



KUK SOOL WON™ of SUDBURY

XPRESS

VOL. 4 Issue 3

SEPT 2009

NOTICES

**Boot Camp
29/09/09**

**School
Tournament
20/10/09**

**Halloween
Class
27/10/09**

**National Black
-belt testing,
Liverpool
27/11/09**

**UK
Tournament,
Liverpool
28/11/09**

**Class testing
01/12/09**

**Christmas
Party
15/12/09**

CONTENT

July Fun Class

Recent Demos

**Upcoming
events**

M power

**Suffolk
Children's
University**

**Black Belt
Club**

Editorial

Welcome back to everyone! We hope that you all enjoyed your summer break and are ready to get down to some serious training now.

We have lots of exciting activities planned over the coming three months, for example: a 'Fitness Boot Camp', the School Tournament, our 4th Anniversary Celebration, a Halloween Class, the UK Tournament & Black-belt Testings, Class Testings & Promotions and the Christmas Party & Buffet. Plenty for everyone to get involved in!

Photos from the Fun Class, 28th July



More photos on our Bebo page

Recent Demos

Over the summer months we did some super Demos at the Stevenson Centre, Wells Hall Primary Fete, Pot Kiln Primary Fete, the T.A.N.K. Event at Raydon Way Park and 'Party in the Park' at Belle Vue Park. Participants included: the Little Dragons at Wells Hall and Pot Kiln and Lewis, Callum, Leigh, Daryl, Maria H, Jessica, Stephen, Maria W, Jemma, Nathan W, Mitch, Dan, Barry, Matt, Kayleigh, Nathan K and both KSNs at the others — top effort!



"The kids all loved having a go at the exercises and drills you took them through, I can't thank you enough!"

Mr Chris Ollie,
Stephenson Centre Youth Group



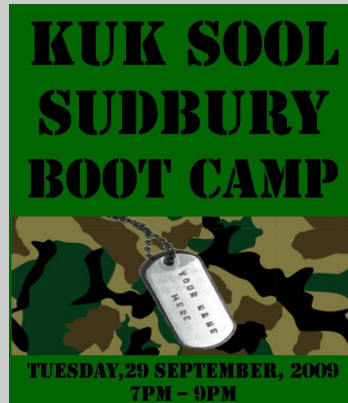
Next Summer Camp!

Upcoming Events

We have a jam packed term of activities ahead...

Boot Camp, 29th September

By now you should all have your sponsor forms and be out there getting yourself as many sponsors as you can to raise money for the School Fund. This event is set to test your will power, brains and endurance 'Army style'. Rain, hail or shine there will be a series of challenging activities that you undertake on the night including a run, outdoor assault course, team tasks and command tasks. Get ready to rev up your energy levels and the coffers!!



School Tournament, 20th October

If you have not been to a WKSA tournament yet, this is the perfect training ground to give you the confidence to attend the next one. The set up of the night is exactly as you would find a national tournament from the hall layout, the competitor divisions, to the judging and scoring. This year we have some fantastic plaques, trophies and medals to be won. Class including tournament entry will cost £5. Spectators are free and very welcome.



Halloween Class, 27th October

Q) Who won the skeleton beauty contest?

A) No body

Q) What is the favourite game at a ghosts' birthday party?

A) Hide and shriek!

A fun fuelled night (only the jokes are scary) of Zombie Tag and Witch Hunts to celebrate our 4th Anniversary. Please bring something for the table. Normal class fee applies.



Upcoming Events (cont.)

UK Tournie & Testings, 27-28th November

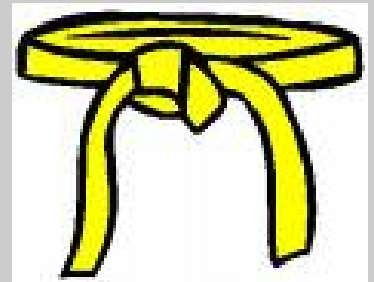
This year the venue Tournament will be Greenbank Academy, Greenbank Lane, Liverpool. L17 1AG. We aren't really expecting very many of you go all that way to compete.



However, KSN Karen will be going as will DBN Paul and DBN Lisa because they will be undertaking their final testing for black-belt and should promote to Jo Kyo Nim. Everyone, please wish them both the best of luck!! Anyone else up for the trek is most welcome to join us.

Class Testing and Promotions, 1st December

Usual testing fees apply so if you need to, start saving now. £15 for coloured belts and £20 for Brown Belts and above.



If you are aiming to promote to Yellow belt please see KSN Karen as soon as possible as you must become a registered lifetime member of the WKSA and pay your annual insurance fee prior to testing.

Christmas Party, 15th December

This will be held on the last class of our school term. We will then break for the holidays and return on Tuesday the 5th of January 2010. This year we aim to do something a bit special...we will have a relaxed 1 hour class with prizes e.g. bottles of wine, boxes of chocolates and packs of sweets and quizzes followed by a sit-down nosh-up with sandwiches, hot sausage rolls, Christmas cake and Christmas crackers etc.



Because of this, **we will need to know exact numbers and take payment of £5 per head in advance**, family and friends are also welcome and the same fee will apply to them if they join us for the sit-down buffet.

To reserve your space at the Christmas Party, please pay your fee to KSN Karen well in advance of the night.

Mpower

On the 28th July we were delighted to welcome Inspector Rupert Weeks of the Suffolk Constabulary to the School. He presented us with a Shield and a Safer Suffolk Foundation cheque for £750 for the work that we have been doing in providing self-defence sessions for ladies in the Sudbury and Great Cornard areas.

As a result of the press coverage we received in the EADT and Suffolk Free Press (see below) we have been approached by a local church and the Women's Institute with a view to running sessions for them as well.

Thank-you to DBN Nathan who helped take the sessions and to Aimee, Lisa and Tina for coming to the presentation night. Thanks also to Helen Hughes of Waitrose (also pictured below) for allowing us to sign ladies up in the store.

Women learn the power of defence

SUDBURY and Great Cornard women have received lessons in girl power thanks to a Safer Suffolk Foundation grant.

The Kuk Soo Won of Sudbury martial arts school was awarded £750 to train 26 females in self-defence.

The funding provided two free 'Mpower' sessions, which included intensive training in awareness and avoidance strategies, as well as a range of simple but effective physical defence techniques.

The participants were presented with a certificate by Suffolk Police Inspector Rupert Weeks during a special ceremony at Sudbury Upper School on Tuesday. Dr Karen Smith, from Kuk Soo Won of Sudbury, also received a cheque and a plaque on the night.

She said: "Without the grant from the SSF, these classes would not have taken place and so the support has been invaluable in terms of training local women free of charge."

"It has enabled Mpower to reach-out directly to women, supplementing our work with local employers, and so a much wider spectrum of ladies have been able to benefit from the increased confidence and reassurance the course provides."

The well-attended classes took place in April and June and the school hopes to run more sessions in 2010.

The SSF offers financial support of up to £2,000 to organisations, charities or community groups which work to develop good citizenship, prevent anti-social behaviour or promote community safety and cohesion.

Money for the grants is generated by the sale of lost or stolen items that, despite Suffolk Constabulary's best efforts, cannot be reunited with their rightful owner. The items are sold via the national police property disposal site: www.bombobee.com. Funds are also raised through Suffolk South of the Constabulary's keyboard database.

Log on to the www.kuksoolwon.co.uk website or call Karen Smith on 07751 932 608 for details of upcoming self-defence classes.

Girl power — Kuk Soo Won collect a grant for their self defence classes. Pictured are: back row Helen Hughes from Waitrose, Dr Karen Smith, Inspector Rupert Weeks, Front row Aimee Aikens, Lisa Slade and Tina Cooper with their participation certificates



At-risk women learn the art of self-defence

A GROUP of women are now fully equipped to handle a street attack, thanks to a series of intensive self-defence classes funded by a police grant.

A series of domestic abuse and misogyny were among 26 women who successfully completed one of two courses in basic-defence techniques in Sudbury-based martial arts school Kuk Soo Won.

The free Mpower self-defence sessions for women in the Great Cornard and Sudbury area were put on after the school was awarded £750 from the Safer Suffolk Foundation grant.

Dr Karen Smith, the owner and instructor of Kuk Soo Won in Sudbury, said the lesson had come about after ladies in her class said they would be interested in learning how to defend themselves on the streets.

"We taught them the dirty dozen," she said. "Simple techniques that do not take a lot of learning to get right and something you can do in the snap of the moment."

"Let's face it if you get attacked on the street that is what you're going to need."

A presentation ceremony took place at Sudbury Upper School on Tuesday night with certificates given out by Inspector Rupert Weeks, from Suffolk police.

Dr Smith added: "We would not have been able to do it if it was not for this funding."

For more information on classes being run by the group log on to www.kuksoolwon.co.uk

LEARNING FAST: Dr Karen Smith, right, Tina Cooper a self-defence move Photograph: CORNISH/STG



Suffolk Children's University

We are now accredited members of Suffolk Children's University. The SCU is one of a number of national Children's Universities and is supported by Suffolk County Council and aims to unite all providers from the public, private, voluntary and community sectors.



All providers offer 'out-of-hours' study support activities to children aged between 5 and 14 that are accredited, safe and fun!



Children who complete SCU activities get official SCU certificates and we can also give children stickers for their SCU Passports. By earning more stickers, children can be rewarded with an additional Special Achievement Certificate at one of three grades; bronze, silver and gold.



For more information see: <http://www.suffolk.gov.uk/EducationAndLearning/Schools/ExtendedServices/SuffolkChildrensUniversity>

Comments and Articles to the Editor — KSN Karen

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 Kuk Sool Won™ of Sudbury:

KSN Karen Smith 07751 932 408

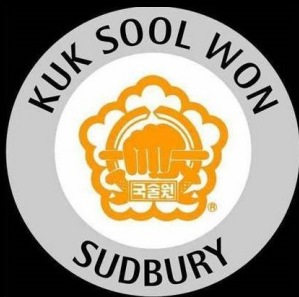
TUESDAYS 6-9pm in the gymnasium
THURSDAYS 7-9pm in the dance studio

Sudbury Upper School & Arts Centre
Tudor Road
Sudbury
CO10 1NW

Email:
drkarensmith@mac.com

Web:
www.kuksool.co.uk

Bebo:
www.bebo.com/
sudburykuksool



If not now, when?!

JKNs Derrick and Rachael, DBNs Nathan and Kayleigh and Brown-Black belts Matt and Barry with SBN Scott and SBN Richard after a tough higher-belt testing in Bury St Edmunds on the 22nd August (KSN Karen also tested but took the photo).

Well done guys!!!

