



KUK SOOL WON™ of SUDBURY

XPRESS

VOL. 4 Issue 5

2010

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04/05/10

National Test

04/06/10

Eu Tournie

05/06/10

Summer Camp

24/07/10

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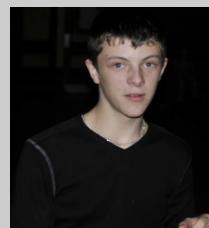
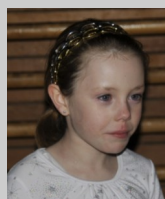
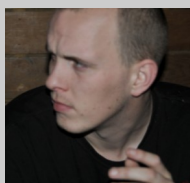
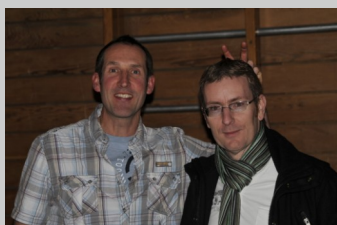
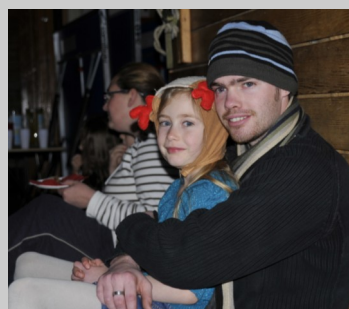
**Easter Mini
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Editorial

We wrapped up 2009 with a fun Christmas Party night and a big nosh up.



[More pics
on Bebo](#)

January was spent revising and working of the Christmas puddings and by February we were in 'full flight' again preparing for our Sparring Tournament and looking forward to an exciting 2010 jam-packed with great events.

Sparring Tournament

We held our Annual sparring Tournament on the 18th of February. There were Winner, Runner-up and Semi-finalist Certificates for all competitions and magnificent perpetual Trophies for the six divisional champions.

White belt Champion: Suzy

Yellow belt Champion: Matthew

Blue belt Champion: Charlie

Red belt Champion: Ollie

Brown/Black belt Champion: Dan

Black belt Champion: Nathan K

Photos of
'Fight Night'
2010 are on
our Bebo
site

[http://
www.bebo.
com/](http://www.bebo.com/)



Sparring Tournament



NEWS

Well done to one of our former students, James Craig on signing with Sudbury AFC reserves just after his 16th birthday. We hope he scores loads of goals!

Fun Run

Good luck to Nathan, Darryl and Leigh who will compete in the Sudbury Fun Run on the 2nd of April to raise money for Parkinson's Disease. 5k guys—wow!!

Martial art...design art

Most of you now have one of our new professionally designed hoodies or t-shirts but, if you'd like to order direct from the supplier, you can do so by calling Amy at Whittaker's Embroidery on 01254 665839. Plain hoodies £14, Red/Black hoodies £24, T-shirts £7 plus P&P.

Inspired, Barry also took pen to paper and came up with his fab version too. The reason behind having the dragon and tiger is because he felt they looked the same way as some of the moves which are used in the higher belts forms. See Baz if you want one.

Any news?

Let KSN know so we can put it in the Newsletter



Barry's design

KSN Karen wins Community Achievement Award

KSN Karen enjoyed a glitzy night out at the Babergh Community Achievement Awards 2010 held at the Stoke by Nayland Club on the 3rd of March. She was nominated for an award by Jenny Maylon, the Deputy Manager of Sudbury Upper Sports Centre.

Karen's award was presented by the Chairman of the Council, Jenny Jenkins and Robert Audley, the MD of Prolog. She received a Certificate and a beautifully engraved glass.



KSN Karen

Easter Mini-Olympics

100M AND 50M SPRINTS

JAVELIN

SHOT — PUTT

STANDING LONG JUMP

HIGH JUMP

RELAY RACES

We tried 'em all on Tuesday 6th and Thursday 8th April.

Easter egg prizes went to the winners and we'll feature some photos in the next issue.

European Tournament 2010

Will be held on the 5th June at Lynnsport in King's Lynn. Kuk Sa Nim and many Senior Masters from the USA and UK will be in attendance.

This is your chance to make new friends, compete and test yourself and hopefully win some medals.

We came 7th in the School Rankings last year, but if we're going to do better in future years, then each one of you needs to 'step up to the mark' and get along there and compete.

Many of you have individually done well at tournaments but its time all of you, as a school, started to started show some real TEAM spirit!

If not now —then when?????

Your instructors cannot do this for you, we have given you all the necessary information, training opportunities and support...over to you!

Summer Camp — booking now

Will be held on the 24-25th July at Bradfield Combust Campsite. Look for the Manger Pub as you come into Bradfield on the A134 from Sudbury and turn first right, the camp is in front of you!

We aim to pitch our tents between 8.30-10.30am Saturday and start activities at 11am. There will be an assault course and archery as well as plenty of Kuk Sool and a BBQ. Cost £10 a head, parents etc welcome. We will finish by 3pm on Sunday. We are grateful to the Scouts for allowing us use of this great site. This weekend will be brilliant fun!



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 6-9pm in the gymnasium
THURSDAYS 7-9pm in the dance studio

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Fun class
From: KukSoolWonSudbury | 02 December 2009 | 121 views

0 ratings

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Stude67 - 1,444 views
- 9th Degree Promotion Demonstration**
MasterByu - 14,330 views

Kuk Sool Demos (6)

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MoutmanV - 95,334 views

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