



KUK SOOL WON™ of SUDBURY

XPRESS

VOL. 4 Issue 6

2010

NOTICES

Classes
resume

02/09/10

National Test

04/09/10

Class Testings

5&7/10/10

Anniversary
Tournament

26/10/10

Kuk Sa Nim
Seminar

18/11/10

CONTENT

Editorial

New classes
new venue

Demos

Summer Camp

News

Kuk Sa Nim's
visit

JKN Nathan

Editorial

Just a reminder to everyone that we break for our Summer Holidays on Thursday the 29th July and return for our new term on Thursday the 2nd September.

We will certainly have a lot to look forward to: superb new training facilities and classes at AFC Sudbury, our 5th Anniversary Celebrations, a special seminar with the Grandmaster, Kuk Sa Nim...its going to be great!

Barry and Jemma will be undertaking their first National Testing for black-belt in September at Norwich with European Chief Master John Ives so please wish them luck. (DBNs and above can test with Master Richard in Bury on 7th August). At nine years of age, Jemma is a fantastic example of how our Little Dragons can develop and move up, becoming great little martial artists on the way. Maria (DBN4), Jessica, Niamh, Sophie (Red belts) and Matthew (Blue belt) were all Little Dragons too and have made the successful transition to the main class. Each of them prove that, if you train regularly and stick with it, you can achieve anything.



AFC Sudbury

We are delighted to announce that we are trialling a new Saturday class at AFC Sudbury. Mainly taken by JKN Tony, this class runs from 10.00-12.00 and all students are welcome — we're particularly keen to use the class as a vehicle to attract new students, so can you do your bit to put the word out' please! KSN Karen also takes regular Black-Belt Club sessions there at the same time and several of the JKNs and DBNs have been enjoying use of new £1.5 million clubhouse facilities and community pavilion.

Thursday night classes will also move from Sudbury Upper to the football club as of the 2nd September so its worth remembering that so you don't pitch up to the wrong place after the holidays. The address of the football Club is: AFC Sudbury , Brundon Lane, Sudbury, CO10 1XR and there is a map on the school website 'Join Us' page should you need it.

'I can't believe how much I've picked up already'
Nick



Wells Hall Demo and Party in the Park

Demo Team:

Maxi, Lewis, Elizabeth, Callum, Greg, Matthew, Niamh, Darryl, Leigh
Matt, Maria, Jemma, Barry, Ollie, Nick, Kayleigh, Jessica, Nathan, Lynn,
and Karen

It was hot, hot hot! On both days! Thanks Chris and Lisa for organising it



NEWS

We are now planning for our 5th Anniversary Tournament so could I ask the winners of ALL last year's trophies and plaques to please return them as soon as possible.

Can I also ask you to set up your standing order if you haven't done so yet.

Rebecca's Racing for Life

Well done to Rebecca who completed a 10k run to raise funds for Cancer Research UK. She completed the 'Race for Life' event in Cleethorpes on the 11th July.



Grading & Tournament success

Congratulations JKN Nathan Kelly for attaining 1st degree Black-belt!! Nathan's etiquette, helpfulness, training ethic and spirit are legend - well done!! He promoted in front of the Grand-Master, the Chief Master, and over 20 other senior Masters at the Masters Exhibition and Promotions Ceremony on Saturday 5th June (see the back page).

Well done also to DBNs Matt, Ollie, Kayleigh and Maria; JKN Tony and KSN Lynn for passing their national testings too which were held outside in the mega heat (27 degrees-phew).

We also won 14 medals from 15 competitors at the European tournament held on the following day.

Any news?

Let KSN know so we can put it in the Newsletter



Summer Camp and Party in the Park

Were mega-fun, lots of photos on Facebook page



Kuk Sa Nim

We are delighted to announce that the Grand-Master will visit Kuk Sool Won of Sudbury on Thursday the 18th of November. Can everyone please ensure that this date goes into their diaries as we want a 100% turnout.

We have had the privilege of a seminar with Kuk Sa Nim before and it was an outstanding evening for all concerned, so don't miss **your** opportunity to train with him!



Comments and 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

TUESDAYS (18.30-21.00)
Sudbury Upper School Gym

THURSDAYS (19.00-21.00)
AFC Sudbury

SATURDAYS (10.00-12.00)
AFC Sudbury

See website for maps and directions

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



PRACTICE !

**Congratulations
JKN Nathan Kelly**

