

Kuk Sool Won™ of Dublin

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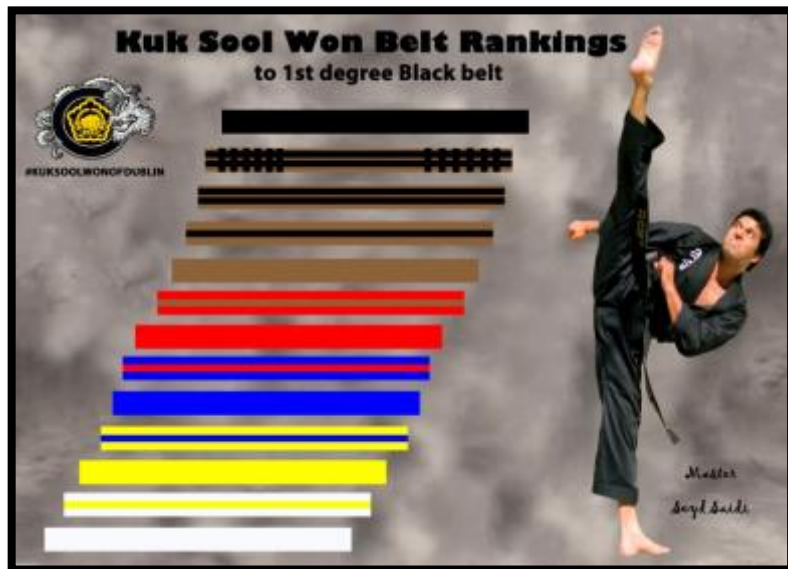
Dear Students and Parents

Lots of hard work and training has taken place in the first quarter of 2017 and we are looking forward to reaching our martial arts goals for this year.

Master Seyd Saidi

Testing and Promotion

School opened on January 2 and training began in earnest for the first round of Testing. I recently got asked the question "What do I do with my old belt once I get a new one?"



Upcoming Events

January 2

School closes for Winter Break until Jan 2 when classes resume

February 11

Testing

February 25

Promotion

Spring Break!

What goals have you set for yourself in martial arts?



Your belts are a valuable representation of your growth in your martial arts journey. Keeping them in a display rack like the one in the dojang is a great way to acknowledge your progress and recognize how your skills have improved.

Black Belt Candidate Testing Run

Eligible students participated in the Black Belt Testing run as part of the requirements for promotion to Black Belt. A number of tests are required to be completed to determine whether students have attained the necessary level of skill, conditioning and fitness.



Well done to all those students who successfully completed the run and thank you to the parents and other students who were present to support them.

Little Dragons Class

Little Dragons classes are specifically structured for younger children to learn the basics of martial arts. We had great fun recently with a special class in the park. The students are very enthusiastic and a number of them have moved on to regular classes.

Now is a great time to introduce your young children or those you know to this dynamic class.



Imagine. Believe.

Achieve.

Adult Classes 7-8pm

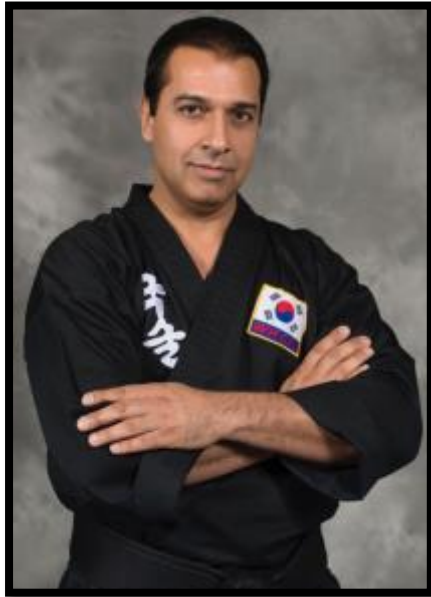
Our adult classes are fun and challenging. It is never too late to learn Kuk Sool Won.

Little Dragons

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



Master Saidi's Message



We have gotten off to a great start in 2017!

The first round of Testing and Promotion has gone well and we are looking forward to improving our skills and challenging ourselves.

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

"The path of all great learning begins with a quiet mind" Master Saidi

