



September 2007

Events

Listing:

Class testing

8th October

2nd Anniversary

Celebration

29th October

National Black Belt Testing

Cambridge

November

UK

Tournament

Birmingham

24th November

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Xpress

Our new demo team t-shirt!

Welcome to Xpress, the newsletter for members of KSW Sudbury and their friends.

We have decided to form a core demo team following our recent successes at summer events.

In order to create a real team spirit (and look cool) we have designed a demo team t-shirt. It plays on the oriental symbolism of universal balance; ying and yang and incorporates a dragon - traditionally a symbol of spiritual strength in martial arts. We have used our KSW Sudbury colour - orange - to create a very striking image. We hope that you like it!

Anyone who has participated in a demo (or who is in training with the demo team) can order one from KSN Karen for £10.50.

Anyone who is interested in joining the demo team should give JKN Lynn their name.

Reference Library

We now have several Kuk Sool Won Textbooks (Vol. 1,2 & 3) and Handbooks (No.1-5), a number of ladies self-defence books and several copies of TKW with Kuk Sool articles featured. These are available for students to refer to free of charge on Monday evenings from 6-7pm.

Books can be taken into the

We want to enjoy ourselves but also ensure that we come across in a professional manner as good ambassadors for Kuk Sool Won so joining the team means:

1. making a commitment to attending demo team training sessions and
2. showing up on the day!!

Please do not volunteer unless you can meet both of these requirements. Our next Demo will be October 29th.

We hope to video future demos and create nicely edited highlight discs with appropriate music etc. and get clips up on the website.

If any of you are hiding your creative light under a bushel and are interested in helping to put this sort of thing together, let KSN Karen know!

“Kuk Sool Sudbury – bringing martial arts to LIFE”



foyer area of the Sports Centre where students can sit on the comfortable leather sofas and read them.

All books must be signed out and signed back in EVERY time, using the form provided.

So far, only Lynn, Tony, Paul and Cheryse have come in early to take advantage of

this excellence resource.

We also have a good DVD library (e.g. KSW DVDs 1-6) and a brand new portable DVD player. So get stuck in!





Suffolk ACRE

Suffolk ACRE 70th Anniversary Celebration Demo

Eight members of the Demo team were able to put on a great martial arts display at Trinity Park Conference and Events Centre, Ipswich on the 27th September.

We had been invited to open Suffolk ACRE's 70th Anniversary Celebrations and did so in style much to the delight of the packed hall of about 200 delegates.

Breaking, fitness, punching, kicking, sword form, staff spinning,

falling, forms and techniques all featured in the fast paced display.

Well done to everyone who took part—you were all amazing and the Mayor (pictured below) was very impressed!



**Be there
Do that
Get the T-shirt

and...

Invite all
your mates!**

Our own 2nd Anniversary Celebration plans

This year we want the focus of the night to be 'the Students of KSW Sudbury'. We want you all to really 'show your stuff' to your families and friends and indeed anyone interested in Kuk Sool.

To this end we will be holding an Open Evening on the 29th October. Everyone will be welcome and a wide range of refreshments for spectators (and students) will be available. People can drop-in and leave whenever they like and this will represent a wonderful opportunity for you all to take centre stage and showcase what you have learnt!

For the student demos, we intend to split the hall into 3 areas and have separate activities running in each. For example: sparring/ forms/staff spinning in zone 1; techniques with takedowns/punching/break-falling in Zone 2 and focus pads/kicking/fitness in zone 3. After each 15 minute period we'll rotate the activities in each zone and that way will highlight the rich variety that is Kuk Sool.

Instructors will also do their bit and it should be an excellent night!!

*Kuk Sool Won of Sudbury
2nd Anniversary
Celebration*



You are cordially invited to attend

**Kuk Sool Won of Sudbury's
2nd Anniversary Celebration**

ORDER OF EVENTS

19.00 – 19.05 Welcome, Introductions and Bow In

19.05 – 20.05 Student Demonstrations

20.10 – 20.30 Instructor Demonstrations

20.30 – 20.40 Speech & Prizes (KSN Karen/IKN Lynn/IKN Tony)

20.40 – 21.00 Question & Answer Session

21.00 – 21.05 Bow Out

Date: 29th October 2007

Venue: Great Cornard Sports Centre
Head Lane, Great Cornard

Time: 19.00 – 21.00

Further details - KSN Karen
(07751 912 408)

Refreshments provided

Families, friends and anyone interested in martial arts are welcome!

Sun, Sand, Sool – SUPER!

We had a fantastic fun at our first ever beach training session held at Felixstowe on Saturday the 18th of August. Nine of us were, against all the odds, rewarded with glorious sunshine and we had a thoroughly good time!

We started the morning off with a classic 'Chariots of Fire' style run down the waters edge and some just couldn't resist humming that theme tune. Ahem!!

'Whose for the long jump' saw some inspired leaps along the beachfront which was tough with the sand providing a lot of resistance and a great leg workout. We also had a sprint competition with Warren just beating James to the post by an inch to win a stick of rock.

Other activities included skipping, short staff and sword training and focus pad work.

'Standn' about' was all about Jah Se training and

so we Kong Kyuk, Bahng Uh, Ki Mah and Juhn Gool Jah Se'd until our legs wobbled under the waves.

Wet n wild meant getting very wet as we waded even deeper into the water to do some wave jumping and then came back a bit to do rapid fire punching whilst kneeling down as the waves crashed into us. Bracing!!

We finished off by scoffing well earned cups of tea/coffee. Roll on next year :-) :-) :-) !!!!



JKN Lynn – advanced beach training

"We should do this somewhere like Frinton next year so we can have a BBQ afterwards!"
JD Lisa



Felixstowe 2007

Takedown Workshop

We were delighted to welcome PSBN Scott Slack back to Sudbury on the 3rd of September to lead a special workshop on techniques with take-downs. In order to involve everyone and ensure that we were getting the fundamentals right, PSBN Scott focused on Ki Bohn Soo 1-15.

By the end, everyone felt confident at doing the techniques correctly and really 'taking down' their partners. Additionally, everyone felt confident to fall and land properly.

The evening was fun with 22 students working much harder than they imagined they would have to (getting up and down a few hundred times is pretty tiring)!

"It was really good to go back over it again and pick up the detail"

JD Warren



Important Class Fees and Hardship Fund Announcements

As you know, we operate the school as a not-for-profit concern and have been able to hold class fees down at their original level these past two years despite the hire costs of the halls we use increasing twice in this period.

For those of you who haven't realised, Monday night hall hire costs £50. This is why we have always stressed that student numbers need to be strong EVERY week (even in the summer months) if we are to keep the cost of our classes substantially less than the class prices offered by other clubs at Great Cornard such as kickboxing and indeed other Kuk Sool Schools elsewhere.

For example:

- 1 hour Squash £6
- 1 hour Gymnastics £5

1 hour swim £4

Bearing this aim in mind, we have decided to increase class fees only marginally this coming year. Kuk Sool Sudbury classes will still represent amazing value at (on Mondays) £1.90 an hour!

So, normal Monday night fees will rise 30p and Wednesday night fees will rise by only 20p.

Families where 2 or more train will still receive a discount.

Students attending both Monday and Wednesday classes will also still receive a discounted rate on Wednesday.

Little Dragons will not go up.

Should anyone experience difficulty in meeting class fees, please see KSN Karen in confidence.

Financial hardship should never be a barrier to you training, we will work out

a suitable arrangement with you.

On the topic of Hardship— can all students who are currently in receipt of a Suffolk ACRE/Local Network Fund Hardship subsidy re. class fees please note that the subsidies expire on 31st December 2007.

It was a condition of our grant that all monies be spent by this point as the LNF ceases to exist in March 2008 and all final reports from grantees must be received by then.

We hope that the subsidies have provided a much appreciated respite over the past 7 months to many class members.

Can recipients of subsidies now start planning for having to resume payment of class fees in January 2008 so it doesn't come as a shock.

New Class Fees will take effect from 5th November 2007

Monday class

Location:
 Gt. Cornard Sports Centre
 Time:
 7pm - 9pm
 Fee:
 £3.80 p/pn Adult/Child
 £3.50 p/pn for Families
 £3.00 p/pn Little Dragons

Wednesday class

Location:
 Woodhall Primary School
 Time:
 7pm - 9pm
 Fee:
 £3.20 p/pn
 (£2.80 if you do Mon too)

Existing and new students welcome.



Some of our Little Dragons in action

STUDENTS

Your Newsletter needs you!

Do you have a Kuk Sool photo that could go into the next Newsletter?

Do you have a good idea for an article?

If so.. talk to KSN Karen!

Comments & suggestions for articles to the Editor – KSN Karen



Phone:

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info@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:

KSN Dr Karen Smith

JKN Lynn Whiting

JKN Tony Pellegrini

Kuk Sool Won™ of Sudbury

MONDAYS:

Great Cornard Sports Centre, Head Lane, Great Cornard, Sudbury, CO10 0JU

WEDNESDAYS:

Woodhall Primary School, Mayflower Way, Sudbury, CO10 1ST

'A journey of a thousand miles begins with but a single step'



Bul Kyo Mu Sool – Buddhist Martial Arts

Throughout history, religion has influenced every major civilisation in the world and Korea is no exception. With the introduction of Buddhism into Korea during the Three Kingdom Period came **BUL KYO MU SOOL** which were to contribute greatly to the development of Korean martial arts. However, why did members of a religious/philosophical movement, strongly committed to the pursuit of non-violence to any sentient being, feel compelled to develop a highly skilled and scientifically worked out martial arts system and become involved in the fighting ways of the secular world? There are three reasons that can be identified to answer this paradox which all revolve around practical and humanitarian issues:

health, personal safety, and defence of the temple and homeland.

A fundamental requirement of a Buddhist monk is to sit or kneel in meditation for long periods of time. Inevitably, this would lead to health problems such as poor circulation, poor digestion and muscular weakness. Therefore the monks developed special techniques that would enable them to endure and recover from these gruelling practices and to become stronger and healthier generally. Among these special techniques were **WHAL BUB**, or external healing techniques such as acupressure, acupuncture and bone setting (chiropractic/osteopathy), and **HYUL BUB**, or internal healing such as blood circulation stimulation techniques, deep abdominal KI (universal life-force) breathing techniques, herbal medicines and dietary considerations.

Novice monks begging for alms sometimes faced danger as thieves and bandits did not always discriminate between people from the religious and secular world! On occasion, monks would travel from one temple to another, often carrying valuable scriptures engraved on gold leaf. Again, they were very vulnerable to attack and so needed some form of self-defence in order to survive.

At different times in history, when invading armies threatened to overrun their homeland, these patriotic warrior monks took up arms to protect their temple and country. Normally they practiced empty hand techniques or 'natural' techniques which did not kill such as short stick and cane techniques but they were also expert in the use of swords and spears.

The influence of Buddhism on Korean martial arts can perhaps be most easily and directly traced to the role played by the now legendary Buddhist monk, **WON KWANG DAE SA**, in the formation of a fighting elite known as the **HWA RANG**. More about that in the next issue!



Buddhist meditation