



# KUK SOOL WON™ OF SUDBURY

June 2007

## Tournaments

### Listing:

UK  
Tournament  
Birmingham  
24th November 2007

### Inside this issue:

New Kit	1
Reference Books	1
Little Dragons	2
Spain Tourmie	2
Workshop	3
European Tourmie	4
Wednesday classes	4
Tribal martial arts	6

## Xpress

### Our new kit arrives!

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

We were delighted to welcome Christine Abraham from Suffolk ACRE to the School on Monday the 18th of June. She came to officially 'hand over' equipment that we were able to buy with a generous grant of £5k from the Local Network Fund which they administer.

The impressive array included:

Sparring kits

Strike pads

Wooden practice swords

Pro Bags to hold equipment

Wooden staffs

Foam nunchakas

Tatami jigsaw mats

Re-breakable boards

Bag gloves

Focus pads

Speed skipping ropes

Junior gum shields

KSW martial arts books

WKSA DVDs

Several hundred more has been invested in a series of special Workshops.

And yet another slice of the grant is providing students under 18 yrs with tournament bursaries (worth £35 each) enabling them to compete for free this year. We anticipate lots of medals!



This infusion of support will provide the School with a launch-pad to really grow in 2007 and all the students are looking forward to trying out the new kit!!

We were also

delighted to welcome Ken Watkins from the Suffolk Free Press. Ken has been invaluable in helping the School raise its profile locally. Ken was accompanied by Dominic the photographer who took this excellent picture!



### Reference Book Library

The following books are now available for students to refer to free of charge on Monday evenings from 6-7pm.

Books can be taken into the foyer area of the Sports Centre where students can sit on the comfortable leather sofas and read them.

All books must be signed out and signed back in EVERY

time, use the form provided.

The Self Defence Manual by Martin Dougherty

Women's Strength Training Anatomy by Frédéric Delavier

KSW Textbooks by Kuk Sa Nim/WKSA:

- Books 1 & 2 & 3

KSW Handbooks by Kuk Sa Nim/WKSA:

- Breaking techniques

- Pressure point & joint locking

- Defence against knife or club

- Sword techniques

- Staff techniques



Little Dragon Logo

**"The Little Dragons are a real credit to the School!"**



## Little Dragons

Our Little Dragons have been quietly progressing apace and are now developing into very good young martial artists. Anyone who has witnessed their efforts in the dojang can testify—these kids really give it their all!

Currently the majority of them are on their second yellow stripe and have

gained proficiency in a range of skills.

They have earned badges for kicking, punching, form, techniques and fitness.

They are a real credit to the School and are well on target to achieving their full yellow belts way ahead of schedule.

Some are even budding artists as well as being budding martial artists!

We persuaded them to brighten up our Little Dragons webpage with their pictures of martial animals and were delighted with the results.



## Spanish Tournament

This year we were delighted to be joined in Spain by 3 students from the school (Tony, Paul and Maria) who were determined to compete and enjoy Barcelona in the Spring.

The hot April sunshine encouraged everyone to make the most of their long-weekend—trips on catamarans, walks down la Rambla, tours around the Joan Miro and several delicious dinners *al fresco*!

When it came Tournament time we all made our way to the Sala Iberia which turned out to be a lovely venue absolutely heaving with competitors from all over Spain and Europe.

Everyone put their best foot forward and by tea-time we had amassed 17 medals between us, including 6 golds!!

Well done to everyone especially Maria, who at 5yrs, was our youngest competitor and a winner of 2 golds and a silver.



### May Workshop

SBN Richard Jones and PSBN Scott Slack joined us for a day to lead a much appreciated workshop on Sparring.

Nine Little Dragons and twenty nine adults enjoyed every exhausting second!

SBN started off by teaching the class some clever kick combinations and he went round each student to offer individual advice.

PSBN Scott then followed

by teaching some very rapid-fire punch combinations and blocking tactics which he then got students to perform in pairs.

Once everyone got the hang of combining both the punch and kicking combos together it was time to don the new sparring gear and put it all into practice 'tournament style'.

The improvement was immediate and very pleasing to see!

SBN will lead another workshop on street self defense on the **7th of July** at Woodhall Primary School and it should be the ideal venue as there is plenty of space for us to really spread out and practice. EVERYONE is very welcome and that includes Little Dragons, parents, brothers, sisters, friends etc. We plan to have big table positively dripping with sandwiches, goodies and drinks so make sure you put the date in the diary.

#### Testing

2nd  
July

#### Summer Workshop

7th  
July  
@ 9.30am

#### Summer Break

Classes end  
6th August and  
resume  
27th August

### School Photos



#### STUDENTS

Your Newsletter needs you!

Do you have a good Kuk Sool photo that could go into the next Newsletter?

Do you have a good idea for an article?

If so.. talk to KSN Karen!



### European Tournament 1-2 June 2007

The 2007 European Tournament was packed full of excitement for several members of KSW Sudbury.

Karen promoted to Kyo Sa Nim (2nd degree black belt) within 3 years of receiving her black belt. This was a major achievement as promotion to 2nd degree normally takes 4 years and 3 months. Karen also entered the black belt sparring competition on Friday and won gold.

[Ed. Thank-you to everyone for the beautifully engraved salver, card and flowers!! JKN Lynn you're very sneaky to have organised all that without my getting to know about it. For once I was speechless!]

Following a rigorous 4 hour testing, Tony promoted to Jo Kyo Nim (1st degree black belt) and DBN Paul successfully completed his first national testing for black belt. Congratulations to them both for staying the course and giving 100%!!

On Saturday several students made the trip to Lowestoft to represent the School and compete in the coloured-belt tournament. For some it was their first experience of competition and, despite the nerves, they acquitted themselves admirably.

The Little Dragons were represented by Jemma, Jake and Maria who entered the White belt under-8's competition.

Maria won a silver for form, Jake won a bronze for sparring and Jemma won a copper for sparring.

Amazing effort guys!

Nathan really flew the flag for the juniors in the Yellow belt under-12's competition and won gold for form and gold for techniques. Given that this was his first tournament and that the division had 28 competitors, it was a particularly impressive achievement!

The youths were represented by Rachael in the Red belt under-16's competition. She had taken time off from her studies to be there and she well deserved her copper in forms and fifth place in techniques.

It was then up to the Red belt adults to impress and we were not disappointed.

Having won gold last year, Luke entered the large and tough 17-39's competition and was *en route* to another medal placing for form when he unfortunately lost his footing. He did well to recover and complete the rest of it in style. Next

time Luke...!

Derrick shone in the Seniors competition and won a brilliant gold for form and copper for techniques.

In total we had only 7 competitors this time but we still won 8 medals.

Gold 3

Silver 1

Bronze 1

Copper 3

The take home message from this tournament is the same as from every tournament we have ever competed at: when KSW Sudbury students do compete — they do very well indeed. Well done to everyone who entered, you are an inspiration to us all.

Hopefully more students will step up to compete next time and seize the opportunity to actually meet Ku Sa Nim, Master Sun Jin, Master Alex, Master John and other high ranking instructors from around the world as well as meet fellow students from other schools and forge friendships that will last for many years. At tournaments competitors accumulate points towards their school total and the top 4 schools win plaques. If we fielded a substantial team we really could place, a new goal for next year!

"It was brilliant!"  
HD Derrick Bright

### New-look Wednesday night classes

For the past 6 months we have been running a 1 hour class every Wednesday night at Woodhall Primary School.

Despite most students saying that they wanted the class, we have had on average, only 10 students a night. Therefore we are faced with a clear choice, change the class format and see what happens or close it.

It would be detrimental to our School and the regular cadre of students who do come to just stop classes. Wednesday nights are much more relaxed and informal than Mondays and the students who come benefit tremendously from the extra tuition as is evidenced in the quality of their forms and techniques. Therefore, we have decided that a real opportunity exists for

Tony (now that he is a JKN) to take on the primary teaching responsibilities of this class and grow it whilst



developing his skills as an Assistant Instructor.

Because JKN Tony lives locally, he will be able to extend the class from 1 to 2 hours duration and cover a wider range of activities.

As before, all students who attend classes on Mondays are welcome to attend on Wednesdays.

Indeed, attendance at two classes a week is basically a necessity for advanced students preparing for Dahn Bo/Jyo Kyo Nim.

Additionally over the holiday period, we intend to market the class to children attending the school and to residents living nearby. The hope being that we will see an influx of new KSW Sudbury students from this as yet untapped area!

Both KSN Karen and JKN Lynn will support JKN Tony on Wednesday nights by regularly attending the classes and offering guidance and tuition support. If new students join, it would be encouraging for them to see existing students and benefit from their wisdom. It is time YOU made the Wednesday night class a real success!!

### New Wednesday class

Location:

Woodhall Primary School

Time:

7pm - 9pm

Fee:

£3

(£2.60 if you do Mon too)

**Existing and new students welcome.**



## Comments & suggestions for articles to the Editor – KSN Karen



### Phone:

07751 932 408  
07788 765 227

### Email:

info@kuksool.co.uk

### Web:

www.kuksool.co.uk

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:

KSN Dr Karen Smith

JKN Lynn Whiting

Kuk Sool Won™ of Sudbury

### MONDAYS:

Great Cornard Sports Centre, Head Road, Great Cornard, Sudbury, CO10 0JU

### WEDNESDAYS:

Woodlands Primary School, Mayflower Way, Sudbury, CO10 1ST

*'Motivation is what gets you started.*

*Habit is what keeps you going'*



### Sado Moo Sool

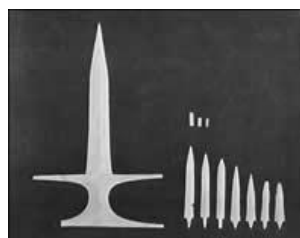
SA DO MOO SOOL: Tribal Martial Arts

Tribal martial arts are the oldest form of Korean martial arts known and in their basic form, existed among the ancestors of the Korean race. Weapons were originally fashioned out of stone and then bronze with the coming of the Bronze Age. However, the development of SA DO MOO SOOL, as a martial art system, can be traced back to the period known as KO CHO SUHN or Old Korea (circa 2000 BCE – 57 BCE).

During this period of development, weapons were made out of naturally occurring materials such as stone, bronze and wood, and also from animal parts such as bones and the antlers of deer. Weapons that were used to hunt for food, or to attack, or fight off, hostile enemies were the SUEK KUM (stone-knife), SUEK CHANG (stone-spear), SUEK BOO (stone-axe) and the HWAL SUL (bow and arrow). Alongside these stone weapons were used bronze daggers, bronze axes, bronze spears, and

crude bronze swords. SA LAK SOOL (sand-spreading or throwing techniques) and TU SUEKSOOL (stone throwing techniques) were also developed in this era.

As tribal settlements flourished, it was found beneficial for some to form alliances for mutual protection. In the north, these tribal confederations were known as BU YE, and in the south, they were known as SAM HAN. Even in this early period, the MUSA (warrior) lived by a strict code of behaviour. If the code was broken, punishment would be administered. The severity of the punishment that followed was directly related to the severity of the crime.



Bronze age stone dagger and arrow-heads

The Three Kingdoms Period – next issue!