



# KUK SOOL WON CORK

Korean Martial Arts in the Rebel County

## Dragon Times Spring 2017

Hi everyone! A hearty welcome to all of our students — old and new! We've got lots of exciting things coming up this year and look forward to sharing them with you. Firstly though, we'd like to sum up the highlights of 2016.

Last year was another great year for Kuk Sool Won Cork! We started the year with a well received demonstration at the Cork Martial Arts Expo. We also saw our 3rd year of black belt promotions, with Saoirse McCarthy and Fiona & Sean Galvin promoting to Jo Kyo Nim level (1st degree black belt). School owner, Matt Boniwell was promoted to master level and is now a Pyung Kwan Ja Nim (5th degree black belt). It takes a minimum of 20 years training to attain this level in Kuk Sool Won. What else? The school participated in 2 WKSA competitions and came home with numerous medals. We've yet to come home empty handed and the competitions are always challenging so that's no small thing. Finally, we ended the year with 3 of our students making the shortlist for the Cork Martial Arts Promotions Awards — results of which will be announced at a ceremony on the 4th February. Last year was good. This year promises to be just as good, if not better!

### Seminar with SSKJN Sung Jin Suh

2017 sees the 2nd visit to Ireland from the founder of Kuk Sool Won, Kuk Sa Nim's eldest son, Su Suk Kwan Jang Nim (9th degree Master) Sung Jin Suh. Here again to host our KSW Ireland Seminar!

SSKJN Sung Jin Suh is the eldest son of Kuk Sool Won's founder and Grandmaster (or Kuk Sa Nim as we say in Korean) In Hyuk Suh.

Master Sung Jin began his training at the tender age of 6 in his hometown of Tangeu in South Korea. His training was that of any other Kuk Sool student until

he reached his twenties when he was sent to Pusan headquarters to study under his uncle, In Sun Suh. His training was intense and for a few years, he focussed solely on the study of Kuk Sool Won. Master Sung Jin often practiced his kicks late into the night. On one occasion, his uncle had him practice 1000 spin-kicks at the end of a long day spent training.

As well as his uncle, Master Sung Jin was also taught by other masters in the Pusan area and credits them with directly influencing his training.

Eventually, Master Sung Jin moved to the USA, joining the San Francisco Dohjang where he started teaching immediately and received instruction from his father, Kuk Sa Nim.

Master Sung Jin and the WKSA are now based in Houston Texas. Master Sung Jin continues to receive advice and teaching from his father. He now teaches primarily private classes, and predominantly black belt level. He does however tour the world, teaching seminars and providing students of all levels with the opportunity to learn directly from him.

Along with SSKJN we will also be visited by:

- Pyung Kwan Jang Nim Nick Reeve (5th degree master. London, England)
- Pyung Kwan Jang Nim Gavin Chung (5th degree master. Edinburgh, Scotland)
- Sa Ba Nim Andy Lapham (4th degree instructor, Sevenoaks, Kent)
- Pu Sa Ba Nim Karl Martindale (3rd degree instructor. Widnes, Liverpool)



The last KSW Ireland seminar back in 2015 was a great success, enjoyed by all who came and took part, and 2017 looks set to be even better!

The seminar will take place on Thursday 9th March, with a childrens' seminar at 5-6p.m followed by a Teen/Adult seminar at 6:30-8:30p.m

**An opportunity not to be missed!  
Your chance to learn KSW  
direct from the source!**

### WKSA Competition in Barcelona

For the first time in 5 years, the Barcelona school is hosting a WKSA competition on the 23rd of April 2017. We went over in 2012 and had a wonderful experience and a very successful competition. This will be the last time that Kuk Sa Nim, the founder of Kuk Sool Won, will attend a Spanish competition so it promises to be a very special event. Barcelona is a wonderful city too, so we are very excited at the prospect of returning. We hope some of you will join us for what promises to be a very special event!

WKSA Barcelona School-owner, PKJN Jordi has very kindly set up a webpage with all information about the competition. It includes information about travel, accommodation and competition location. Visit this link to access his page. <https://kswbcn2017site.wordpress.com/> We will also be happy to answer any questions you may have about the competition.

### Upcoming Black Belt Promotions

This year, we look forward to seeing DBNs Keith Duncan and Chetsada Allen promote to black belt. Please join us in wishing them all the best for the last leg of their coloured belt journey to black belt!

# Master Moves *from PKJN Matt Boniwell*

## Precision and Timing

This time I would like to talk to you about precision and timing. As Conor McGregor said, “precision beats power, timing beats speed.”

Lets talk about precision first. Being accurate is a lot more important than being powerful. The ability to hit what you are aiming for, especially if it is targeted spot, for a specific effect (such as pressure point strikes, joint/bone breaks) is a very important and sometimes under-rated aspect of martial arts training.

To give an example from the Boxing world, there was a Welsh boxer named Joe Calzaghe He wasn't the most powerful of boxers, but he was incredibly accurate, and would score 10 strikes to his opponent's 1. Even if you were to argue that his strikes were only half as powerful as his opponents (which was not the case but...) he still effectively hit them 5 times to their 1! Which is why Calzaghe was the longest-reigning super-middleweight world champion in boxing history, having held the WBO title for over 10 years, with 21 successful title defences before moving up to light-heavyweight. His record is as yet unbeaten!

As his super-middleweight and light-heavyweight reigns overlapped, he retired

with the longest continual time as world champion of any active fighter.

Joe's style and success are also related to our other topic of timing; In order to make your strikes count and to achieve the maximum effect, you must release them at the most opportune time. Speed is essential, but without timing, all you end up doing is hitting your opponent's guard very quickly or swinging through the air very fast.

A good fighter can get away with training one of these; a great fighter will have both!

## So how do YOU develop your precision and timing?

For precision, pick a spot either on a punch bag, focus mitt, or whatever else you can find to serve the purpose. Mark it with chalk, and then practice hitting that spot, again and again, from different angles, and with different attacks. Keep an eye on when you miss, then make sure you try and adjust. I used to use the bricks in walls for this with my kicks; I'd pick a brick, mark it, and then work at hitting only that brick with a variety of different kicks from a variety of angles. If you're using this method, remember not to kick hard — brick walls hurt ;)

For both precision and timing, a good tip, is to suspend a tennis ball from the ceiling, tree, branch or whatever and start hitting it to get it moving. Once it starts swinging, it will take both precision and timing to keep hitting it and dodging it so as not to interrupt the swing of the ball so you have to start again.



*Welsh Boxer, Joe Calzaghe*

# Kuk Sool Won Cork *General News*

## Direct Debit Facility

We offer a direct debit option for payment of monthly fees. There is a discount for direct debit customers. Regular fees are 34 Euros a month for children and 42 Euros for Teens/Adults, whereas direct debit customers pay 32 and 40 Euros respectively. This equates to a saving of 24 Euros a year. Family discounts apply and as such can equate to a month or more free over the course of the year.

Please ask JKN Fiona for a form if you would like to avail of this facility and discount.

## Black Belt Training

Our monthly Sunday morning black belt training sessions are open to brown belts and above. We highly recommend that brown belts, dan ba nims and black belts all attend these classes, particularly for those of you who only train once a week. This will help brown belts to cover all that is required for black belt tests. Likewise, black belts will benefit from the opportunity to cover higher level syllabus. For black belts, these classes are where we will focus on learning syllabus to start testing for Kyo Sa Nim level.

## Recommend a Friend Reward Scheme

We offer a reward scheme to all of you, our students for every person you bring along to try a class who subsequently signs up as a member. For every new member you refer, you will receive a percentage of their membership fee.

For a reward card and more info, speak to JKN Fiona at your next class.

# The Importance of Testing

We hear these things a lot: “I’m not going to test this time, I don’t think I’m ready” or, “I’m not going to test this time, as I’m in no hurry to promote...” or simply, “I’ve decided that I’m not testing.”

On the face of it, they sound like reasonable reasons to defer a test; however, what statements like this tell us is that you haven’t yet grasped what a Kuk Sool Won test is really about. It is not about passing — strange concept we know, but bear with us — passing your test is a by-product or bonus extra to the real value of a test. You see, we live in very safe times. Generally speaking, we are not put under pressure very often anymore (with the exception of certain jobs) and as a result, we are not used to performing under pressure. We rarely have to make ourselves do something even when we don’t want to, or think we are physically, and/or mentally able to do so. Kuk Sool Won tests are opportunities to push ourselves past the point we would (left to our own devices) normally, probably, have thrown in the towel.

## Pressure Testing

Performing in a KSW test, with the black belts staring at you, just looking for the mistakes; looking to push you to your limit, and to bring out the best in you ; making you go beyond what you thought possible —physically, mentally, emotionally — well it’s a very hard thing to do. But this, along with tournaments, are some of the most effective and safest ways of pressure testing in modern life. It helps us get used to performing under

pressure, to stop worrying, to switch off and let our training take over, to believe in ourselves and our hard-won skills. Our tests teach all of us about preparing for situations. In the event of failing a test, valuable lessons are also learnt, as it can help in understanding what led to a fail — did we prepare? Did we practice? Did we ask for help in the lead up to the test?

Kuk Sool won offers a low risk way to learn about this in a way which we can transfer to other aspects of our lives. This is why it can be so beneficial to children and adults alike. Through consistent study, preparation and testing in Kuk Sool Won, we learn how to do the same for school, career, a performance, a match — any number of things beyond the Doh Jang which might be important to us. In a nutshell, we learn skills which help us to achieve our goals and how to face up to the challenges our varying lives may throw at us.

## Pressure Testing And It’s Relevance To Self-Defence

“But,”you ask,”why do we need to be pressure tested? What possible benefit is there in making us perform Martial Arts when we feel uncomfortable, or stressed?” Well, *that exact feeling* is the same feeling you will have if you are ever in a situation where you need to use your training in self defence; when you are being threatened, bullied or experiencing unwanted attention. Tests and tournaments prepare you for dealing with this feeling — to accept it, acclimatise to it and to perform to the best of your abilities while experiencing

it. In short, to make the uncomfortable, comfortable.

## Don’t Ask to Defer, Ask For Help

Remember, passing your test is not as important as taking your test. We know and understand that no one wants to fail. In the rare cases that someone does fail a test, we always offer a repeat test a couple of weeks later, focusing on those parts that weren’t passed, free of charge. To date, no-one has failed a repeat test.

When invited to test, if you find you (or your children) are anxious about it, please ask us for help and advice. We would always prefer that you ask us for help to face the situation rather than a way to defer or avoid it. Please remember that you can attend any regular class for which you are eligible if all your fees are up to date. Some students take advantage of this in the lead up to tests, taking 2 or 3 classes a week and we actively encourage you all to take advantage of this.

Unless you are away or sick, there is no good reason to miss a testing, and lots of very good reasons to take one.

Trust your instructors, believe in yourself and push the limits of what you can achieve!!

**Train Hard, Train Smart,  
Train Right! Kuk Sool!**



# Important dates

- Sunday 29th January** Black Belt Training 10-11:30 am  
Weapons Class 11:30-12:30 am  
Demo Practise 12:30 am-2pm  
Ballinspittle Community Hall
- Sunday 26th February** Black Belt Training 10-11:30 am  
Weapons Class 11:30-12:30 am  
Demo Practise 12:30 am-2pm  
Ballinspittle Community Hall
- Sunday 9th March** SSKJN Sung Jin Suh Seminar  
5-6p.m Kids  
6:30-8:30p.m Teens/Adults
- Sunday 26th April** Black Belt Training 10-11:30 am  
Weapons Class 11:30-12:30 am  
Demo Practise 12:30 am-2pm  
Ballinspittle Community Hall
- Sunday 2nd April** School Grading  
Kids 5-8 Yrs 9-10 a.m  
Kids 9-12 Yrs 10-11 a.m  
Teens/Adults 11a.m-1p.m  
Ballinspittle Community Hall
- Sunday 9th April** Competition Training  
10a.m-2p.m  
Ballinspittle Community Hall
- Sunday 22-23rd April** **WKSA Competition Weekend  
Barcelona, Spain**
- Sunday 30th April** Black Belt Training 10-11:30 am  
Weapons Class 11:30-12:30 am  
Demo Practise 12:30 am-2pm  
Ballinspittle Community Hall
- Sunday 28th May** Black Belt Training 10-11:30 am  
Weapons Class 11:30-12:30 am  
Demo Practise 12:30 am-2pm  
Ballinspittle Community Hall
- Sunday 25th June** School Grading  
Kids 5-8 Yrs 9-10 a.m  
Kids 9-12 Yrs 10-11 a.m  
Teens/Adults 11a.m-1p.m  
Ballinspittle Community Hall

# WKSA Tournament Info

**Spanish WKSA Championships  
Barcelona  
Spain**

## Schedule

*Please note that there are different venues for Saturday and Sunday:*

### Saturday

Address: Escola Pública  
PAU VILA  
Carrer de Mas Lluhi, 11  
08980 Sant Feliu de Llobregat

**8:30-11:30**      **Testing**  
**1:30-16:30**      **Seminar**  
**17:00**              **Black Belt Tournament (Adult)**

### Sunday

Address: Palau Municipal d'Esports  
JUAN CARLOS NAVARRO  
Rambla Marquesa de Castellbell, s/n  
08980 Sant Feliu de Llobregat

**7:30**                      **Late registration**  
**8:00**                      **1st/2nd Dahn Tournament (17 & under)**  
**18:30**                      **& All under Black Belts**  
**Masters Exhibition**

**Please ensure all entry fees are paid prior to your event and that you arrive at least 30 minutes before any event you intend to participate in. This reflects well on you and Kuk Sool Won Cork.**

**More Info Here:**  
<https://kswbcn2017site.wordpress.com/>

# Contact Us

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# Meet Us **first class is free to try**

**Tuesdays**  
Carrigaline  
CETNS  
Kids 6-7pm  
Adults 7-8:30pm

**Wednesdays**  
Kinsale  
Temperance Hall  
Kids (5-8 yrs) 6-7pm  
Kids (9-12 yrs) 7-8pm  
Adults 8-9:30pm

**Thursdays**  
Ballinspittle  
Community Centre  
Kids (5-8 yrs) 5-6pm  
Kids (9-12 yrs) 6-7pm  
Adults 7-8:30pm