



# KUK SOOL WON™ OF SUDBURY

December 2005

## XPRESS

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**SIUNG JAH SI** - INCREASE OXYGEN FLOW TO THE LUNGS, HEART AND MIND WHICH BOLSTER AN INDIVIDUAL'S ALERTNESS AND MENTAL OUTLOOK. MOREOVER, BREATHING CONTROL EXERCISES, SUCH AS **SIUNG JAH SI**, PROVIDE AN OPPORTUNITY FOR STUDENTS TO CLEAR THEIR MINDS WHICH WILL IMPROVE THEIR ABILITY TO FOCUS AND CONCENTRATE. THESE EXERCISES ALSO TONE AND STRENGTHEN INTERNAL ORGANS. ACCORDING TO KOREAN TRADITION, THOSE WHO DEVELOP THEIR "JI" (INTERNAL POWER) THROUGH BREATHING EXERCISES HAVE LONG AND HEALTHFUL LIVES.



## Welcome !

Welcome to the first edition of *Xpress*, the newsletter for members of KSW Sudbury, their families and friends and indeed anyone interested in the martial arts!

The newsletter will be published termply and we hope to bring you lots of interesting news, articles, interviews and pictures.

A question that we are asked a lot is 'what exactly is Kuk Sool?' and so we thought that offering a definition was a good place to start.

Kuk Sool is a comprehensive martial arts system that can be described as a systematic study of all of the traditional fighting arts, which together comprise the martial arts history of Korea. As such, Kuk Sool is extremely well

organized and seeks to integrate and explore all aspects of the traditional Korean martial arts.

It is not merely concerned



KUK SOOL LOGO

with methods of attack and defence, Kuk Sool also includes the study of healing techniques and the development of internal power, in addition to the physical training. Mental development is of

equal importance in Kuk Sool and helps to instill self-confidence and self-discipline, a calm self-assurance, and the psychological and spiritual values which are traditionally associated with the character of a martial artist.

Although Kuk Sool as it is practiced today is relatively new, its roots stretch far and deep to the very beginnings of the Korean people. This early history and the ancient traditions upon which this art is founded should be viewed as important as the physical techniques themselves, for it is only from the understanding and appreciation of these classical roots that one is able to grow as a student of the martial arts. We look forward to seeing each of you achieve your dreams!

## The Grand Opening

We celebrated our hugely successful grand opening on Monday 31st Oct 05. A Halloween theme proved an irresistible draw for about a dozen children and twenty five adults also joined the free introductory lesson. They were put through a short body conditioning session, punching and kicking drills, a basic form and learned 2-3 self-defence techniques.

The class then settled down to watch a demonstration by IJW Karen and IJW Lynn that included break-falling, sparring, defence against knife techniques and sword and staff forms. The class was held in the newly opened martial arts studio and the spacious venue offered the perfect setting with its sprung wooden floor, mirrored

wall and air-conditioning. Classes are now well underway and are held every Monday at 7pm. Students are a good mix of ages and abilities - no previous experience is necessary. For children the emphasis is on building confidence, and learning respect and self-control. The adults class is designed to improve physical fitness and release stress.



## World Championships, Busan, Korea

In October JKN Kazen traveled to Korea to compete in the World Championships and won a medal as semi-finalist in the full-contact sparring division.

The competition attracted 2,800 competitors from all over the world and an audience of 15,000 in the Busan Sports Arena. The whole event was shown on Korean national television and was an impressive spectacle from beginning to end.

Traditional Korean musicians in colourful national dress kicked the event off

and an army of drummers heralded the opening ceremony. Flag bearers entered the hall representing all the participating countries and Kuk Sa Nim officially opened the competition and reminded everyone that 'we are all brothers and sisters'.

A full day of tough competition ensued and the UK team performed particularly well placing in the top 5.

This was followed by an outstanding master's Exhibition highlighting anheung, swords, ropes and spears.

The day was made special by several UK instructors receiving their 5th degree Master promotions. Indeed, Darren Hart from East Anglia became the youngest non-Korean Master practicing Kuk Sool in the World!

He has kindly agreed to hold a workshop at Sudbury in 2006 and this should be a tremendous treat for everyone. For those of you who have not met him, he is 5 times World Champion and his dedication and skill are awesome!

"VISITING THE  
BIRTHPLACE OF  
KUK SOOL WON  
WAS AN  
UNFORGETTABLE  
EXPERIENCE"



## Baekdamsa Temple & Seoul

Following the competition we visited many historic sites and were fortunate to stay with the monks in Baekdamsa Temple in the beautiful Mt Sorak National Park. Luckily it was the Fall and the colours of the leaves on the trees was spectacular.

We slept on heated floors in dorms and rose at 4am to meditate. We also had a pagoda building competition down on the river and

were able to participate in the ceremonies taking place.

We then went from the serene calm of Baekdamsa to Seoul, a truly cosmopolitan and bustling city with many exciting night markets and everyone shopped until we dropped!

Fortunately our hotel was very luxurious and we were able to recover from our exertions by enjoying some delicious meals and relaxing to the entertainment that

had been so well organized.

A particular highlight was to visit the Royal Palaces in Seoul and to discover more about the history and culture of Korea. It also provided an excellent opportunity to meet the very friendly Korean people and to take some wonderful pictures around the grounds.

All in all the whole experience was truly unforgettable.

## Trip Schedule

Depart from US, Europe and UK to Korea

Arrive in Korea, travel to Pusan

Pusan City:

1. World Competitions
2. Masters' Exhibition
3. World Martial Arts Semi-

nar  
4. High Degree testing & promotion

Dea Gu City/Kyongju  
Tour /Entertainment

Baekdam Sa Temple stay:

1. Meditation training
2. Ki training with monks

3. Stone pagoda competition

4. Hiking in Mt Sorak

Seoul and Sightseeing:

1. Sunwon Castle & Namhan Fortress
2. Royal Palaces in the capital city
3. Shopping

## Kuk Sa Nim—Part 1

Grandmaster SUH's introduction to the traditional Korean martial arts began at the age of five in the early 1940's. His first teacher was his grandfather SUH, MYUNG DUK, who was a Master Instructor of the Korean Royal Court army before the Japanese occupation of Korea in 1910. After returning to his hometown of Taegu, Grandmaster SUH, MYUNG DUK secretly taught only members of his immediate family, continuing the family's tradition of practising the martial arts as it had been done

for sixteen generations. When SUH, IN HYUK was old enough to begin his training, he immediately showed such promise that his grandfather decided that he would be the one to whom he would give the greatest attention. Sadly, SUH, MYUNG DUK was fatally wounded in the Korean War in 1952. However, the young SUH, IN HYUK continued his training under various masters of the traditional Korean martial arts, thanks to letters of introduction written by his grandfather

which opened doors that otherwise would have remained firmly closed. During those early years, he visited literally hundreds of martial art masters in villages and temples all over Korea and was able to study the many and varied aspects of traditional Korean martial arts from the three major traditions that had evolved over the centuries. In 1958, after many years of study, SUH, IN HYUK systematised and organised the myriad techniques he had learned and created the art of KUK SOOL.



## Kuk Sool 5 Principals of Form

In order to perform a Kuk Sool form properly one should follow the five principles of hyung training.

Keep these five principles in mind when practising forms and after continuous practice the developing wear of the joints and nerves, that comes with old age, will be greatly retarded throughout the body.

Joints, nerves, muscles, blood vessels and organs will become more youth

like, flexible and supple.

EYES: Like Sunshine. Big, Bright, Clear, Penetrating.

SPIRIT: Calm & Composed, Clear, unshakable.

BODY: Low, Smooth, Soft, S u p p l e .

HANDS: Swift, Agile.

S h a r p . P r e c i s e .

FEET: Deliberate, intentional, Without haste, Precise.

Only if these five principles are observed can any Kuk Sool form be performed correctly.

So remember:

We need more practice!



## Testing & Promotions

Took place on the 19th Dec. 05.

We were very fortunate to have Ridgeons sponsor the night and so the testing was free of charge to students.

This generous sponsorship enabled us to bring in SBN (4th degree) Richard Jones as the external examiner, pay for wood for breaking and provide a sumptuous Christmas table afterwards.

To our delight we had 25 eager students turn up for testing and they did themselves and JKN Karen and JKN Lynn proud!

Everyone gave their maximum effort and earned the yellow stripe they were testing for—well done!!!! (8 students were on holiday and will test on the 16th of Jan.) SBN Richard commented on how much everyone had

managed to learn in such a short period of time. "Enthusiastic, they look really good!" So with continued regular training the full yellow belt testing should not be too far off!!

The whole night finished in top gear with SBN Richard demonstrating some high level breaking forms and techniques with fans and walking stick.





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We are on the web!  
<http://www.kuksool.co.uk>

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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*"A black belt is just a white belt who never quit"*

### Focus On – Master Darren Hart

At 6'6" and 18 stones, Master Darren makes an instant impression! We are delighted to write our first 'Focus On' article about a teacher who has inspired us so much with his skill and encouragement.

Master Darren began practicing Kuk Sool in 1982 at the age of eleven.

In 1986 he entered his first tournament and won first place in sparring. That was just the beginning to his many accomplishments to come. Then in 1991 Darren won the United Kingdom (UK.) sparring championship.

He then went on to win numerous titles such as the UK Weapons Grand championship, World wood breaking championship, World Heavyweight Sparring championship, and many others.

In 1996 Darren took six gold medals

at the UK Kuk Sool championships and won the title of Martial Artist of the year at the British National Martial Arts Awards.

He started teaching Kuk Sool at RAF Lakenheath in 1989, which is the largest United States Air Force base in the UK.

He has dedicated the last fourteen years to the men, women and children of RAF Lakenheath and the surrounding communities where he offers his experience and expertise as a Fitness Specialist and Martial Art instructor.

His excellent advice to new students is:

"Remember, a black belt is just a white belt who never quit!"

