



NEAR OR FAR, WHERE EVER YOU ARE...
BE FOREVER KUK SOOL! HAPPY HOLIDAYS FROM
SUHN IM KWAN JAHNG NIM SUNG JIN SUH ~ 2013

MAKE IT HAPPEN!

Xpress

Newsletter
December 2013



IN THIS ISSUE

Editorial

by PSBN Karen

The last few months of the year have generated a real buzz:

September saw us raise a superb £120 for MacMillan through a coffee and cake fundraiser.

In October we celebrated the school's 8th Anniversary with cake after the annual Class Sparring Tournament which demonstrated just how skilled our students are.

November was of course a perfect excuse for some Halloween themed games and costumes. We also enjoyed a wonderful visit from the Grandmaster and several Senior Masters from the USA and UK.

Class Testing in December was a chance for all the students to really showcase everything they have learnt, and they did so in style. This was followed by our Christmas Party Class which was lots of fun. The goodie table surpassed all expectations, as did the level of competitiveness between the kids and adults in the balloon races!

2013 has been a great year for Sudbury and we plan to make 2014 even better!

We have been helped on our way thanks to the recent generous award of a £250 grant from Sudbury Town Council. Enabling us to purchase 4 new adult T-Sport sparring kits, which should enable us to run multiple sparring rings simultaneously on sparring nights and reduce waiting time sat at the side.

Plans are also afoot to re-establish the regular Black Belt Cub at the end of each month and to invite Masters to come and teach special workshops sessions during the year.

We will also be replacing the Bradfield Park Summer Camp with a Beach Training Day this year to 'keep it fresh' and have a few other surprises in store as well!!

I hope to see you on the mats soon and remember persevere; go over, under, around or through, but don't ever give up!



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MacMillan Coffee Morning

One Sunday the 29th September, everyone remembered to bring their pennies for a very good cause, we took part in the World's biggest coffee morning for MacMillan.

We laid out cake stalls, a sweepstake and we and even held a raffle.

A huge thank you to everyone who baked cakes or who bought cakes and donated them to the cause. Without your generosity and effort we could not have raised so much!

Thanks also to Joe for presenting the cheque to the local MacMillan nurses.



Come for Coffee (and Cakes)! Its for MACMILLAN.
Cakes from 70p, drinks from 50p
'Guess the number of coffee beans' sweepstake
(£2 per entry, up to 20 entrants, winner keeps half)

Sunday 29 September 2013
17.15 – 17.45 (4 stalls to facilitate speedy purchase)



WE RAISED £120!

"WE RAISED ENOUGH TO PAY FOR A MACMILLAN SOCIAL WORKER OR FAMILY SUPPORT WORKER FOR A DAY, HELPING PEOPLE MANAGE THE SOCIAL AND PRACTICAL PROBLEMS OF LIVING WITH CANCER."



Congratulations to all who competed, the standard of competition was very high.

School Sparring Tournament

Winners:

Little Dragons: Archie Lyster

White Belt: Jamie Howard

Yellow Belt: Andy Paton

Blue Belt: Favio Monteguedo

Red Belt: Rebecca Harrison

Brown Belt: Alix Lapie

DBN: Jade Henderson

JKN Boys: Matthew Hayward; JKN Girls: Jemma Slade; JKN Adult: Barry Slade

ANNIVERSARY CELEBRATIONS

Photos from the big night!



FAST FACTS

8

KSW Sudbury – is 8 years old!

10

The number of trophies won

90 MEDALS ACROSS 4 DIVISIONS

Men Women

Boys Girls

Lots more pics on Facebook ☺



"I really enjoyed judging this year, the standard was so high!"
Kayleigh JKN



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Halloween

Pumpkin races, zombie walking, scary costumes and fang-tastic food...we went for it!



WE ARE ON SOCIAL MEDIA!

To reach new audiences and generate interest in Kuk Sool and our school

Website:
www.kuksool.co.uk

Facebook:
<https://www.facebook.com/pages/Kuk-Sool-Won-of-Sudbury/115960023567>

Wordpress:
<http://kuksoolsudburymartialarts.wordpress.com>

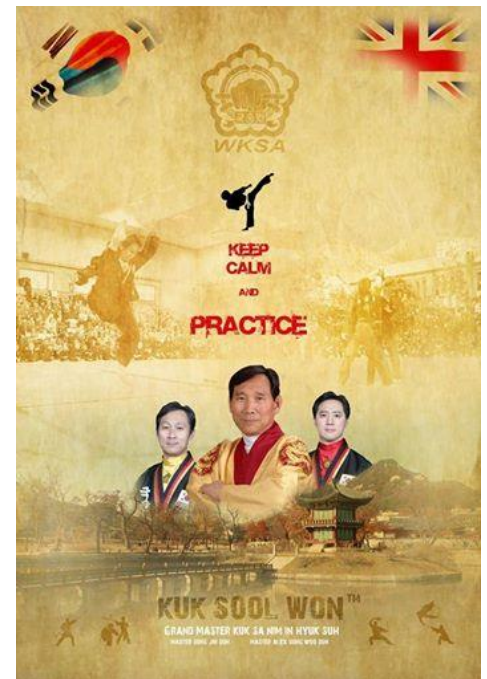
Twitter:
<https://twitter.com/KukSoolSudbury>

You Tube:
www.youtube.com/user/KukSoolWonSudbury

Please 'like' our Facebook page!

Do you have a great idea for an article?

Write it up and give it to PSBN.



Grandmaster Seminar

We were delighted to welcome WKSA Grand Master, Kuk Sa Nim to the school on the 19th November. He was accompanied by Masters Barry Harmon, Sung Jin Suh, Alex Suh, John Ives and Nick Reeve and SBN Sonny Boyal.

Over twenty students benefited from three hours of intense training in sparring techniques, kicking, sword sparring and forms.

All the students put in a lot of effort and each got a lot out of the event, in particular about how to elevate their forms to art, martial art.

Each received a Certificate and DVD from the Grand Master at the end of the night and were able to have individual photographs taken with him.

Some of the Little Dragons even got their belts signed by him!



Meeting the Grandmaster

Alix with Kuk Sa Nim.

A WONDERFUL LEARNING EXPERIENCE



Little Dragons

Behaved really well and even did sword sparring.



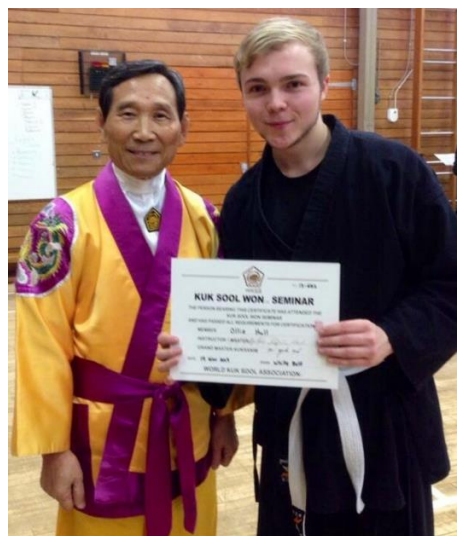
Escape from the wrist techniques

Jamie and Ric practicing Sohn Ppae Ki number 4.



Kicking Drills

Go JKNs Gemma and Jessica working hard!



Certificate of attendance

Ollie with Kuk Sa Nim and his certificate.



Sword practice

Amelia learning how to block a sword cut..

Class Testing and Christmas Party

Congratulations to all who tested this month, you showed real spirit and high quality!

Main class:

DBN Maxi Webster-Coles, DBN plus 2 stripes; DBN Ric Henderson, DBN plus 1 stripe; DBN Jade Henderson, DBN plus 1 stripe; Alix Lapie, DBN; Amanda Henderson, DBN; Favio Monteguedo, Red Belt; Joe Anzilone, Blue belt-red stripe; Brandon Anzilone, Blue belt-red stripe; Beth Stenson, Blue belt; Becky Watson, Blue belt; Andy Paton, Blue belt; Olivia Paton, Blue belt; Sophie Paton, Blue belt; Tommi Newman, Blue belt; Ollie Hull, Yellow Belt; Jamie Howard, Yellow Belt; Caitlin Rawlinson, Yellow belt; Jordan Bailey, White belt-yellow stripe.



"It's a great school to be part of!"
Joe

Little Dragons:

Aidan Priday, Blue belt; Archie Lyster, Blue belt; Amelia Nichols, Yellow belt-blue stripe; Chaz Knebel, Yellow belt; George Clifford, Yellow belt; Gilbert Kilbride, White belt plus 1 yellow stripe; Louis Rudgewick, White belt plus 1 yellow stripe; Harrison Rudgewick, White belt plus 1 yellow stripe; Ellis Simpson, White belt plus 1 yellow stripe.



Many thanks to JKNs Barry Slade, Jemma Slade and Matthew Hayward for assisting PSBN Karen with the testing.





Lots more pics on Facebook!!

Martial Art classes run on SUNDAYS at the Kingfisher Leisure Centre:

Little Dragons (5yrs to 8yrs)

16.30 -17.30 (£3)

Main Class (older children and adults)

17.30 – 19.30 (£4.50)

Fitness Classes ...watch this space!



PSBN Dr Karen Smith
Telephone: 07751 932 408

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.



Email:

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Kuk Sool Won™ of Sudbury

Kingfisher Leisure Centre
Station Road, Sudbury
CO10 2SU

NEWS:

Congratulations to DBN Maxi Webster-Coles who passed his first national testing for 1st degree Black Belt at the UK Tournament in Liverpool on the 29th November.

DATES:

JANUARY 5 (SUN) -- FIRST CLASS OF 2014.

MARCH 2 (SUN)-- KIM FRANCIS MEMORIAL INTER-SCHOOL EVENT.

APRIL 12 (SAT) -- SPAIN INTERNATIONAL TOURNAMENT IN MURCIA.

MAY 23-24 (FRI & SAT) -- SCOTLAND TOURNAMENT IN EDINBURGH.

MAY 30-31 (FRI & SAT) -- EUROPEAN TOURNAMENT IN UNIV. OF EAST ANGLIA, NORWICH.

OCT 11-12 (SAT/SUN) -- WORLD CHAMPIONSHIP IN MERRELL CENTER, KATY, TEXAS.

NOV 15-27 -- UK SEMINARS.

NOV 28-29 (FRI & SAT) -- UK TOURNAMENT IN LIVERPOOL.

All these events and our school term dates for the whole of this coming year are now on our School Website Calendar (see the bottom of the homepage www.kuksool.co.uk)