



Kuk Sool Won™ of Sudbury

XPRESS

Volume 4, Issue 1

FEB 2009

Notices:

SCHOOL TESTING:
31/03/09

EGGSTRAVAGANZA:
18/04/09

SENI TRIP:
02/05/09

KUK SA NIM
SEMINAR:
28/05/09

Inside this issue:

Editorial	1
Kuk Sa Nim visit	1
Christmas Party	2
Christmas Party	3
Fight Night	4
Safer Suffolk Grant	5
News Round-up	5
Demos	6

Editorial

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

This year has got off to a flying start:

* We have won a prestigious grant award from the Safer Suffolk Foundation

* Have undertaken a really fun Demo for the Youth Group at the Stephenson Centre. (Thank-you KSN Lynn, Barry, Matt, Steve, Dan, Mitch, Nathan and Ollie for turning out on a Sunday night in the snow to do such an excellent job of your forms, techniques and breaking!)

* Have held a talk/demo on 'How doing martial arts can help look after your bones' for the Children's Group at Sudbury Library. (Thank-you to Gemma for coming along and demonstrating some exercises to the kids.)

* Have participated in 'Sudbury on Show' at the Town Hall and Sudbury Upper

* Held a fantastic Fight Night to mark St. Valentine's Day

* Welcomed several new and very enthusiastic members to the School (Dragons: Abi, Matthew, Joshua, Ashley, George, Chanel, Danielle. Tues: Justin, Reece, Savannah and Jed.

Thurs: Leah, Zoe and Maria)

And its just February! Phew!

So what do we have in store for Spring?

* We have a testing coming up in March.

* An Easter Eggstravaganza in April

* A visit to SENI in early May

* A seminar with Kuk Sa Nim late May

* The European Tournament at the end of May

...so there's plenty to keep us busy.



Our juniors battle it out during a 'Sock War' at the Christmas Party

Kuk Sa Nim to visit on 28th May

This is just to remind you all 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 an evening not to be missed!

Please get this date in your diaries NOW!! We need every single student to be there on the night.



Christmas Party 2008 Pictures



“Love break
falling! ”
Steven



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



PRIZE**WINNERS****Dragons:**

Ethan

Becky

William

Caitlin

Blaine

George

Adults:

Barry

Matt

Dan

Mitch

Sam

Nathan W

Sophie

Jemma

St. Valentine's FIGHT NIGHT

Our St. Valentine's Fight Night was held in the gym on Tuesday the 10th February 6.30– 9.00pm.

We all had a fast and furious night of sparring 'tournament style' and everyone really went for it!

DBN's Paul and Louise did an amazing job of refereeing the rings and all the students were in top form as competitors.

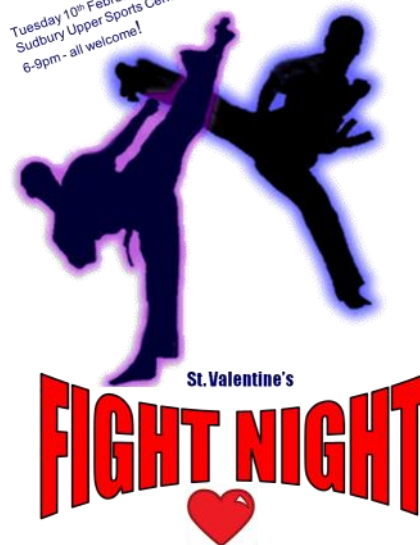
It was also terrific to see and hear all the support coming from friends and families who turned out to give us a real 'Fight Night' atmosphere.

Please pass any sponsorship monies to a KSN for the School Fund (we can't have an Easter Eggstravaganza without eggs!!).

Well done everyone! (Pics on Bebo)

KUK SOOL WON™ OF SUDBURY

Tuesday 10th February,
Sudbury Upper Sports Centre,
6-9pm - all welcome!



School wins Safer Suffolk Grant

We are pleased to announce that the School has won £750 from the Safer Suffolk Foundation to run Mpower sessions for women in Great Cornard and Sudbury.

The Suffolk Constabulary established this Charitable Fund through the Suffolk Foundation in

2008 and we are one of the first recipients of an award.

If you know any ladies who would like to book a free place, let KSN Karen know.

The first session will be on the 18th April at Woodhall Primary School and will start at 10am.



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.

KUK SOOL WON™ of SUDBURY

MARTIAL ARTS SCHOOL OF EXCELLENCE

Hand Striking, Kicking, Self-Defence, Throwing, Joint-Locking,
Falling & Acrobatics, Traditional Korean Weapons, Body Conditioning,
Wood-Breaking and so much more!

First 2 lessons **FREE**, Beginners classes starting now!

Sudbury Upper School Sports Centre, Tudor Road, Sudbury, CO10 1NW
Tuesdays and Thursdays 7-9pm.

For more information call KSN Karen on 07751 932 408
Website: www.kuksool.co.uk

**KICK
HIGH**

News Round-up

ADVERTISING: We have struck up an excellent working relationship with Sudbury AFC and we will enjoy a full colour half page advertisement in all their match programmes throughout 2009 (see above). We will change the photos and layout regularly to feature as many students as possible and to keep the ad looking fresh. Thanks also to Ollie for doing some additional leaflet dropping for us whilst on his paper-round.

ANNUAL INSURANCE: This is now due. Please ensure

that you pay promptly.

WELL DONE: Savannah and Maria on making the County Gymnastics Squad.

NEW JOINERS: A warm welcome to our great new starters, this bunch are just bursting with promise!!

BBC: KSNs Karen and Lynn undertook a tough testing with SBN Richard Jones, SBN Scott Slack and SBN Keith Slack on 7th Feb. All brown belts and above – the next BBC testing is 21/03/09



Dan at our Sudbury Upper School 'Suffolk on Show' stand



Matt at our Town Hall 'Suffolk on Show' stand

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:

KSN Karen Smith 07751 932 408

KSN Lynn Whiting 07788 765 227

TUESDAYS 6-9pm in the gymnasium

THURSDAYS 7-9pm in the dance studio

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Tudor Road
Sudbury
CO10 1NW

Email:
drkarensmith@mac.com

Web:
www.kuksool.co.uk

Bebo:
www.bebo.com/sudburykuksool



Be the change in the world that you want to be!

Demos

We were kindly invited to do a Demonstration and take a one hour martial arts class for the Youth Group at the Stephenson Centre on Sunday 1st February. We really enjoyed the evening and many of the 30 youths attending said they had lots of fun trying out the focus pads and kick paddles. However, the big highlight of the night was definitely the wood-breaking demo! Thanks to KSN Lynn, Barry, Matt, Dan, Mitch, Nathan, Ollie, Steve, Maria who pitched out on the night and to Chris and Paul for inviting us along and being such excellent hosts.



KSN Karen also gave a talk about 'Keeping your bones healthy' to the Children's Group at Sudbury Library on the 8th February. Thanks to Jemma for coming along and demonstrating some super high-impact/bone strengthening exercises!

Do you know of any upcoming fetes/events that might enjoy a Kuk Sool demo? If so, let us know!

