



PLACERVILLE 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.

Color belt/stripe testing will be held Thursday, January 21 at 6pm. Testing notices will be passed out to those students who are ready. I would like to see everyone have a great test so make sure to attend classes. Taking a private lesson is also an excellent way to help you prepare for a testing. Promotion and demonstration will be held the following Tuesday starting at 6:30pm.

Saturday, January 30 we are holding a sword workshop. This is great opportunity for 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, 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.

Please take note of any scheduled events that would affect our regular classes. Remember regular classes are not conducted on testing days. Feel free too contact me with any questions or concerns.

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, December 23rd
Through
Friday, January 1st
Closed For Holiday
No Classes

Saturday, January 9th
Sparring (All Ranks)
10-11am

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

Thursday, January 21st
Color Belt/Stripe Testing
6-7:30pm

Tuesday, January 26th
Promotion/Demonstration
6:30

Thursday, January 28th
Sparring (All Ranks)
6-7:30pm

Saturday, January 30th
Sword Workshop (All Ranks)
Sign Up Required / Must Bring a
Wooden Practice Sword
10-11am

Upcoming Events

Sunday, February 7th
Annual WKSA Super Seminar

Saturday, February 20th
Black Belt Testing