



MAKE IT HAPPEN!

Xpress

Newsletter
June 2014



IN THIS ISSUE

Editorial

by SBN Karen

I am delighted to announce that the Youth Section of Kuk Sool Won Sudbury has won the Babergh Community Achievement Award for 'outstanding contribution to the community by a young person or group of young people 18 years or under'. The award was presented by Mark Murphy from Radio Suffolk, Nick Ridley, Chairman of the Council and Robert Audley, Chairman of Prolog at a special ceremony to be held at the Stoke by Nayland Club on the evening of the 3rd of April.

SBN Karen was joined on the night by JKNs Barry and Jemma Slade and Matthew Hayward and DBN Maxi Webster-Coles who all received the award on behalf of the Youth Section.

Congratulations to you all on receiving just recognition of all your efforts in supporting younger students in the school with their training, particularly the Little Dragons.

The Babergh's Community Achievement Award Scheme celebrated its 22nd anniversary in 2014 and was specifically introduced to recognise and promote the achievements of people living in the Babergh district who have made a significant

contribution to their local community or school.

The award is an indication of just how strong a school we have and how much we work together to help each other as a team. Further indication of that is how well we have performed at two recent tournaments highlighted in this newsletter, the SBN Kim Francis Memorial Tournament and the European Tournament.

The latter saw my promotion to 4th Dahn and Nathan's to 2nd Dahn. We are both delighted that JKNs Barry and Maria and DBNs Maxi and Jade are also on the promotion trail and hope that several of you will be joining them!

We are about to finish the year with a couple of exciting adventures: beach training at Frinton and a Demo at party in the Park so don't miss out and book your spot today!!

Enjoy your Summer Holiday and we look forward to seeing you all again on Sunday the 7th September.

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Inter -School Tournament



Congratulations to the 16 competitors from the school who participated in the SBN Kim Francis Memorial Inter-School Tournament at Stowmarket Leisure Centre on the 4th May. There were teams from ten schools in attendance and our team won a superb haul of 44 medals which placed us third overall with Trinity Anzalone winning the Beginners Champion Trophy. A huge well done to everyone! The standard of competition was really strong and you did yourselves proud!!

The team:

JKN Jemma Slade
JKN Maria Whiting
JKN Matthew Hayward
DBN Maxi-Webster Coles
DBN Jade Henderson
DBN Ric Henderson
Joe Anzalone
Brandon Anzalone
Ollie Hull
Jaimie Howard
David Collett
Trinity Anzalone
Aidan Priday
Chaz Knebel
Charlie Newman

SBN Karen was a Judge and PSBN Lynn and JKN Jemma were score-keepers. A huge thanks also to JKN Barry Slade for covering our regular classes at Sudbury that day.



**WON 44 MEDALS
3RD PLACED SCHOOL**

"I WAS REALLY NERVOUS BUT DID IT ANYWAY AND WON THE BEGINNERS GRANDCHAMPION, I COULDN'T BELIEVE IT WHEN THEY GAVE ME THE TROPHY!!" TRINITY



INTER-SCHOOL TOURNAMENT

Photos from the day!



European Tournament

With over 800 competitors drawn from across Europe and the rest of the world, this was a unique occasion to participate in.

Congratulations to everyone who supported the school by taking part. Having said that, we simply must increase the numbers of students representing the school at this major event and so please all start to save your pennies for next year!



10 COMPETITORS

20 Medals



Congratulations to SBN Karen on her promotion to 4th Dahn Assistant Master and to KSN Nathan on his promotion to 2nd Dahn at the European Championships, UEA Norwich Sports Park on the 31st May.

Well done to JKNs Barry Slade and Maria Whiting who passed their first National Testing for 2nd Dahn and to DBN Jade Henderson and DBN Maxi Webster-Coles who passed National testings towards their 1st Dahns.

This year's Championship was particularly special because it was a celebration of the Grandmasters 40th anniversary of coming to West to spread the art of Kuk Sool to the rest of the world! It was marked with a spectacular demonstration from the superb Korean Kids Demo Team and a display from the European Demo Team at the Masters Exhibition with numerous dignitaries and VIPs in attendance.

The school fielded a team of 10 competitors at the Tournament and they did the school proud winning a super haul of 20 medals between them.

The team were:

JKN Jemma Slade
JKN Maria Whiting
DBN Jade Henderson
DBN Ric Henderson
Joe Anzalone
Brandon Anzalone
Jaimie Howard
David Collett
Trinity Anzalone
Charlie Newman

SBN Karen was a Centre Judge and JKNs Nathan and Maria participated in the closing Exhibition.

Medals Galore!!!

"A WONDERFUL EXPERIENCE" - DAVID



Brandon



Barry, Karen, David, Nathan



Jaimie



National Testing Group, Friday



Charlie



Jade and Maxi- future JKNs!!



March Testing

Congratulations to all who tested in March, excellent levels of effort and enthusiasm all round!

Main class:

DBN Maxi Webster-Coles, DBN 3 stripes;
 DBN Ric Henderson, DBN 2 stripes;
 DBN Jade Henderson, DBN 2 stripes;
 Favio Monteguedo, Red Belt Brown Stripe;
 Joe Anzilone, Red Belt;
 Brandon Anzilone, Red Belt;
 Beth Stenson, Blue Belt Red Stripe;
 Becky Watson, Blue Belt Red Stripe;
 Archie Lyster, Blue Belt Red Stripe;
 Ollie Hull, Yellow Belt Blue Stripe;
 Jamie Howard, Yellow Belt Blue Stripe;
 Caitlin Rawlinson, Yellow Belt Blue Stripe;
 Jordan Bailey, Yellow Belt;
 David Collett, White Belt Yellow Stripe;
 Danny Emerton, White Belt Yellow Stripe;
 Trinity Anzalone, White Belt Yellow Stripe.

Little Dragons:

Aidan Priday, Blue Belt Red Stripe;
 Amelia Nichols, Blue Belt;
 Chaz Knebel, Yellow Belt Blue Stripe;
 George Clifford, Yellow Belt Blue Stripe;
 Gilbert Kilbride, White Belt Yellow Stripe;
 Louis Lucchesi, White Belt Yellow Stripe;
 Kendal Cox, White Belt Yellow Stripe;
 Oskar Howard, White Belt Yellow Stripe;
 Madalene Howard, White Belt Yellow Stripe;
 Charlie Newman, White Belt Yellow Stripe;
 William William, White Belt Yellow Stripe.

Well done also to JKNs Jess Knight, Barry Slade and Jemma Slade who tested just to stay sharp.



Beach Training & Party in the Park

We plan to wrap up this session in style!

Beach Training:

Will be held on the 13th July at Frinton-On-Sea (subject to good weather, so please do check on our School Facebook page for confirmation before you set out).

We will meet on the Greenward at 11am near Connaught Avenue.

Please bring sensible footwear i.e. trainers, a hat, water, a light snack and most importantly...a towel and change of clothes...you will be getting into the water!!!

Activities will include:

- Meditation
- Chariots of Fire Run
- 5-a-side football
- Staff sparring
- Techniques with takedowns

Party in the Park:

This will be on the 20th July at Bellevue Park, Sudbury.

We will be in the Arena at 13.00 so let's meet at the children's play area near the entrance at 12.30 for a final rehearsal.



"It's brilliant fun to get out there and show everyone the variety of skills you learn in Kuk Sool Sool."

Party in the Park is a fantastic opportunity to do just that."

JKN Barry

WE ARE ON SOCIAL MEDIA!

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

Website:

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

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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Email: ksmith@kuksoolwon.com or drkarensmith@mac.com

Web: 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

MAIN CLASS

19.00 - 20.00

Venue:

STEVENSON CENTRE

STEVENSON APPROACH, SUDBURY, CO10 0WD

DATES FOR THE DIARY:

Beach Training, Frinton: 13/07/14

Party in the Park Demo: 20/07/14

Autumn term resumes: 07/09/14

Can each and every single one of you please make a real effort over the summer months to recruit new students to the school!