



EL DORADO HILLS KUK SOOL WON

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JANUARY NEWSLETTER 2010

NOTES FROM BU SA BUM NIM

Dear Students and Parents,

I wish everyone a very healthy and prosperous new year. It is hard to believe that we are at the beginning of another decade. I hope it is one that brings joy and happiness as well as growth and learning to us all.

Each new year Kwan Jang Nim (Master Instructor) Sung Jin encourages us to commit to training harder in the upcoming year than we did the previous year. I would like to add that we should all strive to train smarter as well. Our martial art is one that emphasizes technical ability. While you are practicing, really strive to develop an understanding of what you are doing. Details are important. A precise angle can make a technique more effective, work on moving your body more efficiently when performing a form, increase your knowledge of pressure points and vital targets, etc. In Kuk Sool, development of physical abilities and knowledge must go hand in hand.

We will hold a jool bong (nunchucks) practice on Wednesday, January 27. Students should bring their foam practice jool bong with them to class on this day.

Saturday, January 30 we are holding a sword workshop at the Placerville school. This is a great opportunity for students of all belt ranks to get some sword training. We will be learning the beginning sword form. Students wishing to participate must sign up in advance and must bring with them a wooden practice sword. If you don't have one, we do have them available for \$15.

I recommend everyone do their best to attend the annual WKSA Super Seminar next month. It will be held in Wheatland, on Sunday, February 7. This is a chance to learn from some of the best and most experienced master instructors in Kuk Sool Won. Each year I leave the seminar having learned a great deal and always have a good time. It is well worth the trip.

Belt and stripe testing will be held next month. We will be working hard to try and get each student ready for their next rank. A good option for any student who would like some extra help is a private lesson. This allows me to concentrate solely on that student and tailor the practice to their individual needs. If interested, see me for cost and scheduling.

If you have any questions or concerns I am always glad to hear from you.

Thank You,

Justin Painter

Focus word:

Trust

-Assured reliance on the character, ability, strength, or truth of someone or something.

-One in which confidence is placed.

-Webster's 9th New Collegiate Dictionary

CALENDAR

January

Wednesday, January 13th
Kids' Sparring (All Ranks)
Bring Sparring Gear
4-5pm

Saturday, January 16th
Grappling (All Ranks)
11-12pm (Placerville)

Wednesday, January 27th
Jool Bong Class
Bring Your Foam Practice Jool Bong
4-5pm

Saturday, January 30th
Sword Workshop in Placerville
*Sign Up Required / Must Bring a
Wooden Practice Sword*
10-11am

Upcoming Events

Sunday, February 7th
Annual WKSA Super Seminar

Wednesday, February 17th
Color Belt/Stripe Testing

Saturday, February 20th
Black Belt Testing