



DEC 2009

NOTICES

Christmas
Party
15/12/09

Classes
restart (Tues)
05/01/10

St Valentine's
Fight Night
(Thurs)
11/02/10

CONTENT

Boot Camp

Halloween
Class

You can!

School
Tournament

December
Testing

Paul and Lisa -
Black Belts

Editorial

What an action packed year 2009 has been:

- Derrick, Rachael, Paul and Lisa all attained Black Belts — Wow!!
- Nathan completed his first National test for 1st degree
- Fifty-five students enjoyed a superb seminar with Kuk Sa Nim
- We raised hundreds of pounds for Breast Cancer Care and CLIC Sargent and ran four free women's self-defence workshops
- Seventeen students participated in a staggering feat of participating five demos and fetes over the summer holidays
- Over thirty students competed in WKSA Tournaments winning loads of medals incl. a 7th place school finish at the European
- KSN Karen won the BBC Radio Suffolk Unsung Hero 2009 Award and completed her fifth test for 3rd degree and KSN Lynn completed her first test for 3rd degree
- The School won a Suffolk Constabulary Shield, funding from Suffolk Foundation and became Suffolk Children's University accredited
- We held lots of special events: Class Testings, Black Belt Clubs, Easter Eggstravaganza, Summer Camp, BBQ, Boot Camp, Fight Night, Halloween Night and School Tournament.

But as they say, the best is yet to come! 2010 will be really special and we are planning some fantastic activities e.g. Beach Camp & BBQ, Summer Camp (incl. overnight camping), Master classes, a couple of day trips...you won't want to miss a thing!

Thank-you to every single student, families and friends for making this year such a smashing one and Merry Christmas!!

Our [Christmas Party](#) will be on the 15th December and we will have a professional DJ playing all the latest hits. There will be a big buffet as well and everyone associated with the School is welcome to join us. Dragons 6.30pm - 7.30pm, main class from 7.30pm onwards.



Boot Camp

We held a fun 'Boot Camp' class on Tuesday 29th September. Activities included: Pack-up, Poncho, Water Brigade, Tug of War, Evasion and Minefield. Everyone had a great time and learned a lot about effective communication and team-work...especially on the Minefield Task!!



All photos
are on our
Bebo site

[http://
www.bebo.
com/
sudbury
kuksool](http://www.bebo.com/sudburykuksool)

Halloween

This year we pushed the boat out and celebrated Halloween at both the Tues and Thurs classes. Lots of the kids dresses up in excellent costumes and the tables dripped with goodies such as glow-in-the-dark spiders and skeletons, Halloween Mallows, chocolate eyeballs and horror mix haribo. There were prizes for the Dragons and a Korean terminology quiz for the adults.



The man who thinks he can

Have you ever been in a slump or had days when your desire to practice was minimal to even none? Do you look at the Masters and think, "What's the use? I will never be that good!"

Well, if any of this sounds like you, you have come to the right person. But before I can say anything else to you, I would like to tell you that truthfully I can't give you anything and don't expect a magic wand. What I can give you is some advice and a better way of helping you look at your situation. All you need to do is to open your mind and heart. It is really up to you and only you have the power to decide what you will do. Doubt is a natural human feeling. There has never been a human born who has not wrestled with doubt. Believe me! If you read about the lives of any of the great musicians, scientists, or entertainers who have contributed to this world you will find doubt in all their stories. What made all these great men and women carry on was that they did not let their doubt stop them from going for it. Maybe, as examples, you are just starting to do low spin kicks and you can't get the height right or maybe you are more advanced and can't get bong form. Whatever you're doing, in Kuk Sool or in life, there comes a time when we face something we have never faced before and doubt comes in. I can hear you say, "KSN, I hear what you are saying but what can I do?" Believe!

Before you can nail that spin kick or do bong form without dropping the staff, you must believe in yourself, and that the possibility to achieve this is within you. Think about all the great martial artists out there, they put on their uniform the same way you do. What made these martial artists great martial artists is that they worked long and hard to accomplish their dream and that doubt, fear, and failure are all par for the course. Think about this, what type of world would we have if Beethoven gave up when he began to lose his hearing and never wrote his Ninth Symphony or the composer Handel who wrestled with depression never wrote Handel Messiah, or Jimi Hendrix decided because all guitars were for right handed players and he was left handed "What's the use"? Everyone I have mentioned and many more understand that success in any endeavour comes with a great price of hard work and determination and to the man who thinks he can. When you doubt your potential to accomplish your dream, you will give up. I think that sometimes we forget that talent is a product of hard work. No one can make you a better martial artist. You must earn it!

I will also suggest that if you are stuck, don't be ashamed of asking for help. There are many great resources in the School (your instructors, textbooks, handbooks, magazine articles, DVDs, fellow students who've 'been there'). Kuk Sool can be a challenge, but one that can be accomplished one step at a time and the rewards gained.

Remember, man stepped on the moon, man has flown the skies, and he has built great buildings and done marvels with medicine. So be certain that your goals are within your reach. All that is required is hard work, focus, and belief in yourself. Here is a poem I found dealing with believing in yourself:

The Man Who Thinks He Can!
If you think you are beaten, you are;
If you think you dare not, you don't!
If you'd like to win, but think you can't,
It's almost a cinch that you won't.
If you think you'll lose, you're lost
For out in the world we find
Success begins with a fellow's will;
It's all in the state of mind!
If you think you're outclassed, you are;
You've got to think high to rise.
You've got to be sure of yourself
before you can win the prize.
Life's battles don't always go
To the strongest or fastest man;
But sooner or later the man who wins
Is the man who thinks he can!

School Tournament

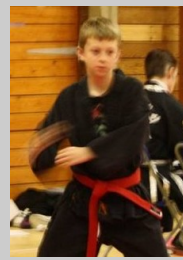
There will be a Fight Night in Feb 2010 during which we will hold the sparring competition

We held our popular annual School Tournament on the 20th of October. This year there were lots fantastic medals, plaques and trophies to be won which ensured a super turnout.

Top Student	Barry Slade
Men's Champion	Paul West
Women's Champion	Jemma Slade
Youth Champion	Dan New
Student of the Year	Mitch Gardiner
Best All Rounder	Matt Baker
Most Improved Boy	Ollie Green
Most Improved Girl	Sophie Tonkins
Top Dragon	Maxi Webster-Coles
Most Improved Dragon	Lewis Raymond
Best Etiquette	Blaine Dew



Prizes were presented by the 2007 Men's Champion - Robbie Cook and Cllr John Sayers. Mrs Jackie Fairweather, the Manager of Suffolk Children's University (SCU), presented 25 junior students with their SCU Certificates for completing the training hours required to qualify. Each child also received a pen, pencil, ruler, bookmark and badge. Lots of excited family and friends also came to watch students compete.



December Testing

KSN Orville Lewis (KSW Colchester) was a superb external examiner and really worked all 47 students who tested very hard.



KSN Karen wins award

The Suffolk 2009 Sports Awards took place on the 18th October at Trinity Park Conference Centre in Ipswich and we are delighted that KSN Karen won the prestigious BBC Radio Suffolk Unsung Hero Award.

She was presented with a trophy, glass plaque, certificate and cheque by Stephen Foster who hosts the BBC Radio Suffolk Drivetime show. She also had the opportunity to record an interview for Drivetime and appear live on Georgina Wroe's Lunchtime show. KSN says *"I accepted the award on behalf of everyone who works hard to make the school such a great place to train, there are several unsung heroes in this school!"*



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



Believe you can!

**JKN Paul West
and**

JKN Lisa West

**Promotion to Black
Belt on 28/11/09 at
the National Testing
and UK Tournament,
Liverpool.**

**Well done, we are all
immensely proud of
you both !!!**

