# KUK SOOL WON™ OF SUDBURY

## Little Dragons

Benefits

Activities

Photographs

Schedules

www.kuksool.co.uk

You can earn 18 patches

- HEALTH
- FIRE
- BALANCE
- FIRST AID
- EXERCISE
- MEMORY
- PUNCHING
- ATTENTION
- CO-OPERATION
- KICKING
- LISTENING
- RESPECT
- FALLING
- CO-ORDINATION
- STRANGER
- STRETCHING
- FORMS
- STANCES

# Benefits

## SUITABLE FOR BOYS AND GIRLS

Enrol your child in our Little Dragons Programme and they will learn important life skills and the basics of martial arts.

This includes:

Etiquette

Concentration

Aerobics

Team building

## GOALS

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.

# Flexible, fun martial arts classes

## BENIFICIAL EFFECTS

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

## ABOUT KUK SOOL

Kuk Sool Won™ is a traditional Korean Martial Art. Its Founder and Grandmaster is IN HYUK SUH, his title is 'Kuk Sa Nim' which translates to 'National Martial Arts Instructor' a title bestowed by the Korean Government. The World Kuk Sool Association has 1.3 million members with over 800 schools worldwide in 28 different countries.

## MEDITATION

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

## BREAKFALLING

Begins immediately, we use 'crash mats' to teach children how to fall safely without injury.

## FITNESS

Fitness training introduces exercises such as: push ups, sit ups, star jumps, squat thrusts and lunges in a relaxed way that allows each child to develop core strength at their own pace.

**CLASS ACTIVITIES**

Our specialized Little Dragons programme is an age-specific curriculum that is professionally designed to teach children important life skills in a fun, exciting and enriching environment.

The Little Dragons activities will keep your child physically fit and show children the benefits of good behaviour.

The class curriculum will also help them see the value of team work, good manners and trying their best outside of the classroom.

The program will improve your child's basic motor skills, as well as your child's positive mental skills. These skills will help your child enter society with a confident and enthusiastic outlook.

Your child will become a better student in school, a better listener at home, and feel more ambitious towards his/her goals.

## Little Dragon Belt Levels

- LEVEL 1: WHITE
- LEVEL 2: WHITE BELT/1 YELLOW STRIPE
- LEVEL 3: WHITE/2 YELLOW STRIPES
- LEVEL 4: WHITE/3 YELLOW STRIPES
- LEVEL 5: WHITE/4 YELLOW STRIPES
- LEVEL 6: WHITE/5 YELLOW STRIPES
- LEVEL 7: WHITE/6 YELLOW STRIPES
- LEVEL 8: WHITE/7 YELLOW STRIPES
- LEVEL 9: WHITE/8 YELLOW STRIPES
- LEVEL 10: WHITE/9 YELLOW STRIPES

# Photographs

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

Kuk Sool!

bringing martial arts to LIFE

## SCHEDULE & LOCATIONS

TUESDAYS

LITTLE DRAGONS 18.30-19.15

Venue:

The Gym

Sudbury Upper School

Tudor Road

CO10 1NW

## 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  07751 932 408

bringing martial arts to LIFE

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Little Dragons

Sudbury Upper School

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