

## Kuk Sool Won™ of Dublin

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Dear Students and Parents

Summer is here and we have an exciting season ahead. I would like to welcome all our new students and wish them well on their martial arts journeys.

The fun continues for our existing students. Little Dragons will be launched and another Black Belt Candidate Testing Run will take place in August.

Kindly take note of the dates for important events for the remainder of the year.

Master Seyd Saidi

### Pacific Coast Tournament Winners

Our second quarter got started with a wonderful celebration of our first place at the Pacific Coast Tournament in Sacramento.



### Upcoming Events

#### July 30

Testing

#### August 13

Promotion

#### August 6

Little Dragons Launch

#### August 28

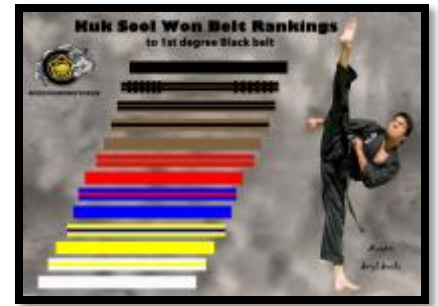
Black Belt Candidate Test Run

### Team effort!

Well done to all those students who participated in the Pacific Coast Tournament!



The Championship flag awarded to us has served as a symbol of our success and we expect to train hard to retain it for the next two years in order to make it a permanent fixture.



## Enhance your personal safety

### Adult Classes 7-8pm

Adults are invited to try a free trial class. Our adult classes run from Monday to Thursday 7-8pm. It is never too late to learn Kuk Sool Won.

### Little Dragons Launch

Little Dragons have arrived at the dojang! The launch of our new format young children classes will be held on Aug 6.

### New Black Belts

Congratulations to all our new Black Belts on their accomplishment. It has been wonderful to see these students taking a more prominent role in classes and at promotion.

I have welcomed them into our Black Belt Club where they will continue their development and further their knowledge of themselves and the art of Kuk Sool Won.



## Black Belt Candidate Testing Run

The next Testing Run will be held on Sunday, August 28. DBNs eight stripes and higher are eligible for testing.



## Little Dragons Class

Every Saturday at 11am

Fun morning class for kids 3, 4 & 5 yrs old!

## Thanks to our Moms and Dads

We celebrated our Moms and Dads and recognised their contribution to your martial arts journeys by giving them a free week of classes. Well done to those who were brave enough to try it out!



## About Little Dragons

Three, Four and Five year olds can learn their martial arts basics at our fun Little Dragons classes!

Little Dragons classes are designed to help improve a child's balance, coordination, flexibility, self-confidence and self-discipline while also teaching them respect.

So if you have a child in pre-school or kindergarten why not try out a free introductory class?

Sign up at the desk



## Dougherty Elementary Art Show and Festival Demo

Dougherty Elementary School held its first Art Show and Festival in May and some of their students who also attend Kuk Sool Won were invited to perform a demonstration. I was very proud of their performance.



## Dublin Farmer's Market Booth

Community Night at the Dublin Farmer's Market provided us with the opportunity to show case our school. We appreciate all of you who volunteered at and supported the event. The "Copy that Stance" competition was great and we look forward to holding similar competitions in future.



## 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



Summer 2016 has just begun and I am pleased to see how many students have continued to train diligently.

Our third quarter for the year includes our Black Belt Club, Demo Team and Black Brown Belt Training Sessions and I hope you will take advantage of these sessions to improve your skills and expand your martial arts experience.

Our new format Little Dragons classes (previously known as Turtle Tots) will be launched soon. Three to five year olds are invited to participate in our fun launch class on August 6 from 11 to 11:30am. We have received enquiries about an additional class in the week and we will start those once there are sufficient sign-ups.

I hope that you all will enjoy a lovely Summer break.

For those of you who will be travelling I wish you safe and pleasant journeys.

Sincerely

Master Saidi



## Demo Team Training

Second Saturday of every month

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## Martial Arts Quotes

"One mind focused, nothing impossible."

