



# KUK SOOL WON™ of SUDBURY

**XPRESS**

**VOL. 4 Issue 2**

## **JUNE 2009**

### **NOTICES**

#### Demos:

28th June

3rd July

15th August

23rd August

Details on our  
Bebo site.

#### Testing:

21st July

#### Note:

No classes in  
August, return  
first Tues of  
September

## **CONTENT**

Easter Event

European  
Tournie

Kuk Sa Nim  
Seminar

Summer  
Camp

JKNs

## **Editorial**

The past few months have been particularly memorable for the School and we hope that you enjoy reading about all our activities in this newsletter.

The most notable event was welcoming the Grandmaster, *Kuk Sa Nim* to the School on Thursday the 28th May along with Senior Masters Sung Jin Suh, Alex Suh and John Ives and Assistant Master Nick Reeve. They thrilled the class with a seminar devoted to Dahn Bong (short stick) and had every one of the 55 students who attended working hard and loving every minute!

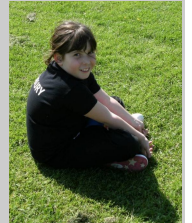
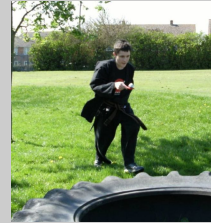
Events such as this inspire both instructors and students to greater heights and encourage more practice and participation. Well done to everyone who took part or helped out during the evening.

We would also like to congratulate Derrick and Rachael Bright on attaining their black-belts on the 30th May. Their dedication and positive outlook is a real inspiration to all. Welcome also to all of our new adult starters, remember, 'a black-belt is just a white belt who never quit!'





## Easter Eggstravaganza





## European Tournament

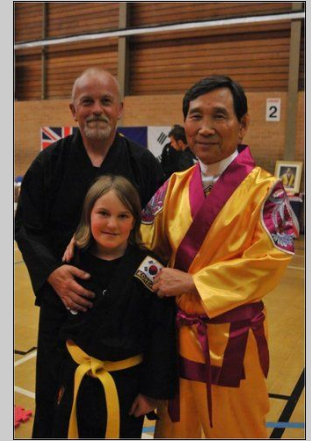
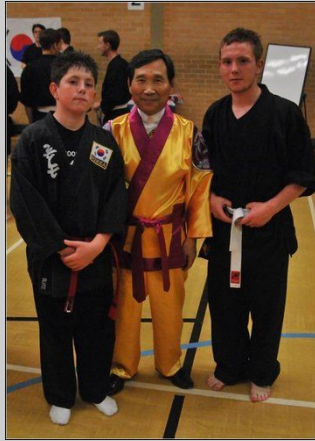
We took a team of 23, mainly lower belts this time, and won 30 medals — an outstanding effort! Well done everyone who took part.

KSN Karen successfully completed her first National testing for 3rd degree black-belt and Nathan his first for 1st Degree. Well done Nathan!





## Seminar with Kuk Sa Nim



*"A brilliant night, when can we do it again?"*  
Paul

All photos of the evening are on our Bebo site

<http://www.bebo.com/sudburykuksool>





## Summer Camp

The weather was glorious, the BBQ delicious (thank-you Sharon and Clare) and everyone had a wonderful day. Activities included sword cuts, staff sparring, mini-golf and of course the infamous water fights!!!



*"Its really great to kick back and have some fun"*  
Dan

## Comments and Articles to the Editor — KSN Karen

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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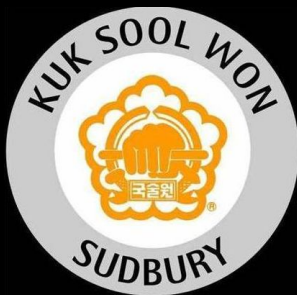
TUESDAYS 6-9pm in the gymnasium  
THURSDAYS 7-9pm in the dance studio

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# Practice !

JKN Derrick and  
JKN Rachael with  
Tracy at their  
promotion  
ceremony on the  
30th May 2009.

