



## Dates for the Diary:

- 23<sup>rd</sup> Jan Sparring Night
- 26<sup>th</sup> Jan Kuk Sool Archery  
Juniors 10-11am  
Adults 11-12am
- 23<sup>rd</sup> Feb Kuk Sool Archery  
Juniors 10-11am  
Adults 11-12am
- 27<sup>th</sup> Feb Sparring Night
- 14<sup>th</sup> Mar Instructor Training –  
UEA (black belt  
instructors only)
- 16<sup>th</sup> Mar Tiny Tigers & Jnr.  
Low Grades Testing
- 17<sup>th</sup> Mar Jnr. High Grades &  
Adult Testing
- 18<sup>th</sup> Mar Tiny Tigers & Jnr.  
Low Grades  
Promotions
- 19<sup>th</sup> Mar Jnr. High Grades &  
Adult Promotions



## Student of the Month

**December 2019 - Reggie Donaldson**

Reggie has truly taken on our school motto of FACE THE TIGER. Before coming to class he struggled at school with bullying and was very nervous about coming to see us for the first time. Since then however he has absolutely flown and gone from strength to strength. Well done Reggie, keep facing your fears and smashing it.

**January 2020 – Joseph Burrows**

Joseph has impressed with his determination to keep progressing despite sometimes finding things hard which leads to frustration. His attendance is excellent and his archery skills are also improving. He has set himself a very good, achievable and relevant goal as a promise to himself to keep improving, awesome stuff.

## Word of the Month DISCIPLINE

Discipline within martial arts is entirely within you. The outward expression of it is respect and humility. Your instructor may remind you at times if you drop your self-discipline with push ups etc. but, it is just that, a reminder to maintain the high standards which are expected of you within martial arts. Your training fees pay for the training area and your instructors' time, only those that can show good self-discipline will be taught the higher level material.

## Get Ready 2020, We Are Coming!

Kuk Sool Won™ of Thetford had an amazing sprint finish towards the end of 2019, setting us up for an even more amazing time in 2020.

Shortly after celebrating our 6<sup>th</sup> Anniversary we welcomed Kuk Sa Nim for a super Seminar focusing on SPEED. The topic last year was BALANCE, and it is rumoured that POWER will be the topic this coming November.

DBN Gus completed his first National Black Belt Testing accompanied by JKN Becca testing for 2<sup>nd</sup> dahn. The Kuk Sool family then met in Liverpool for the UK Championships where our own Rad and JKN Becca both won medals. PKJN Kris also enjoyed completing another testing towards his 6<sup>th</sup> dahn black belt.

Then to cap it off we had our Children's Christmas Parties and Quiz Night which raised £320 for the Railway Children Charity.

Our theme for this year is going to be WE NEED MORE PRACTICE! Use every opportunity to practice what you have been taught so you are ready when your instructor wishes to teach you more. Send in your videos to show you are doing your bit. It's also a great way for you to receive written feedback.



Archery Champions  
of the Month

November 2019

Zachary Burrows  
DBN Diana Rodrigues

December 2019

Joseph Burrows  
JKN Becca White

## This Month's Special Offers



Focus Pad (pair) **£18**

Rrp £23

Jool Bong **£10**

Rrp £12



## Current Marketing Offer:

1 YEAR SCHOLARSHIP UP FOR GRABS! Likely candidates will:

- join KSW of Thetford as a member and complete a direct debit agreement;
- train for the entire month of March 2020;
- the winner will exhibit attributes of the 8 qualities of martial art excellence and demonstrate an ability to FACE THE TIGER.

Please keep an eye out on social media for our adverts, and like and share at every opportunity.

**Your opinion matters** – Reviews on Google and Facebook genuinely make a difference. Please spare us a few minutes to tell everyone what a fab time you're having.



A  
Goal

Is a  
Dream



With a  
Deadline



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

## Goal Setting

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.

### Kuk Sool Won™ of Thetford's 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.

### Instructor Goal – JKN Daniella Dunsmore

What: To make my house a home and to focus each day on something I can be grateful for. And to have full, confident black belt syllabus knowledge.

When: Starting now, and full syllabus knowledge by the summer.

How: I am doing many positive things in my life at the moment, focusing on self-development, creativity and spirit. Also, I NEED MORE PRACTICE!

### Student Goal – Joseph Burrows

What: Achieve blue belt

When: March 2020

How: Staying focused and working hard, including practicing more at home (GOOD BOY!!! – PKJ Kris). Joseph has identified that he needs to stay calm even when he is finding things difficult and, in doing so, this will hopefully help to reduce his frustration levels.

# Positive Mindset

In 1915 the Boll Weevil - a type of beetle - arrived in Enterprise, Alabama and wiped out the cotton crop forcing the farmers to lose money - many people left the area in fear of losing everything.

Some, however, decided to change the crop to Peanuts – a crop that was not affected by the Weevil. They were so successful, they became wealthier than they had been before.

If it had not been for the cotton crop being wiped out they would never have changed, and never been more successful.

The moral is that even when things are bad, or seem bad, there is always a way through that takes us to a better place providing we stay positive and adapt to change.

In the town there is a statue in honour of the Boll Weevil with a plaque paying homage to the plague that at first seemed so destructive but, turned out to be a golden opportunity. All a matter of mindset :-)

“There’s always one more thing you can do to influence any situation in your favour – and after that one more thing, and after that... The more you do the more opportunities arise.”

**- Lieutenant Colonel Harold G. Moore**



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 Nrs 10-11am Youth & Adult 11-12am			