



Kuk Sool Won™ of Sudbury

Xpress

Volume 3, Issue 1

January 2008

Events

Listing:

Scottish
Tournament
Inverness
24th May 2008

European
Tournament
Lowestoft or King's Lynn
31st May 2008

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Our Plans for 2008

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

2007 was an awesome year for the School. We enjoyed a growth of 36% in regular student numbers and successfully held a range of demos, workshops and training events. We won medals in tournaments all over Europe and significant amounts of funding from a range of organizations which enabled us to buy lots of top range equipment.

We now want to take the School to yet another level in its 3rd year of operation and below we highlight some of the initiatives we intend to implement:

EVENTS:

- Testings: March, June, October and December
- St Valentine's sponsored Punch n' Munch (11th Feb)

- 'Bring a Buddy' night (April)
- Away Day (June)
- Beach Training and BBQ (July)
- Open Evening (Sept)
- Xmas Dinner (Dec)

DEMOS:

- Woodhall Primary
- Gt. Cornard Upper
- Sudbury Xmas Fair

TOURNIES

- European focus this year, fit with students who will be first time testing for black belt
- Internal School Tourne October

BLACK BELT CLUB

- We will begin regular training sessions on Saturday mornings at Woodhall

SPONSORSHIP

- Aim to get 1 new grant and 1 new sponsor this year

MARKETING

- Little Dragons Video — wip
- Main Class Video — to do
- Newsletter — student contributions
- Flyers and Posters—students to assist in publicity
- Newspapers—regular column

COMMUNITY ENGAGEMENT

- Mpower course
- Raising money for charity via our St Valentines event

STUDENT INPUT

Suggestions from students are always welcome e.g. last year we took on board Luke's idea for Demo T-shirts, Warren's idea for an Open Evening and Cheryse's idea for Beach Training.

KSN Karen
KSN Lynn
JKN Tony

School wins £500 from Suffolk Foundation

We are delighted to announce that our application for a small grant from the Suffolk Foundation (SF) has been successful and that a cheque for £500 is now 'on the way'.

SF are a registered charity-grant giving organisation that supports local community groups and projects which

make a genuine difference to the lives of Suffolk people. We would particularly like to thank Stephen Singleton, Chief Executive and Enid Kimes, Grants Manager for their assistance.



The £500 will be used to purchase more mats for our Woodhall Primary venue and other equipment such as strike pads and kick paddles. It will also go towards marketing activities such as the editing of our Little Dragons video footage into an 'end product' that we can put onto the School website.



Fight back

Mpower—self-defence courses by women, for women

Following our successful demonstrations at the launch of the Suffolk Women's Domestic Violence Forum and the Sudbury Christmas Fair, we have been asked if we can provide safety training to employees of Barburgh District Council.

We have now formulated a 1 day training course for women called Mpower. Our course is very practical and realistic and focuses on teaching students general personal safety awareness and simple but effective physical techniques. The course is not a martial arts



course because martial arts is really a way of life and requires much training to use properly in defence.

Mpower has been designed with the 'everyday' woman in mind and the content is based on real life attack situations that women may

face. 1 out of 4 women will be assaulted in her lifetime yet statistically 4 out of 5 women who fight back get out of the situation.

We therefore want to Mpower women with the 'know how' to fight back against an attack and provide them with training that could make a vital difference, enabling them to survive attack.

For more information you can look on our Links page . Mpower website <http://mpowerwomensselfdefence.com>

"Lets make a difference!"

KSN Karen

Kuk Sool Won of Sudbury

Invite you to participate in &/or sponsor our ~

St. Valentine's Punch-n-Munch

Target of
30,000 punches!

Punches include:

- ★
Jab & cross
- ★
Hook
- ★
Upper cut
- ★
Back fist
- ★
Combos

★ **Speed sets**
★ **Sparring**
★ **200 punches = £1**

TIME

Monday 11th Feb.
19.00 - 21.00

VENUE

Great Cornard
Sports Centre

FOR INFO
CONTACT

07751 932 408

Raising money for Cancer Research

Punch n' Munch

In the previous 2 years we raised approx. £400 hundred pounds from student sponsorship for the School though a Kick-a-thon and a Skip-a-thon. This money helped us to buy 40 top quality mats and 12 full sparring kits that all students use.

This year we felt that is was time we punched our way to an even bigger and better target!

All Kuk Sool Schools have to renew their Operating Licences every 3 years and

an administrative charge of \$250 (that's approx. £125) is levied by the WKSA.

So this year we will be raising money to: (a) pay our Licence renewal fee and (b) donate any additional monies raised to Cancer Research UK (CRUK).

Our target to beat will be £300 in order that we can donate at least £125 to CRUK. So we'll need to do more than double the 30,000 basic minimum punches.

CRUK is the world's leading

independent organisation dedicated to cancer research. It supports research into all aspects of cancer through the work of more than 4,250 scientists, doctors and nurses.

Cancer touches all of our lives at some time either directly or through loved ones or friends. In fact around 285,000 new cases are diagnosed each year in the UK.

So lets help beat it by raising as much as we can! Healthy, crunchy, munchy refreshments and juice afterwards.

CANCER RESEARCH UK



Kuk Sool Won of Sudbury

St. Valentine's Punch-n-Munch Sponsorship Form



Name of participant:

NAME	AMOUNT

Raising money for Cancer Research



Website Updates

We will be making several updates to the Website during January.

These include the addition of:

A new front page

Downloadable posters

A Downloadable Little Dragons brochure

A new Photo Gallery 'We need more practice', pictures kindly donated by KSN Jason Teale

And a KSW Sudbury Shop page

We hope you like the changes and if anyone has any photos that they would like added ...shout!



KUK SOOL WON
We Need More Practice



*"A few of
Jason's
wonderful
photos taken
during his four
years in Korea"*

1,000 Kick Routine

So, you've scoffed way too many mince pies and selection boxes and want to get fit as one of your New year resolutions. The question is—how?

Here is a really good kick routine/work-out that should do the trick:

First set:

Ten standard kicks, low stance and face level (front, side, round, hook, inside, outside, straight leg) as quickly as possible, while retaining your stance, and all proper foot/leg positions. Both sides = 140 kicks

Second set:

All seven basic kicks (front, side, round, hook, inside, outside, straight leg) without putting your foot down between the kicks, i.e. you do 10 kicks without touching, all kicks should be head high, or at least chest high. Both sides = 140 kicks

Third set:

Double kicks without touching, the heights should be belt and face high, this one you do 20 kicks without touching for all seven basic kicks. Both sides = 280 kicks

Fourth set:

Triple, same as above but you add a knee high kick, and you do 30 kicks without touching. Both sides = 420 kicks

Fifth set:

Spin kick set. Do it like the first set = 20 kicks

Total so far = 1,000 kicks

Once you are comfortable with doing that lot in under 40 minutes...ask for the sixth and seventh sets!



Class Fees

Monday class

Location:

Gt. Cornard Sports Centre

Time:

7pm - 9pm

Fee:

£3.80 p/pn Adult/Child

£3.50 p/pn for Families

£3.00 p/pn Little Dragons

Wednesday class

Location:

Woodhall Primary School

Time:

7pm - 9pm

Fee:

£3.20 p/pn

(£2.80 if you do Mon too)

Existing and new students welcome.

Class Testing

Monday

3rd

March

Comments & suggestions for articles to the Editor — KSN Karen



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 Kuk Sool Won™ of Sudbury:

KSN Dr Karen Smith 07751 932 408

KSN Lynn Whiting 07788 765 227

JKN Tony Pellegrini 07968 742 734

MONDAYS 6-9pm:

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

WEDNESDAYS 7-9pm:

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

“You can’t reach the top unless you start climbing”

KUK SA NIM

In Hyuk Suh is the founder, Grandmaster and President of the World Kuk Sool Association®.

He has studied martial arts for more than 50 years, receiving his first instruction from his grandfather, Myung Deuk Suh, a master-instructor to the Korean Royal Court.

After his grandfather's death, he travelled throughout the Far East seeking out and studying additional aspects of the martial arts.

The knowledge he acquired from his grandfather and subsequent masters enabled him to establish Kuk Sool Won™.

His organization now boasts 1.3 million members with over 800 schools worldwide in 27 different countries. Although expert in every aspect of martial arts, Grandmaster Suh is especially renowned for his mastery of pressure point and joint manipulation.



Kuk Sa Nim