



## Dates for the Diary:

- 23<sup>rd</sup> Nov National Black Belt Testing 9-12 - UEA
- 24<sup>th</sup> Nov Kuk Sool Archery Juniors 10-11am Adults 11-12am
- 25<sup>th</sup> Nov Super Seminar with Kuk Sa Nim and visiting Masters. Juniors £20 6-8pm Adults £30 6-9pm
- 28<sup>th</sup> Nov Sparring Night
- 9<sup>th</sup> Dec Tiny Tigers Testing
- 10<sup>th</sup> Dec Juniors and Adults Testing
- 12<sup>th</sup> Dec Promotion Night
- 19<sup>th</sup> Dec Last Classes of the year. Tiny Tigers & Juniors Christmas Party 5.30-6.30pm
- 20<sup>th</sup> Dec Xmas Charity Quiz Night. Adults, friends and family 7pm until late
- 6<sup>th</sup> Jan First classes of the New Year



## Student of the Month

Fabricio Makiak Jr.

Not only has Junior had perfect attendance, his manner and attitude are consistently fantastic. He always bows and salutes (“KUK SOOL!”) loudly and proudly when he enters and leaves the dojahng, shakes hands with the instructors and practices hard. Well done Junior.

## Word of the Month ETIQUETTE

Behaving better than expected. It is the structure within which we learn Kuk Sool. It forms part of everything we do, inside and outside the dojahng. It separates people that *have* a black belt from those that *are* a black belt. Martial arts etiquette is based on respect, for everything; Kuk Sa Nim calls this “bowing to the cat.” Good etiquette demonstrates mental self-discipline. Without that, the rest is pointless.

## Welcome To Our 1<sup>st</sup> Newsletter

Our new newsletter will help keep you up to date with all that is going on with your school. I hope that it will evolve into something integral to our school and include student submissions too. If there is something you’d like to include then please send it to me with a photo: [kjn.kfrench@kuksoolwon.com](mailto:kjn.kfrench@kuksoolwon.com).

The main news points are: Kuk Sa Nim’s upcoming visit, where you will be able to meet him and learn new material from visiting Masters; the upcoming December testings and the new timetable, including additional classes, which take effect from 6<sup>th</sup> January. Please see below for the full timetable.

The main changes are the splitting of the Junior classes and the addition of the Wednesday evening sessions. Can I please urge all youth and adult brown belts and above to attend the weapons class and the advanced classes? These are your classes. Helping in the lower grade classes is an excellent way to consolidate your training and learning, but it’s not always possible to teach you new material there.

Also of note, sadly I need to prioritise my time, this means there will no longer be an after school class at the Grammar School.



Archery Champion  
of the Month

Jo Kyo Nim Becca White

## This Month's Special Offers



**Rucksack and baseball cap**

Various Colours £25

**Water bottle** £6

Please make sure you get in  
any orders for merchandise or  
equipment in ASAP for  
Crimbo!



## Current Marketing Offer

We have 10 Super Special Offer places available. If you qualify to join after your free trial class, you will not pay for lessons until February 2020!

Become one of the chosen few here: <https://thetfordmartialarts.com/full-timetable/>

Please share our ads with friends and on social media and help grow your school. Your referrals count! And you will receive a gift as a thank you.



A  
Goal

Is a  
Dream

With a  
Deadline



Look where you want to be, not where you are going.

## Goal Setting

Before our children came along another passion of mine was motorcycle racing. In motorcycling you look through the turn, to the furthest point you can see ahead, to where you want the bike to end up. Look where you want to be, not where you are going. This also works in reverse. For example if you watch another rider go off the track in front of you it's not uncommon to drift that way too, this is known as 'Target Fixation.' In goal setting terms, 'be careful what you wish for.'

### Kuk Sool Won™ of Thetfords' Goal

What: 120 students

When: by May 29<sup>th</sup> 2020

How: continuing to provide excellent service to current students with industry leading, professionally run classes that are accessible to anyone wanting to learn. Having all systems and classes in place, ready to accept double the amount of current students obtained through marketing, word of mouth and public appearances.

### Pyung Kwahn Jahng Nim Kris' Goal

What: to upgrade my old, high mileage Ford Fiesta that I inherited from my Grandad many years ago.

When: by May 29<sup>th</sup> 2020 (my 41<sup>st</sup> birthday)

How: hard work, perseverance, patience, staying the course, keeping faith that I will succeed.

### Student Goal – Dahn Bo Nim Jim Fenner

What: 1- Maintain a good level of fitness; 2 – reach black belt; 3 – reach 4<sup>th</sup> dahn so I can get my hands on that spear.

When: June 2021.

How: Putting more time into training and practice, both on my own and with classmates between classes.

# Christmas Charity Quiz Night

Friday 20<sup>th</sup> December 7pm until late  
Williamson Hall, Thetford Grammar School

Our adult Christmas Party will be the biggest event we have hosted so far. It is open to friends and family and will be raising money for the Railway Children Charity.

Tickets will be available soon for £10 per person and will get you TWO FREE DRINKS at the bar that the Friends of Thetford Grammar School (Kuk Sool mum Sophie Burrows) will be running.

Jo Kyo Nim Becca White will be hosting the main quizzing event, including a round close to her own heart, Harry Potter. There's your homework right there to be in with a shot of winning. Each team will consist of a maximum of SIX people.

Speaking of winning. We are asking for donations to go into a SPECIAL PRIZE HAMPER that the winning team will receive. Jo Kyo Nim Jenny French will be donating a selection of Avon goodies. Be a little imaginative, or get rid of some old toot that you got for Christmas last year. Let's try and make it a prize worth winning.

Also if anyone has a hamper we could borrow for the night to make it look posh that would be great!

Other events will include a BOTTLE RAFFLE. Please donate a bottle of something, anything that comes in a bottle. It could be wine, whiskey, shower gel or Night Nurse. Up to you, but I know what I'd rather try and win and it isn't cough syrup!

Pyung Kwahn Jahng Nim, against everyone's advice, will be hosting the quiz interlude with a fun way of donating more money to the charity. Please bring your coin change jars and an open mind ;-). He will also look to finish the evening's proceedings with a special round he likes to call A SECRET. But it is guaranteed to be enjoyed by all of those that have made merry all evening.

## Kuk Sool Won QUIZ NIGHT

On: Friday 20<sup>th</sup> December

At: Williamson Hall  
Thetford Grammar  
School.

Raising funds for:



## Drumroll please for the 2020 timetable.....

Timetable 2020				
	5-6pm	6-7pm	7-8pm	8-9pm
<b>Monday</b>	Tiny Tigers (4-6yrs)	Juniors (7-12 yrs) White & Yellow Belts	Weapons Class Brown Belts & Above	
<b>Tuesday</b>		Juniors (7-12 yrs) Blue Belts & Above	Youth & Adult (13 yrs +)	Advanced Brown Belts & Above
<b>Wednesday</b>	Tiny Tigers (4-6yrs)	Juniors (7-12 yrs) White & Yellow Belts	Make Up Class	
<b>Thursday</b>		Juniors (7-12 yrs) Blue Belts & Above	Youth & Adult (13 yrs +)	Advanced Brown Belts & Above
	Sparring Last Thursday Of Every Month			
	Archery Last Sunday Of Every Month Jnrs 10-11am Youth & Adult 11-12am			

Keep in mind that as your child gets older and they promote to blue belt (i.e. in December) their classes may change.