

So, What IS Kuk Sool?

Put simply, Kuk Sool is the most complete system of Korean Martial Arts available today. It



involves fitness, self-defence and important for all our members, whatever their age, lots of fun. Without the lighter side, we all soon tire of any activity and then lose out on the many benefits which it might have brought us.

Kuk Sool has been in this country for over 30 years, and our school has been running for over 4 years. We have had our own full-time training centre (Dojahng) since October 2005.

So, What ARE the benefits?

Like any physical activity, Kuk Sool will encourage you towards improved fitness and general health. We hear such a lot these days about how, as a nation, we are becoming unfit and overweight. Enrolling into Kuk Sool is a major step to ensure that you get and maintain the level of fitness that you really want.

Other physical benefits are improved balance, coordination, flexibility and strength as well as a better general awareness of what is going on around you.

Another major benefit is that of improved self confidence. Many students have reported on how, after training for a period of months they have gained confidence in life which has encouraged them to go on to better themselves in their career. Others have found that they simply have something to look forward to each week.



Many parents and teachers have commented upon the noticeable improvement they see in their

child's behaviour after training in Kuk Sool for a while.



As well as thriving Junior classes, which are divided according to age, we have a very popular Senior class each night Tuesday to Friday. Students in this class range from 52 years old to 13 and have a very wide range of natural ability and fitness. Kuk Sool encourages students to practise a wide range of techniques which helps to develop them in many different ways.

The grading system of coloured belts and stripes is a further aid to goal setting. Three of our students (pictured above) have recently been awarded the ultimate accolade of receiving their First Dahn Black Belt, from World Grandmaster, Kuk Sa Nim. We also have weekly "Dragon of the Week" and "Cadet of the Week" awards for juniors. Winners of these awards have their name under a plaque in the Dojahng (Training Centre) and receive a special Kuk Sool badge.

We also give special awards each year to outstanding students and those



making good progress.

Other opportunities available for members of our club are events such as our Christmas and Halloween parties, Evening meals for senior students, summer fayre, and bar-b-ques on the beach. Many members join our demonstration team (not compulsory!) and have performed in public at various events in the area.

We also regularly enter teams in competitions and last year we came in First Place at the UK Championships and third place in the Scottish Championships, against around 70 other schools. This year (2008) we have taken teams to both the Spanish & USA tournaments and we are also fundraising to send a few lucky students to South Korea in 2010 for a special training and cultural adventure.

None of these events are compulsory. However, attending any of them serves to further increase your confidence and broadens your outlook on life.

Our success has led to Kuk Sool being taught as an after school activity in 7 local primary schools and at Morecambe High School and as part of 6th Form enrichment activities.



So, What does it Cost?

The good news is that the first two lessons are free! This is so that you be sure that our training is right for you before you commit yourselves to joining. Parents are welcome to stay and watch their child's classes if they wish.

After the first two free lessons, a joining fee of £35 is payable. Upon joining, every student is given a Free plain uniform (Doh Bohk). Badges for this can be purchased at a later date but are not required immediately.

There are various payment options to suit most people's situation, which we will be happy to discuss with you when you first arrive. The most common is for a student to train twice a week, in which case the lessons fee works out around £5 each and there is a small charge of £6 added to the monthly payment, to cover insurance and membership. If they train more often then the amount paid per lesson will be less. All lesson fees are paid monthly via direct debit. This is to ensure that your instructor spends his or her time teaching students and not counting cash!

As students progress they will no doubt wish to take part in grading tests to earn their next stripe or belt. Tests take place every 3 months and fees vary but start at just £5 for the first stripe and £15 for Yellow Belt.



Who is the Instructor?



The school owner and principal instructor is 3rd Dahn Black Belt John Ward. John is 53 years old and has been training in Kuk Sool for over 14 years and was UK Grand Champion 3 years in succession in 1999, 2000 and 2001. He has trained directly with World Grandmaster (Kuk Sa Nim) and three of the Grandmaster's sons in the UK and has travelled to the USA and South Korea for further training and to compete in the World Championship where he won Gold, Silver and Bronze Medals in 1999 and Silver Bronze and Copper Medals in 2008. He has recently begun training and testing for his 4th Dahn which he

hopes to achieve sometime in 2009. His major personal goal is to reach 5th Dahn (Master level) before his 60th birthday!

Before moving to Lancashire, John opened and ran two successful Kuk Sool Schools in Norfolk where 9 of his students reach 1st Dahn Black Belt. John passed the schools over to one of his own instructors when he opened Lancaster & Morecambe Kuk Sool Won.

Kuk Sool Won of Lancaster, Morecambe & Heysham is a full-time venture for John who is one of a small number of professional Martial Arts Instructors in the UK.

Is Kuk Sool safe?

Obviously in any physical activity there is always some risk of injury. However, our warm up routines and the discipline and self-control which are a foremost part of our training ensures that the risks are minimal. Since the school's inception there have been no serious injuries to any of the school students either in training or competitions. Some of them have, however, been injured playing football, playing on trampolines and riding bikes during the same period!

For your reassurance all students have to have member-to-member insurance and Instructors also have to have special insurance as well as public liability cover

With child protection in mind all instructors have to have regular enhanced CRB checks. School owners are also specially trained to understand child protection issues.



Where IS Kuk Sool Won?

We are very fortunate to have our own full-time premises which are used solely for the practice of Kuk Sool Won. They are situated on Whitefield Place, which is just off White Lund Road, which in turn is just off Westgate.

When are the classes?

Senior Lessons (aged 13 and over) take place at 8.00 p.m. Tuesday to Thursday and 7.00 p.m. Fridays. Junior lessons take place separately before this and Juniors are usually further split by age or by rank. The age limits can, within reason, be flexible to suit personal preferences and circumstances, such as travelling times, or where two or more students from the same family wish to train together.

You do not have to commit to train on a particular night and if you miss classes for any reason they can be made up on another occasion.

What should we do now?

Just give us a call to let us know when you or your child would like to come for your free taster lessons and we will book you in. For your first lessons you should wear loose clothing such as jogging bottoms and T shirt. We normally train barefoot, so no special shoes are needed. If you have any contagious condition such as verrucas or athlete's foot then please wear socks. The Dojang is carpeted throughout so your feet are quite safe. For this reason no shoes are allowed inside the training area, so parents, if you wish to watch your child's lesson, please also remove your own shoes! Thank you.

We are sure that you will enjoy the many benefits which Kuk Sool training can bring and look forward to meeting you soon.

ON THE NET? Check out our website www.martialartsinmorecambe.co.uk