



MAKE IT HAPPEN!

Editorial

by PSBN Karen

This has been a superb year for the School with a myriad of activities taking place:

January saw the opening of a new martial arts fitness class at the Stevenson Centre run by JKN Barry and JKN Nathan.

In February eighteen students from the school competed at the SBN Kim Francis Memorial Tournament winning a staggering 42 medals between them.

March saw the launch of a new Wordpress blog site for the School for those keen to read up all about Kuk Sool and its benefits. It has become 'the place' to find interesting and informative articles about our martial art, the School, instructors and students.

A demanding Class Testing was held in April and students showed true grit and spirit to ensure that every single person testing received promotion.

June was the European Tournament and National Testings. Fourteen students competed bringing home a grand total of 25 medals. I would also like to congratulate Jessica Knight and Matthew Hayward on attaining their first dahn black belts at the National Testing (see the main picture

above). They joined classes as Little Dragons and through several years of dedicated training have progressed through the belt ranks to reach Jo Kyo Nim, an outstanding achievement given they are 11 years old!

July saw a hugely successful Summer Camp held along with KSW of Botesdale and an outstanding Party in the Park demonstration to an assembled audience of 4,000!

We have also been fortunate to welcome some excellent new students to the school: Ollie, Jamie, David, Jordan and Bertie.

We have some great events in store for this coming term including a Punch & Munch, a Class Sparring Tournament and our Anniversary Celebration. The highlight being a Seminar from the Grandmaster, Kuk Sa Nim. I hope that every student in the School will pitch up as it's truly a night to remember.

I hope you really enjoy this new look newsletter and your training this term and remember "we need more practice".

Xpress Newsletter September 2013



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Fitness Classes

Several students expressed an interest in getting fitter and in response the JKNs found an inexpensive venue in the Stevenson Centre that enabled the opening of a fitness class for 8 months from 19.30-20.30 on alternate Tuesdays.

There was a dedicated core of students who attend regularly. If you missed it, it was FUN!

Fitness is a key aspect of Kuk Sool and enables you to perform your forms with greater precision and ease. It also gives you the stamina to do well in class and in testings and is a great stress beater.

Several students felt the benefits and enjoyed the smaller group size and relaxed atmosphere.

We hope to be able to resume the class at some point in the near future. Watch this space...



FITNES IS FUN!

JKN BARRY AND NATHAN LEAD CLASSES INVOLVING STRETCHING, STRENGTHENING AND CARDIO WORK. WHEN THE WEATHER IS GOOD STUDENTS GO JOGGING TOO.

Alternate Tuesdays at the Stevenson Centre



Aiden was the only Little Dragon to compete and he won Gold!

Inter-School Tournament

Eighteen students from the school competed at the SBN Kim Francis Memorial Tournament held in Stowmarket on the 24th February winning a staggering 44 medals between them in forms, techniques, weapons and sparring.

They competed against students from eight other schools raising an impressive £668 pounds for Cancer Research UK.

Congratulations to all!

The main tournament is preceded by a fun five-a-side football tournament and it would be great if we could get a couple of teams together for that next year and see if we can win some footie medals too ;-)

INTER-SCHOOL TOURNAMENT CONT.



"I'm really looking forward to doing it all again next year!"

Joe

Winning youth

Maxi and Lewis on the podium



Family fun

Andy, Olivia and Sophie all won medals.

FAST FACTS

44 Medals

Number of medals won by our eighteen competitors

£668

The amount raised for Cancer Research UK

NINE SCHOOLS PARTICIPATED

Forms	Techniques
Sparring	Weapons

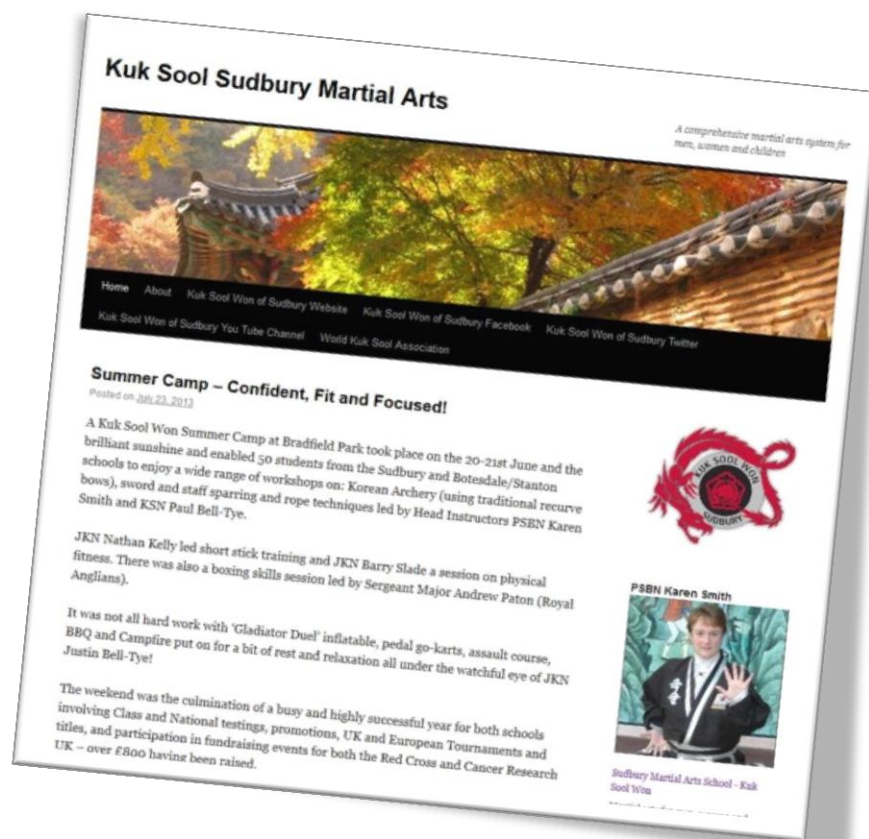


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NEW BLOG

Articles posted:

- Summer Camp – Confident, Fit and Focused!
- Terminology
- History of Kuk Sool Won
- Tournament Sparring Rules
- Iron Butterfly: Memoir of a female Kuk Sool Won Master
- Why Kuk Sool ?
- Trip to Korea
- Ki Breathing
- Perfect practice makes perfect
- Never quit
- Great advice from Sun Im Kwan Jang
Nim Sung Jin Suh



WE ARE ALSO ON TWITTER AND HAVE A YOUTUBE CHANNEL. CHECK THEM OUT!

Social media is now a key way in which we can reach new audiences and generate interest in Kuk Sool and our school

<http://kuksoolsudburymartialarts.wordpress.com>

Do you have a great idea for an article?

If so write it up and give it to PSBN and she'll post it up.



Class Testing

Class testings are necessary for progression and can be a good way to learn just what you are capable of. Generally we hold testings at 3-4 month intervals.

Many students say they get nervous before a test (instructors also get nervous before they test too). A bit of nervous energy is a good thing as it can be channeled into enthusiasm and effort. If you have attended your classes regularly, you have nothing to fear.

Demonstrating skill in Forms, techniques, Punching, Kicking, Breaking etc. isn't the only criterion though. Judges also take into consideration what you are capable of. (So, age and any physical disability are taken into account.) Your effort, the courtesy that you show toward others and your overall attitude also count a great deal.

Even if you fail you demonstrate proficiency with a certain technique, you can still pass as long as you persevered, showing a winning spirit, and in general, appeared to be a credit to the school. Similarly, someone who could do all the techniques easily but was rude to the judges may not pass. Etiquette is the cornerstone of all martial arts training and without it you will not progress.

A test is less intimidating if you know what to expect. Therefore, if you can watch one before it's your turn, take the opportunity. Also, ask the instructor and other students what you'll be expected to do for your test.

For the most part, you need to know how to do the Forms, Techniques and drills that you've been taught so far. You should be able to demonstrate all the Forms (also known as hyung) that you've been shown, including those you learned for previous belt ranks so don't just concentrate on your latest, revise them all!

What's expected of you at your test is usually quite clear. However, now and then, something unusual will be thrown in just to see how you react. Just do your best. Prepare for what you know is coming, and expect a little something no one told you about, such as conditioning exercises, combination kicks or concentration drills.

Often, your focus and concentration are judged at a promotion test. Practice for this by performing your forms with your eyes closed or oriented in a different direction from usual. You'll be surprised at how much concentration this takes, but when you're asked to do it at your test, you'll be ready.

A test isn't a test unless it's...testing!! Who wants to be given a promotion for just turning up? Students feel a sense of satisfaction from a belt well-earned and we are not a McDojo, our standards are high.

You should be wringing wet and exhausted after you finish a promotion test. If someone asked you to demonstrate a e.g. a jump kick at the end, you would just about have the energy to do it. That's the kind of energy and enthusiasm the judges appreciate – 100%.

The pictures on this page were taken at the April Class testing and every student present gave it



Well done to you all!!

100% EFFORT ALL ROUND



Little Dragons

Go through a rigorous testing to earn their belts and stripes



Board breaking

P Pine break boards 1" thick are used in testing for adults.



Forms

All forms, 4 times each

European Tournament

Congratulations to our newly promoted Black Belts Jessica and Matthew!!

A hard day of National Testing was followed by a long day at the Tournament then a wonderful promotions ceremony and Masters Exhibition.

Fourteen competitors from the School entered the Tournament and won a super haul of 25 medals (4 Gold, 5 Silver, 9 Bronze, 7 Copper) an outstanding achievement. PSBN Karen also passed her penultimate testing for 4th degree.

Of course Tournament is about much more than winning medals, you can sometimes go and compete and win nothing. If that happens, don't stop competing, that's a huge mistake! We can learn a lot from the occasions we don't win. It helps us ask questions of ourselves e.g. did I attend classes regularly, did I go to Tournament practice, did I practice at home on the run-up to the event, was my reaction to not winning gracious and if not, why not? etc...

Tournament is also a super opportunity to meet other students and instructors from all over the UK, Europe, US and indeed the World. Seize the opportunity and strike up conversations with fellow competitors; you can make some fantastic new friends that way.



"I can't believe I won a medal within 6 weeks of joining the school!"
Ollie



Summer Camp & Demos



We did Demos at Wells Hall and Party in the Park and were joined by KSW Botesdale for the Summer Camp. We enjoyed brilliant sunshine and workshops on: sword, staff, short-stick, archery and rope techniques. We did lots of fun activities as well: cross the bridge, football, dodge ball, assault course, BBQ, Campfire and Gladiator Duel. Loads more images on our Website gallery and Facebook page!

Martial Art classes run on SUNDAYS at the Kingfisher Leisure Centre:**Little Dragons (5yrs to 8yrs)**

16.30 -17.30 (£3)

Main Class (older children and adults)

17.30 – 19.30 (£4.50)

Fitness Classes run on alternate TUESDAYS at the Stevenson Centre

19.30-20.30 (£3)



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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.

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**Kuk Sool Won™ of Sudbury**

Kingfisher Leisure Centre
Station Road, Sudbury
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Our charity for 2013-14

DATES: For important dates in our diary see the Calendar on the front page of our website

First class of term - 8/9/2013

Sparring Tournament & Anniversary Celebration 20/10/2013 (tbc)

Class Testing 17/11/2013

Grandmaster Seminar – 19/11/2013