

# News & Notes

Information Provided by the Kuk Sool Won™ Martial Art Center

August 2010

## **COMING SOON...SPIRIT WEEK (AUGUST 2-7, 2010)**

It is hard to believe that the end of the summer is already upon us. We have had a fantastic year to date and our best summer yet, filled with many Kuk Sool adventures. As we do every year at the end of the summer, next week will be our Spirit Week. This is the week we get to change things up for a week and have a little extra fun. For every day that you do the activity listed below, you will get a 1-ball credit. For every time you bring a non-Kuk Sool friend with you to do class, you will get a 2-ball credit (buddy passes are available at the Front Desk). We will keep track of all your credits and on Saturday, August 7th at 3:30pm, during our **GET BACK AT YOUR INSTRUCTOR EVENT**, you will get to use those credits to try and dunk the instructor of your choice into the dunk tank. Additionally, we have saved the summer attendance tickets and will be pulling a name out to win a brand new Nintendo Wii system. Good luck everyone!

Monday, August 2nd - Wear Red, White, and Blue with your uniform

Tuesday, August 3rd - Wear your uniform SDRAWKCAB

Wednesday, August 4th - Wear your silliest hair style with uniform

Thursday, August 5th - Wear your silliest socks with uniform

Friday, August 6th - Accessorize yourself with your uniform (i.e. hats, glasses, etc.)

Saturday, August 7th at 3:30pm - **GET BACK AT YOUR INSTRUCTOR** (Back lot behind our school)

## **COLOR BELT TESTING AND PROMOTIONS**

It is once again time for Color Belt Testing and Promotions. Our Make-up testing will be taking place on Tuesday, August 3rd at 7pm. Regular testing will be taking place on Saturday, August 7th, time determined upon registering for testing. Please remember that you must pre-register for testing. As stated on the "ready to test" card, register by Saturday, July 31st in order to avoid accruing a late registration fee. Promotions will be taking place on Friday, August 13th at 6pm. As usual this will be a potluck celebration, please sign up on the list provided for something to share. We encourage you to capture memories by video and/or taking pictures, but as a reminder, if you will be posting them online for others to see, please get permission from the other students in the videos/photos. Thank you.

## **BLACK BELT TESTING**

Save the date! The next Black Belt Testing will be on Saturday, August 21st at 12:00pm.

## **WE ARE SEEKING VOLUNTEERS FOR WEBSITE VIDEOS**

We have scheduled a date for JKN Jacob to video tape our students in action for our website. The video taping will be taking place on Sunday, August 8th at 12pm. We would like to videotape the students in their uniforms, as if they were doing a regular class. Our plan is to cut and paste parts of the video to create a brief 2-3 minute video that would show what new students could expect if they were to join the school. We would also like to video tape some shoutouts where our students and/or parents are speaking about how Kuk Sool Won has helped in their lives. Please sign up at the Front Desk to participate. In advance, thank you.

## **BBC ARCHERY OUTING IN PACIFICA**

All BBC Members, Brown Belt and up, are invited to attend Archery in Pacifica. The cost is a \$5 donation, paid to the archery range. It will be taking place on Saturday, August 14th at 2pm. Please sign up at the Front Desk. If you are interested in carpooling or caravanning down to Pacifica, please state so beside your name when you sign up so that we may organize accordingly.

***TOURNAMENT PREPARATION CLASSES START THIS MONTH--SEE CALENDAR FOR DATES/TIMES***

618 Cottonwood Street, Woodland, CA 95695 website: [www.kswofwoodland.com](http://www.kswofwoodland.com) 530.406.0618