

# XPRESS

Volume 5, Issue 9



June 2012

## Dates for the diary:

### Last Classes of This Term

Tuesday 17<sup>th</sup> July  
Sunday 22<sup>nd</sup> July

### First Class of Next-Term

Sunday 9<sup>th</sup>  
September

### Inside this issue:

Editorial 1

Fight Night 1

May Testings 2

Inter-School  
Tournie 3

Olympics/  
Jubilee 4

Eu Tournie 4

Summer  
Camp 5

Important  
News 6

## Editorial



This term has been a hectic but very rewarding one.

It was great to see a team of seventeen students win a colossal 44 medals at the Inter-school Tournament held in March. The quality was

there for all to see...keep up the good work.

We have also benefited from several excellent new starters in the school, enjoy your journey!

We still have several Demos and Summer

Camp to look forward to as well as the European Championships.

Finally, congratulations to Barry and Jemma who promote to Jyo Kyo Nim on the 9<sup>th</sup> of June. Well deserved for their immense dedication.

## Fight Night

Our Sparring event took place on Tuesday the 20th of March.

Divisions were: Dragons 7-8 years boys and girls combined and 6 years and below boys and girls combined. Main class divisions operated within belt levels and competitions were: children, youths and adults.

The effort and energy levels of all the competitors was truly excellent.



## May Testings

The turnout on 8<sup>th</sup> and 15<sup>th</sup> May testings for the Dragons was excellent.

16 students completed forms, break falling, board breaking and fitness to obtain their yellow stripes, a new proficiency badge for push-ups and certificate of participation – congratulations!

26 adults were also in super form on the 13<sup>th</sup> May, undertaking a demanding but rewarding

two and a half hour testing led by PSBN Karen

She really put everyone through their paces and stretched them, which is what testing is all about.

The techniques, kicking and break falling was impressive and everyone broke a board. The most impressive aspect of the night was how everyone lifted their concentration and dug deep, especially with a very demanding

fitness component added in that included lunges, v-sit-ups, push ups, star-jumps and squat thrusts.

Promotions will follow the European Tournament.

Some photographs of the night are shown below. Please see our Facebook page for loads more and for videos from the night including board breaks and specialty kick breaks.

*"I felt pushed but am buzzing from having gotten through it!"*

*George*







*"It was great to compete with students from other schools"*

*Charley*

## The Inter-School Tournament

Congratulations to all 17 Sudbury students who competed on Sunday the 25th of March at an Inter-School Tournament in Stowmarket and won a staggering 44 medals (23 of which were gold).

Students competed in Forms, Techniques and Sparring against students from eight other schools in the area and every single

competitor won a medal.

**A total of £670 was raised for Macmillan, a wonderful cause.**

Loads more images can be found on our Facebook page and our Website Galleries 'Inter-Schools Tournament' page.

It was a fantastic day and we look forward to next year.

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**



## Olympics and Diamond Jubilee

The 2012 Olympics draw ever nearer and we are proud to announce that Kuk Sool Sudbury have been invited to participate in the Sudbury Town Council Olympic Celebration Weekend.

We will be holding a FREE drop-in class for all comers between 14.00-17.00 Sunday the 24th of June at the Kingfisher Leisure Centre. Please encourage folk you know to come along and try out

this great martial art!

Existing students are particularly welcome. (The 17.30 class will run as normal that night, so if you fancy getting in extra forms, techniques and weapons practice and some demo practice, as well as assisting with recruitment, this is a great opportunity).

A special table dripping with goodies will be laid on to mark the Queen's Diamond Jubilee.



*"A special Olympic weekend 'taster' class and Jubilee celebration will combine to make a really wonderful day"*

## European Tournament: 8-9th June

This two day competition attracts over 600 competitors from over 62 schools within the UK and Europe.

The Grandmaster and many Senior Masters from the USA travel to oversee the event. On Friday the 8<sup>th</sup> June, DBNs and Black-belts of all ranks undertake National Testings' in the morning (09.30-13.00) and do demo practice in the afternoon (13.30-15.00). That evening there are the 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> degree tournaments (17.30-19.00).

On Saturday the 9<sup>th</sup> June the 1<sup>st</sup> degree competition take place at 08.00 followed by the under Black-belt competitions from 08.15. The day culminates with Black-belt promotions ceremony and a superb Masters Exhibition in the evening at 19.00. This year PSBN Karen undertakes

her first test for 4<sup>th</sup> degree, JKN Nathan his first test for 2<sup>nd</sup> degree and DBN's Barry and Jemma promote to 1<sup>st</sup> degree black-belt.

Competitors, please return your forms to PSBN Karen with your cheques or cash asap. (Adult spectators cost £8 and Children £5, on the day).

Venue: Lynnsport, King's Lynn, Greenpark Avenue King's Lynn, Norfolk, PE30 2NB

Anyone competing for the school who does not win a medal at the tournament will be presented with a school medal for effort at the next class. It's the participating and learning that matters, if you win a medal on the day it's a bonus so please show a positive attitude and enjoy the day win or lose!







*“Summer Camp is brilliant fun, and not to be missed.*

*There’s lots of Kuk Sool, a Camp Fire, BBQ, Karts, Water Fights”*

*Barry*

## Summer Camp: 28-29th July

**WHEN:** SATURDAY 28 and SUNDAY 29 JULY 2012

**WHERE:** BRADFIELD PARK CAMPSITE, IXER LANE, BRADFIELD COMBUST, IP30 0LR

**MAIN CLASS:** Pitch tents on Saturday from 11.00, bow in 12.00

**DRAGONS:** Saturday 16.00-17.30 followed by BBQ at 18.00, must leave site by 19.45.

Everyone – wear your uniform and bring your water guns and a change of clothing!

Main class – also bring tent, sleeping bag, torch, towel and anorak (just in case).

### DRAGONS CLASS AGENDA

(Saturday):

16.00-16.05 Bow in & warm-up

16.05-16.30 Short stick sparring

16.30-17.00 Pedal Go Karts

17.00-17.30 Assault Course & Water fights

NOTE: Parents YOU become responsible for your Dragon and his/her safety, whereabouts and good behaviour from 17.45 until 19.45. The site is 26 acres.

18.00-19.45 BBQ and relax

### MAIN CLASS AGENDA

(Saturday):

12.00-12.30 Bow in & warm-up

12.30-13.30 Weapons training

13.30-14.00 Acrobatics

14.00-14.30 Lunch break

14.30-15.00 Special kicking

15.00-16.00 Kuk Sool Hyung !

16.00-16.30 Water break

16.30-17.30 Games & Water fights

18.00-19.45 BBQ and relax

19.45-22.00 Camp Fire

(Sunday):

08.00-09.00 Breakfast

09.00-10.00 Pedal Go Karts

10.00-11.00 Assault Course

11.00-12.00 Football

12.00-13.00 Pack up

All activities subject to change, if it rains we will go inside and utilise the hall which we have been able to hire this year.

### **COST:**

£7.50 per head for participants, includes BBQ.

Parents/friends £5 per head, includes BBQ.

Book your place asap so we have an idea of numbers!

*Come along and meet Chops, our new school mascot!*





## **Kuk Sool Won™ of Sudbury**

**PSBN Karen Smith**  
**07751 932 408**

From September 2012-September 2013:

SUNDAYS (16.30-19.30)

Kingfisher Leisure Centre

Station Road

Sudbury

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.

**Email:** [drkarensmith@mac.com](mailto:drkarensmith@mac.com)

**Website:** [www.kuksool.co.uk](http://www.kuksool.co.uk)

**Facebook:** [www.facebook.com/pages/Sudbury-United-Kingdom/Kuk-Sool-Won-of-Sudbury/115960023567](http://www.facebook.com/pages/Sudbury-United-Kingdom/Kuk-Sool-Won-of-Sudbury/115960023567)

**You Tube Channel:** [www.youtube.com/user/KukSoolWonSudbury](http://www.youtube.com/user/KukSoolWonSudbury)

*Bringing martial arts to life*



## **News**

### **Special Notice: temporary suspension of Tuesday class Sept 2012-Sept 2013**

This temporary measure is necessary due to PSBN Karen having to undertake a special project at her work that will require her to work longer hours this coming year. Additionally PSBN Lynn has been hit hard as a result of her several operations and has requested a year break from teaching in class so she can be a student again and regain her strength and fitness. The Dragons Class will transfer to Sundays at the Kingfisher from 16.30-17.30 and Tuesday Adult Class will transfer over to Sundays at the Kingfisher from 17.30-19.30, joining their fellow students who already attend that class.

**Please work with us to make this a success, it is vital to the school we keep numbers and attendance high during this period!**

**Welcome:** To Finn, Archie, Harley, Yugin, Jamie, Travis, Joanne, Jack, Jordan, Kyle,

Steph, Andy, Sophie, Ellie, Louise and Olivia. Superb white belts!

**Videos:** A huge thank-you to Barry and Darryl for shooting and editing some fantastic break falling videos for the school. They are on our Facebook and You Tube pages. Hopefully more are in the pipeline.

**Congratulations:** To Amanda and Rick on their marriage and to Darryl and Tina as well!

**Playworld Opening:** Thanks to Barry, Jemma, Lisa, John, Lynn, Maria, Darryl and Niamh for making this a success – Joanne joined as a direct result and she's a smashing addition to class.

### **Wells Hall Demo – 6 July**

We have been asked to do a demo at Wells Hall Primary School on Friday 6<sup>th</sup> July -19.00-20.00. I would particularly

like to see dragons and young students volunteer to participate as well as adults. Show your classmates how talented you are.

### **Party in the Park - 22 July**

Will take place on Sunday 22<sup>th</sup> of July at Bellvue Park from 13.50 in the main arena. Please assemble at our gazebo by 12.30 so we can run through our demo. JKN Nathan has worked up a nice group routine and several senior students and instructors will supplement this with individual displays. Please come along and support the school in good numbers it's the 'last class' of term!!

