



EL DORADO HILLS KUK SOOL WON

2222 Francisco Blvd • El Dorado Hills • (530)642-9031

www.kuksoolwoneldoradohills.com

FEBRUARY NEWSLETTER 2008

NOTES FROM BU SA BUM NIM

Dear Students and Parents,

This year is exciting for Kuk Sool Won, as it marks the 50th anniversary of the World Kuk Sool Association. We also have some exciting things happening this month.

Kuk Sa Nim and a team of Master level instructors will be conducting a seminar in the Bear River School Gym in Wheatland on the 10th of February. Kuk Sa Nim will present a lecture on the meaning behind many of our practices. Master level instructors will lead a training session. Every participant will also receive a copy of the KSW Instructional DVD #3. This seminar is open to Kuk Sool Won students of all ranks and ages. Students are highly encouraged to attend as I truly believe you will come away with a great deal of new insights and information to help further your progress in Kuk Sool.

We are putting together a Demonstration Team. Be at the Placerville Dojahng at 12:00pm Saturday, February 16 for our first practice.

Let's get ready for testing! Be prepared to show that you're ready to advance to the next rank. Testing will be held Wednesday, February 20 for color belts/stripes and Saturday, February 23 for those testing for a Black Belt Rank. Regular classes will not be held on testing days.

Kids, bring a friend along with you to our special Buddy Board Breaking Class Monday, February 25. For every pre-registered friend you bring, you will receive 2 boards to break. We will introduce your buddy to the fundamentals of board breaking and even have them break a board. They will also watch you in action as you break your own boards. You must pre-register your buddy for them to participate.

Each month we will now have a focus word. This word will act as a theme to some of our class discussions and we will illustrate how the focus word can relate to you, as a Martial Artist, in your training and daily life. This month's focus word is:

Courage 1)Mental or moral strength to venture, persevere, and withstand danger, fear or difficulty. Implies firmness of mind and will in the face of danger or difficulty.

Thank You,

Justin Painter

CALENDAR

February

Sunday, February 10th

Super Seminar
9:00-12:00pm or 2:00-5:00pm
Wheatland Bear River School

Wednesday, February 13th

Kids Sparring
4:00-5:00pm

Saturday, February 16th

Grappling (All Ranks)
11:00-12:00pm (Placerville)

Wednesday, February 20th

Color Stripe/Belt Testing
4:00-5:15pm

Saturday, February 23rd

Black Belt Testing
9:00am 2nd Dahn
12:30pm 1st Dahn

No Classes

Monday, February 25th

Buddy Board Breaking Class
4:00-5:00pm
Be sure to pre-register your Buddy

Wednesday, February 27th

Promotion/Demonstration
4:00pm (EDH)

Thursday, February 28th

Promotion/Demonstration
6:00pm (Placerville)

Friday, February 29th

Saturday, March 1st
Closed For
School Owners Workshop
No Classes