



Xpress e-bulletin

(January 2011)

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European Champion 2010
Girls Sparring
(Red Belt)



Happy New Year!

You are receiving this e-bulletin because you are a friend or student of KSW Sudbury. We would like to wish you a Happy New Year and let you know what an exciting year ahead we have planned. Here are just some of the activities:

- Regular Black Belt Club on Saturday mornings
- Free testings with Master Richard for Brown belts and above (Q1 25th Feb)
- Easter Demo Team Workshop
- Beach training day at Frinton-On-Sea
- Summer Camp at Bradfield Combust (bring your tents, we're staying overnight!)
- Tournament training for those who want it (April-May and Oct-Nov)
- Class Tournament
- Christmas Disco

Class Testing

The next class testings will be held on Tuesday 22nd of Feb and Thursday the 24th of February. If you haven't been reviewing your material, now's the time to make another new year resolution. **"We need more practice!"**

Old and New Students:

Last year it was a pleasure to welcome back a couple of students who had taken a break from Kuk Sool for a while. Our door is always open and we'd encourage anyone wanting to get fit to start back in 2011, just walk through the door. Its amazing how fast you can get 'back into the habit'.

Our £15p/p 'Bring-A-Buddy' Scheme is still running to Incentivise students to introduce new members.

2011 classes resume:

Tues 4th January

Thurs 6th January

Sat 8th January

We are also running a comprehensive advertising campaign in the Suffolk Free Press, Mercury and EADT during January. The School is going strong so lets keep it growing!

We look forward to seeing you soon!