



# Kuk Sool Won™ Sudbury

Traditional Korean Martial Arts • [www.kuksool.co.uk](http://www.kuksool.co.uk)



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Learn one of the most effective and comprehensive systems of traditional Korean martial arts in existence today!

Through training *you* can become a more confident individual not only physically, but mentally as well, regardless of age or sex.

**Self discipline:** at Kuk Sool, we teach you to set your goals and stick to them. You will learn to draw upon your own inner drive to succeed.

**Self Confidence:** Kuk Sool develops self-confidence by helping you to reach new and progressively higher goals in the study of Martial Arts.

**Self Defence:** Kuk Sool will teach you to think rather than panic in potentially dangerous situations. This, combined with teaching the traditional aspects of Korean Martial Arts, will make you able to effectively protect yourself and your family.

**Co-ordination:** Kuk Sool exercises the entire body. It develops your balance, agility, poise, dexterity and improves your overall fitness.

**Fun:** Kuk Sool lessons are dynamic and challenging and offer something for everyone. So, if you are athletic or awkward, shy or outgoing, energetic or out of shape, Kuk Sool is for someone just like you.

**Respect:** To treat people and property in a correct manner.

**Mental Alertness:** "A sound mind builds a sound body."

Sudbury Upper School & Arts Centre, The Sports Centre, Tudor Road, Sudbury CO10 1NW.

Tuesdays (Gymnasium): Little Dragons 6pm – 7pm; Children & Adults 7pm – 9pm.

Thursdays (Dance Studio): Children & Adults 7pm – 9pm.

Find out more about Kuk Sool Won™ Sudbury and the instructors on our website, [www.kuksool.co.uk](http://www.kuksool.co.uk), or contact KSN Karen Smith on 07751 932 408.

