



# Kuk Sool Won™ of Sudbury

## XPRESS

Volume 3, Issue 3

August 2008

### Events Listing:

3rd Anniversary  
Celebration & School  
Tournament

28/10/08

UK Tournament

29/11/08

North Solihull Sports  
Centre, Birmingham

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### Editorial

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

We are delighted with how the Little Dragons class has grown in strength over the past few months, the hall is always brim full on Tuesday nights at 6 o'clock. So well done to our enthusiastic youngsters who work so hard and are a total pleasure to teach!

With people changing schools and going to college/university away from our locale we have seen some members of the adult class leave but fortunately some excellent new students have come in and numbers remain firm. It is good to see some existing class members make use of our innovative 'bring-a-buddy' programme. Well done Paul, Lisa and Harry for leading the way.

It is also great to see Jessica and Jake finally make the move up to the big class where they are doing great !

The 28th of October marks our 3rd Anniversary and we have an exciting evening of celebrations planned. Halloween themed fun and prizes for Dragons and a School Tournament for adults. We look forward to seeing you all there.



“The board breaking was my favourite!” Liam

Fantastic £310 raised  
for the School Fund



### Sponsored Kick-a-thon

We had a wonderful turnout for our sponsored kick-a-thon on the 9th of September. Nineteen adults and seventeen Little Dragons took to the floor and spent 3 hours exceeding our target of 10,000 kicks. Between them they raised an incredible £310!

You name the kick, they did it: roundhouse, hook, crescent, back, spin, front, side, jump, scissor, axe...everyone really gave 100% and had lots of fun in the process.

Well done to everyone who took part and we hope you didn't ache too much afterwards!!

A special mention goes to Nathan Walker and Blaine Dew for their personally outstanding fundraising efforts.

### Kick-a-thon in pictures

“The  
springboard  
and crash  
mat kicks  
were the  
best” Matt





## Raffle

Our fundraising prize draw was a wonderful success. Tickets cost only 50p and we managed to sell 160 tickets raising a grand total of £80 for the School Fund.

There were several excellent prizes won e.g. a 3 hour one-to-one Kuk Sool lesson with KSN Karen, bottles of wine, boxes of chocolates, bottles of Bucks Fizz and gift vouchers.

Congratulations to all the lucky winners!!



KSN Karen with some of the prize winners

28th October:

Remember to bring some goodies for the table.

Invite along mums, dads, friends etc. to watch

## 3rd Anniversary Celebrations 28th October



There will be a Halloween themed fun night with lots of fun, games and prizes for the Little Dragons. We will have an obstacle course set up and musical chairs. £3 class fee as usual.



The adults will have their school competition with lots of medals to be won and plaques for the highest scoring man and woman and the most dedicated student. There will also be a prize for most improved student. £4.50 class fee & tournament entry.

## Suffolk Foundation Grant

We are thrilled to announce that we have won a £5,000 grassroots grant from the Suffolk Foundation.

The money will pay for student seminars, Little Dragons equipment and instructor training. We hope to be able to make a very important announcement shortly about our 2009 seminars.

The equipment we plan to purchase is detailed below:

Sparring sets 12 x = £600

Mesh bags 12 x = £60

Samurai Sam batons 4 x £15 = £60

Samurai Sam freestanding kick/punch bag 1 x = £150

Drill discs pack of 50 = £30

Drill cones pack of 20 = £40

Hula Hoops pack of 12 = £60

Bean bags pack of 10 = £24

Bokens 10 x £12 = £120

Carriers 4 x £25 = £100



### Class Fees 2008

#### **Tuesday class**

Location: Gymnasium  
Sudbury Sports Centre

Time:

6.15pm - 9pm

Fee:

£3.80 p/pn Adult/Child

£3.00 p/pn Little Dragons

#### **Thursday class**

Location: Dance Studio  
Sudbury Sports Centre

Time:

7pm - 9pm

Fee:

£3.80 p/pn

(£3.20 if you do Tues too)

**Existing and new**

**students welcome.**

## News Round-up & UK Tournament

**ADVERTISING:** We recently placed an advert in the Sudbury Mercury and have booked space in the forthcoming Sudbury & District Community Diary Events (Winter) publication.

**NATHAN:** You may have noticed that Nathan is coming to classes on a Thursday now instead of Tuesday, this is because he has won a place at a prestigious Drama School in Ipswich. Well done!!

**UK TOURNIE:** This will take place on the 29th November at the North Solihull Sports Centre. We are hoping for a good turnout this year! Please give your name to KSN Karen or KSN Lynn if you intend to compete. If you think that you might need a lift up there or could offer some-one else a lift, let us know. Anyone intending to spar—you will need to buy a mouth guard. These are available from sports shops and cost approx. £3.

# KUK SOOL WON

## Bringing Martial Arts to life

### Sudbury Upper School

Tuesday 6-9pm

Thursday 7-9pm

*Self confidence • Self discipline • Self-defence*

[www.kuksool.co.uk](http://www.kuksool.co.uk)

For further details contact Dr Karen Smith on

**07751 932408**

## Comments & suggestions for 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

KSN Lynn Whiting 07788 765 227

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



# “We need more practice.”

### New Bebo site

At the request of younger members of the School, we have recently launched a ‘Groups’ page on Bebo, the social networking site. Our Bebo address is: [www.bebo.com/sudburykuksool](http://www.bebo.com/sudburykuksool) and anyone who is a member of the School, or closely related to a member, can join our Group and post comments, participate in polls etc.

We will try to keep the site ‘up-to-the-minute’ with all the latest news and photos but at the end of the day, the site will only flourish if YOU the students actively participate by posting comments, sending in photos or suggestions of videos to upload etc. (these can be sent to KSN Karen at [drkarensmit@mac.com](mailto:drkarensmit@mac.com)) Don’t leave it to others to make it happen — get involved!

As with all social networking sites, please ensure your privacy and safety and provide parental supervision if necessary as we cannot be responsible for the content of any site other than our own.

The screenshot shows the Bebo group page for 'Kuk Sool Won of Sudbury'. The page has a red header with navigation links: All, Members, Photos, White Board, Blog, Forums, Polls. The main content area features a large red and black graphic of a dragon or phoenix. Below the graphic, the group name 'Kuk Sool Won of Sudbury <sudburykuksool>' is displayed, along with the tagline '\*Bringing martial arts to LIFE\*'. There is a profile picture of a yin-yang symbol. The page includes a welcome message, a description of the school, and contact information. A sidebar on the right shows the official website URL, profile creation date (July 2008), and profile views (180 times). There is also a 'Share the Luv' section with a heart icon and the number 10.