



KUK SOOL WON OF SUDBURY - MAKE IT HAPPEN!

# Xpress

Newsletter  
December 2014



IN THIS ISSUE

## Editorial

by SBN Karen

2014 has been a fantastic year for the School! Full of testings, promotions, class tournaments, WKSA tournaments, community activities, local demos, cake stalls and special events such as breakfall-a-thons and beach training not to mention community achievement awards.

What has impressed me most of all is the dedication shown by students to their training and progress. Right now Barry is testing for Kyo Sa Nim (2<sup>nd</sup> Dahn) and Jemma begins her 2<sup>nd</sup> Dahn testings shortly too. Maxi and Jade are both well underway with testings towards Jyo Kyo Nim (1<sup>st</sup> Dahn) and Ric has also taken his first national testing.

People really do ask me this question and I cannot think of a better answer!

**Question: How long does it take the average person to earn a blackbelt?**



**Answer: The average person does not earn a blackbelt**

Since the school began in 2005, I am proud to say that 20 students have attained their coveted black-belts here and it is a joy to see Brandon and Joe closing in on Dahn Bo Nim too now.

2015 promises to be a wonderful year, it will be our **10<sup>th</sup> Anniversary** and to mark this tremendous milestone, a very special Summer Event, something completely out of the ordinary, is being planned!!

I can already announce that the Inter-school Tournament at Stowmarket will be held on the 1<sup>st</sup> March and the WKSA European Tournament will be held on the 29-30 May at UEA Sportspark, Norwich. I am hoping that we will also host a Seminar with the Grandmaster just prior to that and that we turn out in force! I wish you all a wonderful Christmas and New Year and thank-you for your super efforts this year.

*SBN Karen*

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# Christmas Party - 14/12



Cakes, crisps, crackers, balloons and fizz helped us to celebrate the last class of the year in style!

We put on the Christmas tunes and engaged in some serious contact sparring with a difference, wrestling, sock-wars, relays races, wheelbarrow races and dodgeball.

The synchronized staff throwing event was fiercely contested as was the Kuk Sool Quiz but probably the best bit of the night (apart from Ki Cho Hyung on the left side) was the 'showcase' where each student got up front and demonstrated a routine that they'd worked up over the previous couple of weeks either on their own or with a partner. There were some fantastic skills and creative demos on show!

HO, HO, HO!!!

JAIME AND BRANDON – SUPERB FORMS ON THE LEFT HAND SIDE EARNED THEM BOXES OF SMARTIES



**CLASS & NATIONAL TESTINGS - NOVEMBER**

**The hard work pays off!**

33 Students from undertook a 2 hour Class Testing in Forms, Techniques, Board Breaking, Breakfalling and Weapons in order to gain their promotions on Sunday the 7th November.

They were put through their paces by Head Instructor, SBN (4th Dahn Asst. Master) Karen who also tested their martial art spirit with a grueling fitness routine involving 1,000 kicks as well as complex punching drills.

*"I was so impressed with the ability, energy and enthusiasm shown by all the students, they really earned their promotions!"*

Maxi, Jade and Ric also made the journey to Norwich for their national testings towards 1st Dahn.

**Promotions:**

- Scott Norton - White Belt
- George Prosser - White Belt
- Gabriel Prosser - White Belt
- Neil Prosser - White Belt
- Lucy Brighton - White Belt
- Katie Brighton - White Belt
- Emma Brighton - White Belt
- Harrison Lucchesi - White Belt
- Josh Dickinson - White Belt, Yellow Stripe
- Jake Dickinson - White Belt, Yellow Stripe
- Louis Lucchesi - Yellow Belt
- Oskar Howard - Yellow Belt
- Madalene Howard - Yellow Belt
- Kendall Cox - Yellow Belt
- Chaz Knebel - Yellow Belt
- Charlie Newman - Yellow Belt
- Bertie Kilbride - Yellow Belt
- Trinity Anzalone - Yellow Belt
- David Collette - Yellow Belt
- Jaime Howard - Blue Belt
- Amelia Nichol - Blue Belt, Red Stripe
- Bex Watson - Blue Belt, Red Stripe
- Aidan Priday - Red Belt

- Brandon Anzalone - Red Belt
- Joe Anzalone - Red Belt
- Ric Henderson - DBN 3 stripes
- Jade Henderson - DBN 5 stripes
- Maxi Webster-Coles - DBN 6 stripes
- Barry Slade - JKN testing towards KSN

**Not in photo but also promoted were:**

- Francesca Prosser - White Belt
- Jordan Bailey - Yellow Belt, Blue Stripe
- Ollie Hull - Blue Belt
- Archie Lyster - Red Belt



# Halloween

Work hard, play hard is the name of the game at KSW Sudbury and so once we had testing out of the way, we stayed on for some frighteningly good nibbles and a bit of socialising!

## SPOOKY

Everyone broke the boards!!



# Class Tournie - October

"OUR 9<sup>TH</sup> ANNIVERSARY CLASS  
TOURNAMENT WAS SERIOUSLY  
COMPETITIVE" SBN KAREN

Congratulations to all who competed on the 5th October. Here are the overall division winners.

## Little Dragons:

Top Dragon: Madeline Howard.  
Most Improved Dragon: Chaz Knebel.  
Best Etiquette Dragon: Amelia Nichols.  
White Belt Dragon Champion: Charlie Newman.

## Main Class:

Overall Male Champion: Joe Anzalone.  
Overall Female Champion: Jade Henderson.  
Student of the Year: Jaime Howard.

White Belt Champion: Josh Dickinson.  
Yellow Belt Champion: Jaime Howard.  
Blue Belt Champion: Becky Watson.  
Red Belt Champion: Joe Anzalone.  
Brown Belt champion: Maxi Webster-Coles.  
DBN Champion: Jade Henderson.  
JKN Junior Champion: Jemma Slade.  
JKN Senior Champion: Barry Slade.

## Sparring Champions:

Trinity Anzalone.  
Jaime Howard.  
Bex Watson.  
Joe Anzalone.  
Jade Henderson.  
Barry Slade.





Lots more photos on our Facebook page

# Terminology

## Names and Titles

Kuk Sa Nim: Grandmaster  
 Chong Kwan Jahng Nim: Chiefmaster  
 Kwan Jahng Nim: Master  
 Sa Bum Nim: Instructor 4th Degree  
 Pu Sa Bum Nim: Assistant Instructor 3rd Degree  
 Kyo Sa Nim: Assistant Instructor 2nd Degree  
 Jo Kyo Nim: Assistant Instructor 1st Degree  
 Je Ja: Martial Arts Apprentice  
 Dahn Boh Nim: Brown-Black Belt  
 Ja Di: Brown Belt  
 Hohng Di: Red Belt  
 Chuhng Di: Blue Belt  
 Noh Rahng Di: Yellow Belt  
 Hin Di: White Belt

## Basics

Doh Jahng: Practice Hall  
 Soo Ryuhn: Practice  
 Kuk Ki: National Flag  
 Won Ki: Kuk Sool Association Flag  
 Mon Puhl Ki: Warm-up Exercises  
 Joon Bee: Ready  
 Eue Bok: Clothing  
 She Jahk: Begin  
 Doh Bok: Uniform  
 Geu Mahn: Stop  
 Di: Belt  
 Geut: Finish  
 Yea Eue: Etiquette  
 Shee Uh: Rest  
 Kyung Neh: Bow  
 Ki: Internal Life Force  
 Cha Ryuht: Attention  
 Ki Hahp: Forcing Ki when Breathing

Bah Roh: At Ease  
 Soom She Ki: Breathing  
 Ki Cho Jah Ki: Breathing Exercises

## Parts of the Body

Bahl: Foot Sohn: Hand  
 Bahl Deung: Foot Top  
 Sohn Mohk: Wrist  
 Bahl Koom Chi: Heel  
 Ahn Sohn Mohk: Inside Wrist  
 Bahl Mohk: Ankle  
 Pahl Koom Chi: Elbow  
 Moo Reup: Knee  
 Uh Kae: Shoulder  
 Dah Ree: Leg  
 Hyul: Pressure Point

## Directions and Moves

Ahn: Inside  
 Ahp: Front  
 Yuhp: Side  
 Dee, Dwee: Back  
 Dee Uh: Jumping  
 Ban De: Other Direction  
 Hweh Juhn: Turning  
 Dee Roh Doh Rah: Turn Around  
 Doh Rah: Spinning  
 Sahng: High  
 Yahng: Both  
 Joong: Middle  
 Ssahng: Double  
 Hah: Low  
 Yuhk: Reverse

## Soo Ki (Hand Techniques)

Juhng Gwuhn: Straight Punch  
 Soo Doh: Knife Hand  
 Yuhk Gwuhn: Reverse Punch  
 Yuhk Soo Doh: Ridge Hand  
 Il Ji Gwuhn: 1-Finger Fist  
 Gahk Gwuhn: Back Fist

Sah Ji Gwuhn: 4-Knuckle Fist  
 Sohn Deung: Backhand Strike  
 Gwahn Soo: Spear Hand  
 Pyung Soo: Palm Strike  
 Pahl Koom Chi Ki: Elbow Strike  
 Sah Mah Gwi: Praying Mantis Hand  
 Ssahng Soo Doh: Double Knife Hand  
 Kah Mah Mahk Ki: Spinning Back Fist  
 Ship Ja Mahk Ki: Four Direction Block  
 Ssahng Pyung Soo: Double Palm Strike  
 Hweh Juhn Soo Doh: Circle Knife Hand

## Johk Sool (Kicking Techniques)

Ahp Cha Ohl Li Ki: Straight Leg Kick  
 Ahp Cha Ki: Front Kick  
 Hoo Li Ki: Sweep  
 Bahl Deung Cha Ki: Roundhouse Kick  
 Jik Uh Cha Ki: Axe Kick  
 Bahl Koom Chi Doh Li Ki: Hook Kick  
 Doh Rah Cha Ki: Spin Kick  
 Yuhp Cha Ki: Side Kick  
 Ahn Dah Ree: Inside Kick  
 Dee Cha Ki: Back Kick  
 Bah Gaht Dah Ree: Outside Kick  
 Moo Reup Cha Ki: Knee Kick  
 Dee Doh Rah Yuhp Cha Ki: Turn Back Side Kick

## Nak Bub (Falling Principles)

Ahp Nak Bub: Front Fall  
 Hweh Juhn Nak Bub: Rolling Fall  
 Dee Nak Bub: Back Fall  
 Goh Yahng Ee Nak Bub: Cat Roll  
 Yuhp Cha: Nak Bub: Side Fall  
 Ahp Yuhp Nak Bub: Twisting Fall



# 10 Years Old

SOME FAB FACTS 2005-2015

There are way too many magical moments to capture on just one page; from the opening night at Great Cornard Sports Centre on October 31st 2005, to seeing our first home grown JKNs promote, students winning tons of medals year-on-year at the European Tournament, producing Grand-Champions, hosting Kuk Sa Nim at the School, all the way through to demonstrating Kuk Sool to audiences of 2,000+ and promoting to SBN. Of course, without Kuk Sa Nim's vision, there would be no Kuk Sool so we have much to thank him for! I have been blessed with brilliant students who have made the Sudbury School a wonderful place and you have achieved so much - thank-you all!!

- Over £5,000 raised by the school for charities including: EACH, St Nicholas Hospice, CLIC Sargent, MacMillan, CRUK and the Red Cross
- National Lottery, Sports Relief, Foundation for Sports & the Arts, Sudbury Town Council, Suffolk Foundation and Safer Suffolk Foundation funding awards won for equipment
- Tuition fee support provided to over 200 junior students from low income households
- 20 black-belts trained
- 4 WKSA Grand-Champion titles won
- Suffolk Constabulary Shield awarded for providing free-of-charge self-defence training to local women
- 4 High Sheriff Awards, 2 Babergh District Council Awards, Young Suffolk President's Award, BBC Suffolk Unsung Hero, SAVO Award won
- Countless demos undertaken supporting; Sudbury Town Council Party in the Park, local youth groups, schools, libraries and the women's domestic violence forum
- Making friends, competing at and winning medals/grand-champion titles at WKSA Tournaments all over the world
- Promoting to 4th Dahn (Sa Boem Nim) and receiving my certificate from our Grand-master Kuk Sa Nim at the European Championship in 2014



# Summer Camp - "Our 10<sup>th</sup> Anniversary"

We aim to mark this special occasion with a wonderful 1 day camp

In order to mark our 10<sup>th</sup> Anniversary in style, we will try to book a date for a special event in late June ideally somewhere local like Woodhall Primary School or, if we go for the Kingfisher, we'll hire the pool. Details will be announced nearer the time.

Street self-defence workshop

Bouncy castle/boxing

Basketball

5-a-side football

Water fights

Celebration cake

Champagne

Music

BBQ

Campfire

Fireworks



*"It's been 10 fantastic years packed full of adventure and they've flown by so fast!"*

## WE ARE ON SOCIAL MEDIA!

To reach new audiences and generate interest in Kuk Sool and our school

### Website:

[www.kuksool.co.uk](http://www.kuksool.co.uk)

### Facebook:

<https://www.facebook.com/pages/Kuk-Sool-Won-of-Sudbury/115960023567>

### Wordpress:

<http://kuksoolsudburymartialarts.wordpress.com>

### Twitter:

<https://twitter.com/KukSoolSudbury>

### You Tube:

[www.youtube.com/user/KukSoolWonSudbury](http://www.youtube.com/user/KukSoolWonSudbury)

Please 'like' our Facebook page!

Do you have a great idea for an article?

Write it up and give it to SBN.



**PRINCIPAL INSTRUCTOR:**

SBN (4th Dahn Asst. Master) Dr Karen Smith

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## Web: [www.kuksool.co.uk](http://www.kuksool.co.uk)

**SCHEDULE & LOCATIONS:****SUNDAYS**

LITTLE DRAGONS

16.30 - 17.30

MAIN CLASS

17.30 - 19.30

Venue:

KINGFISHER LEISURE CENTRE

STATION ROAD, SUDBURY, CO10 2SU

**THURSDAYS (Alternate)**

MAIN CLASS

19.00 - 20.00

Venue:

STEVENSON CENTRE

STEVENSON APPROACH, SUDBURY, CO10 0WD

**DATES FOR THE DIARY:**

Spring Term resumes 11/01/15

Inter-school Tournament, Stowmarket 01/03/15

Scottish Tournament, Edinburgh 23/05/15

European Tournament, Norwich 30/06/15 (Hopefully preceded by a Seminar with the Grand-Master at our School!)

UK Tournament, Liverpool 28/11/15

## Can each of you please make a real effort to recruit new students to the school!