



# KUK SOOL WON™



Visit our website at:  
<http://www.kuksool.co.uk>

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## of Sudbury

*“Bringing Martial Arts To LIFE”*



# CLASS ACTIVITIES



**Meditation** is encouraged at the beginning of each class for mental well-being and as preparation for class.

**Stretching and conditioning exercises** (*mohm puhl gi*), beginning immediately after meditation, are part of the curriculum to warm-up and condition the muscles, tendons, ligaments, and joints so that they adapt to doing the movements required in class.

**Basic hand strikes** (*soo gi*) and **Kicking drills** (*johk sool*) are performed to give the student practice concentrating solely on hand strikes or specific kicks.

**Falling techniques** (*nah bub*) are specific ways of falling and landing to reduce or eliminate injury. In class, students practice falling techniques along with some acrobatics such as cartwheels, diving rolls and handsprings. Each student is allowed to participate and progress at his or her own pace according to their own abilities.

**Forms practice** (*hyung*) is a student's most important training. It consists of "connected moves." These patterns of movements "condition" the body to the flow of martial art activities. Students are taught a specific form according to their belt rank. Forms are taught slowly and thoroughly.

In addition, instructors continually review forms with students to ensure accuracy. Practicing forms increases concentration, timing, balance, speed, coordination and control.

**Joint-locking techniques** consists of 270 sets for a total of 3,608 individual techniques for locking/breaking joints, redirecting/throwing/controlling your opponent and more. Through much repetition, spontaneity and automaticity can be developed to adapt these techniques in real life situations.

**Weapons training** begins at the red belt level. Staff (*bong*) spinning and form are introduced first to the student. As the student becomes proficient, other weapons are introduced. Kuk Sool has 24 different traditional Korean Royal Court weapons in the curriculum, plus Buddhist and family weaponry.

**Specialized training** introduces higher-level techniques, pressure-point training, advanced hand strikes and kicks, women's self-defence, sparring and defences against street fighting.

# BENEFITS



## Men

The study of Martial Arts has fascinated men throughout the ages.

At Kuk Sool, no matter what your age, career or interests, you will gain new confidence in handling concerns.

Kuk Sool will be your outlet for stress and tension. It will increase your stamina, expand your cardiovascular fitness and improve your overall physical condition. Plus, you will learn effective techniques for protecting yourself and your family.

## Women

The movements in Martial Arts can be as graceful as ballet and are infinitely more interesting than usual aerobic workouts.

In addition to providing a total fitness programme, we train you in defence techniques which enhance your capability to effectively defend yourself.

It is a proven way to build a feeling of confidence and this will carry through to the workplace and home.

## Children

Our main goal is to enhance your child's self esteem and to support your efforts in building self-confidence and character.

At the same time, your child will develop a sense of respect for others, for self and for authority.

In fact, parents frequently speak of the beneficial effects that our Martial Arts training has had in: school performance, self-esteem and general attitude.

# INTRODUCTORY OFFER

Through a dedicated systematic and intensive Martial Arts programme, our school is known for producing the incentive to become a more confident individual not only physically, but mentally as well, regardless of age or sex.

Our introductory offer is designed to give you a chance to come in and visit the school, meet our instructors, and find out the benefits of learning the martial arts.

# CLASS LOCATION

Classes are held at:

Sudbury Upper School  
Tudor Road  
Suffolk  
CO10 1NW

# CONTACT US

## Instructors:

KSN Karen Smith  
KSN Lynn Whiting

07751 932 408  
07788 765 227

JKN Derrick Bright  
JKN Rachael Bright  
JKN Anthony Pellegrini  
JKN Paul Pellegrini  
JKN Paul West  
JKN Lisa West

# SCHEDULE

Day	Time	Class & Location
Tuesdays	18.15 - 19.00	Little Dragons Children & Adults  (Gymnasium)
	19.00 - 21.00	
Thursdays	19.00 - 21.00	Children & Adults  (Dance Studio)

# PHOTOGRAPHS

