



KUK SOOL WON™ of SUDBURY



SELF DISCIPLINE, SELF CONFIDENCE & SELF DEFENCE

Kuk Sool Won™ is one of the most effective and comprehensive systems of traditional Korean martial arts in existence today.

Through training you can become a more confident individual not only physically, but mentally as well, regardless of age or sex.

Learn a beautiful, dynamic, 'hard-soft' style, emphasizing speed and fluidity from British and European Champions.

Beginners classes starting now.

Call us today!

FREE taster classes

Traditional Korean martial art

KEY FEATURES

STRIKING

KICKING

WEAPONS

BREAKING

SPARRING

JOINT LOCKS

PRESSURE POINTS

BODY CONDITIONING

SELF AWARENESS

Web: www.kuksool.co.uk

Email: ksmith@kuksoolwon.com Tel: 07751 932 408

Head Instructor: PSBN (3rd Degree) Dr Karen Smith



Classes:

(TUESDAYS)

Sudbury Upper Sports Centre,
Tudor Road, Sudbury, C10 1NW

Dragons	18.30 - 19.15
Kids	19.15 - 20.15
Adults	19.15 - 21.00

(SUNDAYS)

The Kingfisher, Station Road,
Sudbury, CO10 2SU

Kids	17.30 - 18.30
Adults	17.30 - 19.30



Prices: Dragons £3 per class;
Kids & Adults £4.50 per class