

Kuk Sool Won™ of Dublin

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Dear Students and Parents

We have successfully completed another year of training. Thanks for your hard work and commitment in attending classes regularly.

Consistency is the key to continuous improvement in your martial arts journey.

Master Seyd Saidi

Seminar with the Grandmaster

Rain and storm clouds did not deter students from participating in the annual Seminar with Grandmaster In Hyuk Suh and other Masters from the Kuk Sool Won Headquarters. Training was given on pressure point techniques in addition to how to use everyday objects to defend yourself when threatened.



Upcoming Events

January 2

School closes for Winter Break until Jan 2 when classes resume

February 11

Testing

February 25

Promotion

Winter Break!

Winter Break from Dec 24 – Jan 1.



A highlight of the Seminar was the promotion of several students to the rank of Black Belt. In addition two of our instructors were promoted to their next rank so we now have KSN Rick Wolin and SBN William Hunt. Congratulations to you all!

Little Dragons Dress-up Day

My Little Dragons classes have been growing steadily and are specifically structured for younger children to learn the basics of martial arts.

We had great fun at the Dress-up party and are looking forward to continued development in 2017.

The students are enthusiastic and dedicated and a few of them will be moving on to regular classes in January.



Enhance your personal safety

Adult Classes 7-8pm

Our adult classes are fun and challenging. It is never too late to learn Kuk Sool Won.

Little Dragons

Classes for 3-5 year olds on Saturday from 11-11:30am



Fall Fun Classes

Students also got to wear costumes to regular classes and it was great to see the variety of outfits and especially those who gave us all a good laugh like the Duck and Gangster Banana!



November Promotion Day

Testing was rigorous and I was pleased to see that a record number of students were promoted. Keep up the hard work everyone!



Demo Team Outing

The Demo Team was treated to a movie and pizza as a reward for all the extra training this year. You can expect to see them in a lot more events in 2017.



Motivation

The journey from White Belt to Black Belt begins with the decision to try!



Practice

Choose to grow.



Gift Exchange Party

Thanks to everyone you joined in the fun for the Gift Exchange party!



The winning entry in the "Decorate your Snowman" Competition was done by Pranav Thurgam! Congratulations!



We are planning a Fundraising Drive for a worthy charity in the New Year and I hope to see you bringing the same energy observed at the party to help others who need it.



Visit us on Social Media

Our social media accounts have updates, notices, announcements, news and photos about the school. Stay connected and keep sharing what's cool about Kuk Sool!

Facebook

[Kuk Sool Won of Dublin](#)

Instagram

[Kuk Sool Won of Dublin CA](#)

Tag us in your photos with #kuksoolwonofDublin

Pinterest

[Kuk Sool Won of Dublin](#)

Take a look at our Pins!

Twitter

[@KSWofDublin](#)

Follow us!

Master Saidi's Message



As we reflect on the year that has passed we are mindful of the lessons learned.

Improvement can only happen through hard work. When we do things we have always done in the same way, we will not see any changes and it is only by challenging ourselves that we can yield better results.

Setting goals gives you a direction and when you keep these goals in mind it's simpler to know which choices will help or hinder you.

A list of important dates for 2017 has been circulated. Please add all the Testing and Promotion dates to your calendars.

Keep training!

Sincerely

Master Saidi



Demo Team Training

First and Third Saturday of every month.

Black Brown Belt Training

First Saturday of every month

Black Belt Club

First Saturday of every month

Martial Arts Quotes

Do something that your future self will thank you for!

