



Kuk Sool Won™ of Sudbury

Volume 3, Issue 1

March 2008

Events

Listing:

Scottish
Tournament:
Edinburgh
24th May 2008

European Tournament:
Lynnsport,
Greenpark Avenue,
Kings Lynn,
PE30 2ND.
Friday 30th May -
Dahn Testing 10 – 1.
Saturday 31st May -
1st Dahn and coloured belt
competition.

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Xpress

Editorial

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

Below is our Jan 2008 class photograph. Don't worry if you weren't at class and missed being in the picture, there will be plenty more opportunities throughout the year!

Its particularly good to see several new faces and we'd like to take this opportunity to welcome new students to the School.

We would also like to thank everyone for their prompt payment of WKSA annual insurance monies. In total, we registered 54 members

this year, well up on last year.

We would like to continue to see numbers rise and so if YOU think you can help by putting a few flyers through doors where you live or a poster up in your local shop, school, church hall etc. let us know and we'll provide you with all the materials.



High Sheriff Certificate & Award

The High Sheriffs' Award Scheme rewards initiatives that address crime prevention, good citizenship and community safety. Each year, the High Sheriff of Suffolk makes awards to non-profit groups working for the benefit of the people in Suffolk and gives recognition to those who are tackling local problems and giving of their time and effort voluntarily. We were particularly delighted that we were nominated for this by Mr Dan Lawrence, the Manager of Great Cornard Sports Centre.

Dan says "We are always receiving lots of positive comments about the School and how well it is run."

The School received a lovely certificate and letter from Air Marshal Sir John Kemball, for the positive contribution that Kuk Sool Won is making to our County.

JKN Kurt also received a Bravery Award and £500 from the High Sheriff in a special awards ceremony at Ipswich Crown Court on the 13th March for preventing an armed robbery at a local superstore.





St Valentine's Punch-n-Munch

This year's St Valentine's event was bigger and better than ever before. We had an amazing turnout given it was half-term and 31 students worked their way through 2 hours of intensive punching to reach their targets, raising lots of money in the process.

We sparred with gusto, we punched the focus pads like crazy, hit strike pads with speed and knocked out the Soo Ki in style.

Students enjoyed lots of healthy refreshments including apples, oranges and fruit juices from the table afterwards and then KSN Karen presented 3 bottles of

wine she kindly donated to the parents of those who raised the most sponsorship: Sam, the Craig boys (William, Harry and James) and Maria.

The grand total collected from the event was a terrific £225!!!

£125 of this will cover the cost of our 3 yearly WKSA School licence renewal and £100 will be donated to Cancer Research UK.

A huge 'well done' to everyone for taking the time to raise and collect sponsorship and for working hard on the night.

Thank-you also to the classmates of DBN Cameron who donated £10 to the cause through their student Photography Club (don't ask!).



A presentation cheque will now be made up and Sam, William and Maria will hand it over to the Manager of the Sudbury CRUK shop.

"We are constantly making advances in cancer treatment. To make sure that patients have safe and appropriate access to new treatments, everyone looking after them must be aware of recent and potential developments – we help with this."

Anne Croudass,
Cancer Research UK
Lead Nurse.

"We could use your £100 gift to pay for a Senior research nurse to inform other nurses for one day."



JKN Dan's visit

We were delighted to welcome JKN Dan Henning out to the School on 18th February.

The hall was packed with 40 students on the night and JKN Dan really got the 7-9pm class buzzing by doing some advanced break falling. He also showed students a range of clever punch-kick combinations so that they could improvise too.

He ran through tournament style sparring and gave solid advice about how to tackle difficult opponents e.g. ones who are very tall or have good speed. He also very kindly donated his petrol

expenses to our CRUK effort. JKN Dan started training in Kuk Sool during 1986 at the Norwich School under KJN



JKN Dan

Richard Roper and KJN John Ives, achieving black belt status in 1992.

Shortly after, he stopped training to pursue further education and a career.

After a 13-year break, Dan resumed training again (in 2005) at the Bury St Edmunds School where he now trains regularly and is progressing towards second-degree (hopefully in June 2009).

He is an Assistant Instructor, teaching juniors and lower belt adults with much patience and enthusiasm.

Everyone came away from the night with some useful pointers — kam-saham-needa JKN!



"Everyone worked hard and did really well. It was great to see the kids getting into it!"



March testing

Testing on March the 3rd was an exhilarating experience as SBN (4th degree) Richard Jones put 45 students through a tough night of examination in order to test their knowledge, fitness and resolve.

The good news is that students responded with true grit and gave 100%. Congratulations to everyone, you all deserved your promotions! Well done particularly to Jemma, Maria & Sam, our first Little Dragons to make Yellow belt.



"I had to dig deep but it feels fantastic to be a DBN at last!"
Sam



Black Belt Club (BBC)

In line with our goals for 2008 we launched our Black Belt Club in February.

10 DBN's and black belts pitched up for our first training session at Woodhall on a chilly Saturday morning and were rewarded with some real one-to-one tuition time with the KSNs. A key privilege of attendance is that

students get to cover, in-depth, areas that we often have to do quickly in class and so everyone was chuffed when we progressed through bong spinning and onto bong form. We also upped the stakes on the fitness front rapidly running through all the under black belt forms each in four directions with

press-ups in-between.

Special BBC badges are available to DBNs attending the Saturday sessions at a cost of £3. In order to maintain the right to wear the badge, regular attendance at these sessions (which are designed to prepare students for National Testing) is required.



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.



European Tournament — be there & win medals!!



The European Tournament will be held at King's Lynn this year on 31st May.

Every single time KSW Sudbury students have entered a Tournament, whether World, European, British, Spanish, Dutch etc., they have won.

In the 3 years we've been in existence we cannot think of a single Sudbury student who has competed and found themselves empty-handed by the end of the year!!

Our training standards are high and we ensure adequate preparation and support to enable you to succeed.

It is worth bearing these points in mind:

It is a HUGE honour to represent your School.

Kuk Sa Nim himself has written to every School Owner and has told us of the benefits to students of competing.

Such experience is confidence building and, win or lose, you will learn a great deal about yourself as a person and martial artist. You will also get to meet high ranking Masters and other competitors from all over the World and can see an amazing Martial Arts Demonstration in the evening.

On that basis, Kuk Sa Nim believes students ought to opt out of regular competition only under exceptional circumstances rather than opt in if they feel like it.

The venue is < 1 hour drive from Sudbury so petrol costs are low and there are no hotel bills involved. With nearly 5 months notice, there is no excuse for any adult, youth, child or Little Dragon for not entering this tournament.

So; put the date in your diary, start saving your pennies for the entry fee and get practicing so you can win loads of medals and perhaps become a European Champion!!!



The KSNs have won lots of European medals and, over the past 3 years, several KSW Sudbury students have also won many European medals — you can too!

Comments & suggestions for articles to the Editor — KSN Karen



Email:
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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

“ Train hard.....fight easy ! ”

New equipment for Woodhall venue & Little Dragons

As students who attend Wednesday night classes will tell you, we now have in place the additional 10 mats bought with the recent Suffolk Foundation Grant. This brings the total number of mats at Woodhall to 24. A few more and 'job done'!

We have also purchased four brand new double kick paddles for the Woodhall venue as well.

We will continue to invest in equipment for this venue so that students can benefit from such dedicated resources.

Using money from the same grant, we have also bought a new set of children's focus pads and children's focus mitts and a new children's strike shield for the Little Dragons class.

Suffolk Foundation Trustee Claire Horsley handed over the mats to JKN Tony and the Wednesday night class on the 29th February.



Suffolk Foundation Trustee Claire Horsley is pictured here handing mats over to JKN Tony and the Wednesday night regulars.

