

Kuk Sool Won™ of Dublin

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Dear Students and Parents

Welcome to the cool and crisp weather of Fall – an awesome time to train and prepare for the final round of Testing in November.

Summer and it's long days were great and we accomplished a lot that we can be proud of. There is always however room for improvement so keep training daily.

Master Seyd Saidi

Little Dragons Summer Bash

Our Little Dragons Summer Bash was great fun and the group of 3 to 5 year olds had a lovely time learning the fundamental martial arts skills and also playing some fun body conditioning games.



Upcoming Events

October 14

Super Seminar

October 27 & 28

Spooky Sparring

November 4

Testing

November 18

Promotion

Spooky Sparring!

Dress up in something you can spar in for our Spooky Sparring Classes on Oct 27 & 28!



My vision is to have a family friendly environment using exemplary teaching methods that encourage children to participate and learn. Children aged between 3 and 5 years old were invited to attend the event.

Little Dragons classes are specifically structured for younger children to learn the basics of martial arts. Skills such as balance, coordination and spatial awareness are emphasized.

Don't miss our free Halloween themed class on Saturday, October 28!



Dress-up Day for Little Dragons

Little Dragons Dress-up Day will be on Saturday, October 28 from 11am to 11:30am.

Bring a friend!

See Dublin Run

We will be supporting the DUSD Integrity in Action, Wellness and Health Fair at the Dublin Color Run! Come and pay us a visit on Sunday, Oct 8 from 7:30am to 11am!



Save the Date!



Los Angeles Photoshoot

Su Sukh Kwahn Jahng Nim Suh invited Joo Im Kwahn Jahng Nim Tony Reyna and myself along to Los Angeles for a Kuk Sool Won photoshoot. It was a good experience and the first edition of Black Belt Magazine featuring kuk sool kicks was released this month and we are expecting the follow-up article in early next year. There are some useful hints on pressure points to aim for when kicking so have a read.



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!



Black Belt Candidate Testing Run

The Black Belt Candidate Testing run was well attended on Sunday, August 27.



Black Brown Belts (DBNs) having eight stripes and higher are eligible for testing and since students are allowed to run at their own pace but not walk during the test it is advisable to all future DBNs to train and prepare for the event in order to complete it successfully.



Testing and Promotion

Testing is meant to challenge our students and bring out their best effort. Students are expected to show that they have learned the

appropriate level of skills to achieve their next rank so passing Testing is not guaranteed unless you do the training. The last promotion for the year will be in November.

Master Saidi's Message

The third quarter of the year has come to an end and we have had a productive period of training.

Our last quarter for the year includes our annual Seminar with the Grandmaster.

Our Demo Team has grown significantly but I still frequently get requests to join. The Demo Team includes those students who display the best skills, respect, discipline and etiquette and I would like to thank them for the continued commitment and participation.

The next round of Black Belt Promotions will take place at the annual Seminar and I look forward to celebrating this achievement with you.

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

"Mastery of self leads to mastery in martial arts." Master Saidi

