

KUK SOOL WON™ OF SUDBURY



Benefits
Activities
Photographs
Schedules

www.kuksool.co.uk



You will gain

- SELF AWARENESS
- SELF DISCIPLINE
- SELF DEFENCE
- FLEXIBILITY
- FITNESS
- FUN

Benefits

MEN

The study of Martial Arts has fascinated men throughout the ages.

At Kuk Sool, no matter what your age, career or interests, you will gain new confidence in handling concerns.

Kuk Sool will be your outlet for stress and tension. It will increase your stamina, expand your cardiovascular fitness and improve your overall physical condition. Plus, you will learn effective techniques for protecting yourself and your family.

WOMEN

The movements in Martial Arts can be as graceful as ballet and are infinitely more interesting than usual aerobic workouts.

In addition to providing a total fitness programme, we train you in defence techniques which enhance your capability to effectively defend yourself.

It is a proven way to build a feeling of confidence and this will carry through to the workplace and home.

Flexible classes suits your needs

CHILDREN

Our main goal is to enhance your child's self esteem and to support your efforts in building self-confidence and character.

At the same time, your child will develop a sense of respect for others, for self and for authority.

In fact, parents frequently speak of the beneficial effects that our Martial Arts training has had in: school performance, self-esteem and general attitude.

MEDITATION

Meditation is encouraged at the beginning of each class for mental well-being and as preparation for class.

WEAPONS TRAINING

Begins at the red belt level. Staff (bong) spinning and form are introduced first to the student. As you become proficient, other weapons are introduced. There are 24 Korean Royal Court weapons in the curriculum, plus Buddhist and family weaponry.

SPECIALISED TRAINING

Specialized training introduces higher-level techniques, pressure-point training, advanced hand strikes and kicks, women's self-defence, sparring and defences against street fighting.



CLASS ACTIVITIES

Stretching and conditioning exercises (mohm puhl gi), beginning immediately after meditation, are part of the curriculum to warm-up and condition the muscles, tendons, ligaments, and joints so that they adapt to doing the movements required in class.

Basic hand strikes (soo gi) and **Kicking drills** (johk sool) are performed to give the student practice concentrating solely on hand strikes or specific kicks.

Falling techniques (nah bub) are specific ways of falling and landing to reduce or eliminate injury. In class, students practice falling techniques along with some acrobatics such as cartwheels, diving rolls and handsprings. Each student is allowed to participate and progress at his or her own pace according to their own abilities.

Forms practice (hyung) is a student's most important training. It consists of "connected moves." These patterns of movements "condition" the body to the flow of martial art activities. Students are taught a specific form according to their belt rank. Forms are taught slowly and thoroughly.

In addition, instructors continually review forms with students to ensure accuracy. Practicing forms increases concentration, timing, balance, speed, coordination and control.

Joint-locking techniques consists of 270 sets for a total of 3,608 individual techniques for locking/breaking joints, redirecting/throwing/controlling your opponent and more. Through much repetition, spontaneity and automaticity can be developed to adapt these techniques in real life situations.





Photographs



A comprehensive martial arts system

- IN HYUK SUH, IS THE FOUNDER AND GRANDMASTER OF THE WORLD KUK SOOL ASSOCIATION® (WKSA)
- THE WKSA HAS 1.3 MILLION MEMBERS WITH OVER 800 SCHOOLS WORLDWIDE IN 28 DIFFERENT COUNTRIES

No matter who you are, Kuk Sool is for some-one just like you



bringing martial arts to LIFE

SCHEDULE & LOCATIONS

TUESDAYS

LITTLE DRAGONS 18.30-19.15

CHILDREN & ADULTS 19.15-21.00

Venue:

The Gym

Sudbury Upper School

Tudor Road

CO10 1NW

THURSDAYS

CHILDREN & ADULTS 19.15-21.00

Venue:

AFC Sudbury

MEL Stadium

Brundon Lane

CO10 7HN

SATURDAYS

BLACK BELT CLUB 10.00-12.00

Venue:

AFC Sudbury

MEL Stadium

Brundon Lane

CO10 7HN

Photographs



Join us!



bringing martial arts to LIFE

INTRODUCTORY OFFER

Through a dedicated systematic and intensive Martial Arts programme, our school is known for producing the incentive to become a more confident individual not only physically, but mentally as well, regardless of age or sex.

Our introductory offer is designed to give you a chance to come in and visit the school, meet our instructors, and find out the benefits of learning the martial arts.

CONTACT US

Principal Instructor:

PSBN (3rd Degree Black-belt) Dr Karen Smith Tel: 07751 932 408



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