

## Kuk Sool Won™ of Dublin

4558 Dublin Boulevard, Dublin, CA 94568

<http://www.kuksoolwonofdublin.com> Ph: (925) 551 - 8200

Dear Students and Parents

We are welcoming the warmer weather with our continued classes during summer and it's great to see students practice so diligently.

The next Testing date is August 5<sup>th</sup> and a Black Belt Candidate Testing Run will take place later 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

#### August 5

Testing

#### August 19

Promotion

#### August 27

Black Belt Candidate Test  
Run

### Thanks for Celebrating Our Diversity & Heritage!

Dublin, CA celebrated 150 years of education on May 20<sup>th</sup> and we joined in with a special potluck celebration recognizing the value of our diversity and heritage.



The Championship flag is once again on display in the dojang and we expect to train hard to retain it next year in order to make the flag a permanent addition to our array of awards. We all had great fun celebrating at the Tournament party too! Well done everyone!



## 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.



## Friendships, fun and martial arts



### New Black Belts

It is indeed a proud moment to see our students being promoted to Black Belt and we had a very special group of students reach this milestone this year.

I look forward to seeing them at our Black Belt Club where they will continue to develop and refine their skills and knowledge of the art of Kuk Sool Won. Congratulations to you all!



## Black Belt Candidate Testing Run

The next Testing Run will be held on Sunday, August 27. DBNs eight stripes and higher are eligible for testing.

The previous testing run was demanding but successful and I was pleased to see how many students pushed themselves to complete this test.



## 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!



## Little Dragons Class

Every Saturday at 11am

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

## 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

## Master Saidi's Message



Our Black Belt contingent is growing steadily and it's wonderful to see so many JKNs in our classes.

Our Little Dragons have graduated to regular classes and we will have a special fun "Summer Bash" introductory class for children aged 3 to 5 years old on July 22.

I hope that you will continue to challenge yourselves and practice your forms and techniques daily. Skills are only improved by regular training and hard work.

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



## Black Belt / Demo Team Training

First and third Saturday of every month

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## Martial Arts Quotes

"Things that matter in martial arts: respect, patience, self-discipline, etiquette, integrity, courage and perseverance."

