



# Kuk Sool Won™ of Sudbury

Volume 3, Issue 2

May 2008

### Events

#### Listing:

Summer Camp

Woodhall Primary

5th July

10.00 — 15.00

Class testing

15th July

Beach Training

Felixstowe

26th July

10.00 — 13.00

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## Xpress

### Editorial — moving up!

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

The school has now grown to such an extent that we were able to take the next step in our development. A step that has substantially improved our class facilities and training experience and allowed us space for further growth. On the 29th April we moved from Great Cornard Upper

and Woodhall Primary to Sudbury Upper School & Arts Centre on Tudor Road.

The benefits of this move are: the consolidation of our activities into one venue, the use of a lighter/brighter gymnasium and the use of a fully mirrored dance studio with a sprung wooden floor.

Incredibly, we enjoy these improvements at a small reduction in hall hire rates

and, as a result, class fees remain at current levels. Our new training nights are Tuesdays (gym) and Thursdays (studio).

Feedback from the students is that they are delighted with our new home!! We celebrated the move on Thursday 1st May with chocolate cake, bucks fizz & prizes for all the children after class, pictures from the night were featured in the Suffolk Free Press.



### Scotland & European Tournament in pictures

The school had its biggest and best turnout for the European Tournament this year and, as a result, our medal haul and school placing was brilliant!

18 students competed and won 38 medals:

- Gold 11
- Silver 10
- Bronze 7
- Copper 10

We placed 8th out of 35 schools!!

Very well done to everyone who competed.

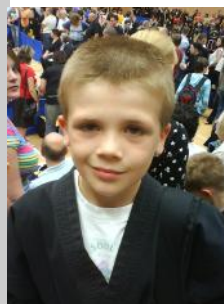
Your outstanding performances have inspired us aim for a n even better school finish at the UK Tournament in Birmingham on the 29th of November .

Lets *really* go for it!!!

KSN Karen also competed in the Scotland Tournament at Meadowbank, Edinburgh the week before and came home 2nd Dahn Senior Grand Champion.

The event was a great success with Kuk Sa Nim and several high ranking Masters from the USA in attendance. The special guest of the evening was the Lord Provost of Edinburgh who was escorted into the hall with pipes and drums!

"I really enjoyed the tournament this year, it was very organised and I could see everyone from the school doing really well"



## Self-defence sessions

During the Easter vacation Barbergh District Council offered us the opportunity to teach 4 self-defence sessions at Hadleigh High Leisure Centre.

2 of the sessions were taught by KSN Karen and the other 2 were taught by Karen's Instructor, SBN Richard from Bury St Edmunds.

These sessions proved to be a highlight of the Easter programme according to Ann Scott, the Community Safety Officer who said:

*"Just wanted to thank you for coming today - the*

*feedback from the kids has been great. Richard had 17 in his class this afternoon! You have another 17-20 kids on Monday morning. Its been very popular! Thank you again".*

We hope that the sessions will act as another highly effective mechanism through which the school can further develop our relationship with the District Council. Other mechanisms currently being the Mpower women's self-defence sessions and our demonstrations for the Barbergh Women's Domestic Violence Forum and the Sudbury Christmas Fair demonstrations (in conjunction with Sudbury Town Hall).

## 5th July Summer Camp

We are planning a fantastic summer camp for students this July. Here are all the details...

Where:  
Woodhall Primary School

When:  
5<sup>th</sup> July

Times:  
10.00 - 15.00

Costs:  
£5 AND something for the table (£2 extra if you don't bring something).

Activities will include:

- Sparring!
- Water Gun Wars!
- Sword Sparring!
- Acrobatics!

- Weapon Training!
- Dodge Ball!
- Assault course!
- Badminton
- Picnic!
- And Much More!

ALL students AND their families are welcome to attend. Mums and dads—there will be a very special Mpower session for you running in parallel to the **Little Dragons Tournament** in the morning.

Money raised will go to the UK Tournament Fund so lets ensure an excellent turnout for this fun event.

Lets hope for sunshine!!

"All students and their families are welcome!"



# KUK SOOL WON™

TRADITIONAL KOREAN MARTIAL ARTS



Try something exciting over the Easter Holidays!

### Free Taster Sessions

for 5-12 year olds in the  
Traditional Korean Martial Art  
**Kuk Sool Won**  
at Hadleigh High School and Leisure Centre.

FRIDAY 28/03/08

Session 1  
10.00 - 12.00

Session 2  
13.00 - 15.00

MONDAY 31/03/08

Session 3  
10.00 - 12.00

Session 4  
13.00 - 15.00

To sign up contact:  
Hadleigh Leisure Centre on 01473 824441

www.kuksool.co.uk




# Summer Camp 2008

## Beach Training

As last year's Beach training session was a resounding success, I would like to establish how many students would be interested in a beach training session, in late July (e.g. Sat 26th) this year. Even simple things like jogging, when done on the sand, become much more challenging and just try to hold a stance or kick against a wave!

We would assemble at the Leisure Centre entrance on Felixstowe beach front say at 10.00am and train until lunchtime, then the rest of the day would be at your own leisure.

Activities last year included: A 'Chariots of Fire' run, Whose for the long jump, Stand'n' about, Pylo Skipping, All for the lunge, Perseverance Hill, Wet n wild, Fun n Games and Football. We have even more planned for this year. Families and friends are welcome to join us (under 12's to be accompanied by an adult).

We will go to Felixstowe because it is the closest and easiest beach for every-one to get to. Its gently sloping with sand at low tide, is backed by seafront gardens and has plenty of children's amusements etc. Training would be done in uniform and gym shoes would be worn so every-one would need to bring a towel, a change of clothing and footwear as well as a bag to put their wet uniforms into. Sunscreen and a bottle of water would also be wise, perhaps even a cap.

For the event to be viable we would require a minimum of 12 pre-confirmed participants. The usual £3.80 per head class fee would apply — paid in advance. Bookings and fees will be taken from now until the 1st week of July and we will make a decision then as to whether or not there is sufficient confirmed interest and which date is best for everyone.

If we do decide to go ahead then I will issue everyone with joining instructions, a listing of activities and timings and a map of how to get there.

Both myself and KSN Lynn have attended beach training sessions in the past and we know that this type of training is very good at building speed, strength and agility. Its also lots of fun, ask anyone who was there last year! Pics from last year below.

*"An experience  
not to be  
missed!"*  
DBN Warren



## Black Belt Club (BBC)

Congratulations to...

DBN Derrick Bright

DBN Rachael Bright

DBN James Craig

DBN Louise Craig

DBN Warren Craig

DBN Lisa West

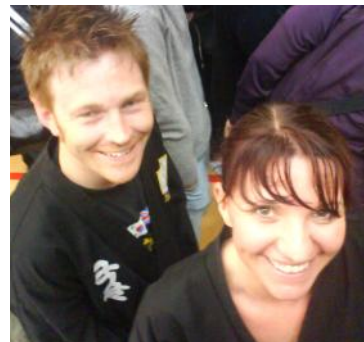
DBN Paul West

for successfully passing their

first National Testing for Black Belt.

The exhausting test was conducted in front of Kuk Sa Nim over a three and a half hour period by KJN Philip Hinchliffe and covered everything they have learnt over the past 3 years.

DBN Robbie and JD Nathan - you're next!



William, Sam and Maria present our cheque to Marian Ansall, Manager, Cancer Research UK Shop, Sudbury

### Class Fees

#### **Tuesday class**

Location: Gymnasium

Sudbury Sports Centre

Time:

6.15pm - 9pm

Fee:

£3.80 p/pn Adult/Child

£3.00 p/pn Little Dragons

#### **Thursday class**

Location: Dance Studio

Sudbury Sports Centre

Time:

7pm - 9pm

Fee:

£3.20 p/pn

(£2.80 if you do Tues too)

#### **Existing and new**

**students welcome.**

## Little Dragons

The Dragons have been working really hard on their acrobatics and break falling over the past few weeks and most of them can now do good front and back falls as well as forward rolls and cartwheels.

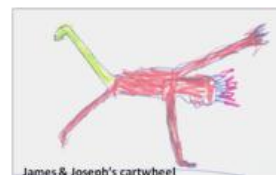
They have also been working on their basic punching and kicking and most are now able to do jabs, knife hand strikes as well as front, roundhouse and knee kicks.

In addition to this, they are beginning to learn how to listen, pay attention and

respond to instruction as well as work with each other positively.

In order to encourage them, we operate a badge award system where Dragons undergo proficiency tests in activities and earn a range of badges. Well done to all the Dragons who recently gained their badges in break falling!

Once basic class etiquette and discipline has been instilled to a sufficient level we will begin to build in some forms and techniques training as well as sparring.



## Comments & suggestions for articles to the Editor — KSN Karen



Email:  
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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 Karen Smith                    07751 932 408

KSN Lynn Whiting                    07788 765 227

TUESDAYS 6-9pm in the gymnasium:

THURSDAYS 7-9pm in the dance studio:

Sudbury Upper School & Arts Centre, Tudor Road, Sudbury, CO10 1NW

***There are only two mistakes one can make along the road to truth;  
not going all the way, and not starting — Buddha***

### **Etiquette**

*"It was during my early training that Kuk Sa Nim helped me to fully understand the most important part of being a Martial Artist.*

#### **ETIQUETTE.**

*Meaning everything motivated by respect. Respect for your elders, your peers, your community, and yourself. This respect for all things helps build discipline by making one focus on doing the right thing in any and all situations." KSN Karen*

To paraphrase the Grandmaster...In every Martial Art, especially Kuk Sool there is knowledge that can be harmful to human life. To assume the responsibility of placing a dangerous weapon in the hands of a stranger - literally to make a lethal weapon of the body - is a sobering experience. One of the most crucial tests of character is whether the student is humble enough to subordinate his or her personal ego to the rules of the Do Jang and respect the gravity of their new powers.

The martial arts are not a store bought item that you are entitled to just because you pay for the lessons. The responsibility is too great, the implication is larger than the individual.

This approach allows one to learn the knowledge that a teacher has to offer. Because the teacher has greater knowledge and experience, their words and actions may sometimes be incomprehensible to the less knowledgeable. The student must follow instruction as the means of eventually bridging the gap between his knowledge and that of his master's. It is the key to successful learning and smooth progress. To be a great leader, one must first be able to be a great follower. If we cannot follow our teachers instructions. how can we ever learn enough to become a leader? Leaders are made not born.

Strength of character should increase with rank and time as the responsibilities of etiquette associated with each new belt increase.