amazing opportunity for students to learn from one of the world's greatest living martial artists and is a day not to be missed!

Thank you all for your achievements and hard work in 2008. 2009 will be great!

We wish you all a very MERRY CHRISTMAS and HAPPY NEW YEAR!



**UK Tournament
2008**

**Lisa, Nathan,
Kayleigh, Jessica
& Toby also
participated/won
medals**

3rd Anniversary Celebration

We had a full-house for our 3rd Anniversary Celebration on the 28th of October. Mums, dads, girlfriends etc. came in force to watch the Dragons enjoy some Halloween themed fun and games and the Adult class participate in their annual school tournament. Tournament results:

Men's Champion — James Skipper

Women's Champion — Louise Craig (and only 1 point behind was Rachael Bright)

Most Dedicated student — Lisa West

Most Improved Students— Adult: Matt Baker; Juniors: Daniel New and Kayleigh Knight

3rd Anniversary Celebration Pictures

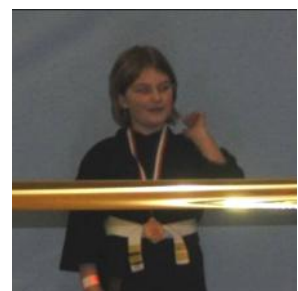
“I’m well
chuffed ! ”
Dan, most
improved
boy 2008



More photos on our Bebo page!
www.bebo.com/sudburykuksool



2008 UK Tournament, Birmingham



We took 22 competitors, won 36 medals (9 of each colour) and placed 9th overall.

More photos on our Bebo page! www.bebo.com/sudburykuksool Join up!!!

Class Testing, December

Our class testing was held in the gym on Tuesday the 9th December at 6.30 pm.

We had a busy hall with 30 students being put through their paces and they worked really hard and sweated buckets.

Everyone particularly enjoyed the breaking at the end. We had bought in over £100 worth of Playwell pine break boards of various thicknesses and, by the end, everyone had broken something (boards that is!!)

The major highlight of the night was of course the promotions ceremony at the end which saw lots of bright new belts and stripes well earned.

Congratulations everyone!

A special mention also for Lisa who tested for her DBN (6) on her own the week before because she had to go into hospital for knee surgery. We all wish you a speedy recovery!

We really
worked!
DBN Derrick



Christmas Party

We will hold our final class of 2008 on the 16th of December.

The plan is to kick back and have some fun after a year of hard work and celebrate our numerous successes in style.

We will have lots of fun activities for everyone to participate in during the

night and lots of prizes to be won. For example:

Christmas Quiz
Gladiators
Cross the bridge
Luck dip
Chaos sparring
Board breaking

Remember to bring some goodies for the table and invite your family & friends.



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CHRISTMAS SPECIAL

Class Fees 2008

Tuesday class

Location: Gymnasium
Sudbury Sports Centre

Time:

6.15pm - 9pm

Fee:

£3.80 p/pn Adult/Child

£3.00 p/pn Little Dragons

Thursday class

Location: Dance Studio
Sudbury Sports Centre

Time:

7pm - 9pm

Fee:

£3.80 p/pn

**Existing and new
students welcome.**

News Round-up

ADVERTISING: We have a large box advert in the Sudbury & District Community Diary Events Winter publication and 4 adverts in the Sudbury Mercury running in the weeks leading up to Christmas. In addition to this, we will be undertaking a leafleting campaign in the New Year - thanks to James, Matt and Barry!! However, referral is THE best way to get new students—so use the buddy scheme and get your friends/families along in 2009!!

NEW KIT: Hopefully you will have noticed the arrival of 6 sets of brand new sparring kits for the Dragons, 2 sets of

skills & drills equipment, 12 mesh tote bags, 3 new bokkens and 2 deluxe bong cases. This has been purchased with monies received from the Suffolk Foundation and we were delighted to welcome Sue Wright, Grants Manager to the School on the 20th November (see photo opp.).

BBC: The black-belt club will meet at Woodhall Primary (12.30pm) for the first time in 2009 in January, on a Saturday tba.

ANNUAL INSURANCE: This will be due from each student by the end of January 2009, start saving now!!



Sue Wright, Grants Manager from the Suffolk Foundation visited the School



**The Suffolk
Foundation**

A member of the community foundation network

**grassroots
grants**

Comments & suggestions for articles to the Editor — KSN Karen

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.

Contact Kuk Sool Won™ of Sudbury:

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TUESDAYS 6-9pm in the gymnasium

THURSDAYS 7-9pm in the dance studio

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Merry Christmas



Mpower

Has really taken off this year with sessions being held for the public in Sudbury, Stowmarket, Stowupland and Bury St. Edmunds (with the help of SBN Richard Jones). An additional class is planned in Newmarket and will be run by SBN Scott Slack.

We also ran vacation self defence sessions for school kids at Uplands School in Sudbury and Hadleigh Upper School Sports Centre.

More recently, KSN Karen has run two full day training sessions for staff of Babergh District Council at Hadleigh Business Centre. The sessions covered lone working, dealing with dogs, bullying and a practical session on basic but effective self defence techniques. Twenty four Council staff have been trained so far and the sessions will continue in 2009.

Feedback has been very positive — see www.mpowerwomensselfdefence.com

In 2009 we will also be working with the Babergh Community Safety Partnership.

