



KUK SOOL WON™ OF SUDBURY

March 2006

XPRESS

Volume 1, Issue 2

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Kyuck pa — means breaking.

In Kuk Sool we use breaking to test our techniques. We most commonly use wooden boards and bricks for breaking. Breaking will tell you if your techniques are powerful and accurate. If you do not hit dead centre on a board or brick, it most likely will not break. If there is no follow through, or if there is a lack of power, your break will be unsuccessful.

Beyond teaching accuracy and power, Kyuck Pa is used to teach etiquette and character.

Traditionally a student is given at most two tries at breaking. Depending on how the student responds to success and failure can tell the instructors a lot about their personality and what they need as students.

This is especially important with children. If they fall, teachers can reinforce the fact that it is OK to fall as long as something is learned and only the best efforts are put forth.

People who are most successful are those who are afraid to fall, and therefore give everything their best shot.

Thank you !

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

We are delighted to announce that we successfully secured a £500 grant from Sport Relief to purchase sparring related equipment.

We were able to buy the following items:

- 4 sparring helmets
- 4 sets of sparring mitts
- 4 sets of sparring gloves
- 4 sets of shin pads
- 4 groin guards
- 4 speed ropes
- 2 holdalls

Sport Relief was created in 2002 by Comic Relief and BBC Sport to bring together people in the world of sport, from fans to megastars, to raise money and do good.



Superstars such as Sir Steve Redgrave, David Beckham, Nelson Mandela, Muhammad Ali and Paula Radcliffe lent their energies to the event.

Sport Relief made quite a splash raising £14.4 million in its first year and has been going from strength to strength ever since. This year the focal point for fundraising will be the Sport Relief Mile

events happening in 15 major cities across the country on July 15th. We encourage you to support one of these events through participation or sponsorship.

We would also like to take this opportunity to thank Mr Stephen Singleton, the Chief Executive of the Suffolk Foundation for his invaluable guidance during the application process. The Foundation works with Sport Relief to distribute funding in the region and is particularly keen to support sporting activities that unite communities and encourage confidence and self-esteem.

The equipment really has made a big difference!

St. Valentine's Kickathon



As we all know, Kuk Sool is our true love and so to celebrate St. Valentine's Day, and raise money for new mats, we held a sponsored Kickathon!

We split into 6 teams of five and began kicking the pads at 7pm sharp. Front side, roundhouse, spin, knee, jump crescent, etc... you name it—we did it! All in all, over 3,000 kicks were performed in

the course of



the evening and students were encouraged to do "just one more" by watching friends and relatives. The evening ended

with refreshments and watching a UK Masters Demo DVD. A grand sum of over £800 was raised which included

fabulous donations from the



Foundation for Sport and the Arts and Ridgeons. We can now buy 34 1m x 1m 40mm jigsaw mats—well done!



"START OFF WITH 5
MINUTES OF
ACTIVITY &
INCREASE YOUR
WORKOUT BY 1-5
MINUTE INCREMENTS
EACH WEEK"



*JKN Karen doing push-ups
- on the kitchen floor*

5 minutes to spare?

We all say, "if only I had the time I'd ...get fit, go for a run, go to the gym etc..." Yet we can never seem to find more than 5 minutes to spare and so we end up doing little about getting into shape other than attending class. The good news is that 5 minutes a day every day can make a lot of difference over time! Here JKN Lynn, a qualified fitness instructor (and black belt in Karate as well as Kuk Sool) gives us some top tips for those who have to do exercise 'on the run'.

Beginners tips:

Firstly, if you have any doubts about your physical condition, see your doctor before starting.

Secondly, enjoy your workout! It doesn't have to be a chore.

Finally, listen to your body and don't push too hard too soon. Some muscle soreness is to be expected and will pass but don't overdo it or you are less likely to work out regularly. Workouts have to be done frequently (at least three

times a week) to be of benefit. But remember, it's a gradual climb.

The benefits:

Fitness is an important part of the Kuk Sool system and within a few weeks of regular training you should start feeling benefits in strength and suppleness and general energy levels. This has the effect of boosting your mind and outlook at both work and leisure activities. Lets start with what you can do given 5 minutes a day to spare if its been a long time since you exercised...

Get fit!

Week 1

Daily:

Push ups x6
Leg raises x6
Sit ups x10
Skipping 15 ~~secs~~ x3 sets

Remember to breathe!

Instead of taking the lift, walk up and down stairs.

Go for a walk round the block.

Week 2

Daily:

Push ups x8
Leg raises x8
Sit ups x14
Skipping 20 ~~secs~~ x3 sets

Instead of taking the lift, walk up and down stairs and try running up a flight or two. Start practicing your Kuk Sool forms at home as well as doing them in class.

Subsequent Weeks

Build up the number of repetitions slowly, by two or three each week, add an extra set every month so that you keep progressing. Additionally, add in new exercises sometimes in addition to your core exercises in order to keep your workout from getting dull.

Think about whether you could cycle to/from work or if you could walk to the shops.

S.A.F.E. approval

Safer Activities For Everyone (S.A.F.E.) is an initiative which assists all those who work with children and young people in voluntary and community groups to safeguard their welfare; such as youth clubs, uniformed groups, sports clubs, music and drama, scouts and guides, playgroups and Sunday schools.

At Kuk Sool Sudbury we take safety very seriously!

We closely follow the guidelines laid down by Kuk Sool UK Schools Ltd and these are available for inspection from JKN Karen.



JKN Karen and JKN Lynn are also CRB checked and have undergone first aid training. However, we felt that it was important to undergo further training

and gain S.A.F.E. approval, a nationally recognised award. This is particularly the case because we plan to begin 'Little Dragon' martial athletic classes (for 4-7yrs) after the Easter break.

To this end we have purchased the S.A.F.E. pack, implemented the policies therein, are assembling the evidence to support approval and will attend the S.A.F.E. course late March.

Kuk Sa Nim—Part 2

In 1938 SUH, IN HYUK revealed a secret inheritance from his late grandfather of a compilation of five books containing all the knowledge of the Korean Royal Court. With the inheritance of these books, the title of KUK SA NIM was bestowed on the young master, which means, 'National Martial Art Teacher' - a title officially recognised by the Korean Government.

In 1961, Kuk Sa Nim established the KOREAN KUK SOOL ASSOCIATION.

Kuk Sool Won had now become the official name to represent, not a style or type of martial art, but rather a systematic study of all the indigenous traditional martial arts of Korea, dating from ancient times to the present.

From 1961 onwards, Kuk Sa Nim began his quest to spread the knowledge he had gained to the Korean people and established many schools throughout Korea.

In 1974, Kuk Sa Nim emigrated to America where, in

1975, he established the WORLD KUK SOOL ASSOCIATION. Since that time, many hundreds of schools have opened throughout the USA, as well as in several other countries including Great Britain. It is now considered that worldwide, over one million students have passed through the doors of the Kuk Sool Won.

Kuk Sa Nim has won many accolades and has become one of the most famous Korean nationals residing outside of Korea.



Gi Ap Sool

The people of the Orient have studied pressure points for more than two thousand years. They used this knowledge for healing (i.e. acupuncture and acupressure) and also to develop a very effective fighting system. There are 657 major pressure points on the body and in Kuk Sool training we will use 356 of these points. Kuk Sool uses the collected knowledge of the body in its method of defence and attack.

A vital point may be located on the body where there is an exposed nerve without heavy protection from bone or muscle tissue, a joint formed by two bones or a point of the body where an organ may be easily damaged. Striking a vital point will cause pain, unconsciousness or death depending on the point struck, development of the opponent and the force of the blow. If an untrained person strikes an overweight

person in the stomach there would be little damage, but if a trained person strikes the same person in the solarplexus with concentrated force, the opponent may become unconscious or die. With the use of attacking vital points and Ki power, the blow is seven times more effective.

In Kuk Sool vital points are attacked by striking, kicking, grabbing and pressing to control the opponent.



Got a good KSW photo? - send it in!

Class Photos





COMMENTS & SUGGESTIONS FOR ARTICLES TO THE EDITOR – JKN KAREN

NEXT TESTING – 3RD APRIL 2006 AT 19.00



Phone:
07751 932 408
07788 765 227

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.

Contact:

JKN Dr Karen Smith

JKN Lynn Whiting

Kuk Sool Won™ of Sudbury

Great Command Sports Centre

Head Road

Great Command

Sudbury

"we need more practice"

Focus On – Master John Watson

Master John Watson started training on his 16th birthday at the U.S.A.F. base in Mildenhall Suffolk under Master M.Y. Kim in December 1976, in those days you either got knocked-out sparring (Korean style) or you passed out through sheer exhaustion.

He enjoys all aspects of KSW, but enjoys the physical aspects of body conditioning and the immense reward one can receive from gradually integrating the principles of adaptation. All aspects of Kuk Sool automatically start to improve.

Master John won 5 gold medals in empty hand forms and reverse sword in 1993, '94, and '95 respectively. He says that when he sees Kuk Sool people competing in tournaments he admires everyone for taking part. He knows how nerve wracking it can be every time someone enters the ring. He can see him-

self to a certain extent, to him that's the key to development. "Never forget that we were all beginners once, and I know I still am in many ways even to this day!"

Master John would like to thank Kuk Sa Nim for all his support in many things and giving us all guidance throughout the years.

To all his friends in Kuk Sool and in everyday life, he would like to say "kahm-sah-hahm-ni-dah" (thank-you).

Students from Kuk Sool Sudbury will be able to see Master John in action at the forthcoming European Championship and Masters Exhibition in Norwich (June 3rd). Bring your camera...its not everyday you see someone breaking glass bottles with their head and kicking out 5 boards at a time!!

