



KUK SOOL WON™
of Bury St. Edmunds

Est. 1994

Kuk Sool Won ~ Born in Bury by JIKJIN Master Richard Jones

The Beginning 1994

- The first Kuk Sool class held in Bury St Edmunds took place on Sunday 27th January 1994.
- School started with no support or advice, just my training behind me. What I did have was belief in myself and the will to succeed. The first eight weeks in our little village hall were tough going and during this time I had only one student. Fortunately, as a result of some well-placed ads, students started to trickle through the doors and by 1996 eighteen students were training on a regular basis. It was at this time I felt we should hold our first demonstration, at a fête in Fornham St. Martin. It was a resounding success and resulted in more students joining.

1999

- By 1999 the club was growing steadily and doing well through word of mouth, demos and ads and I felt that we were now ready and able to move our location right into the heart of Bury and put something back into the community. I was looking for good ideas as to how to do this effectively when, through good fortune, I met the Manager of Cornhill Walk Shopping Centre and the Manager of St. Nicholas' Hospice. We had a brainstorming session and came up with the idea of holding a sponsored kick (10,000 kicks +) for charity every two years in Cornhill Walk. The first sponsored kick took place just one week after relocating the club to King Edward IV Upper School and was a great success for all concerned; the students, Cornhill Walk, the charities and the audience (who offered us tremendous support throughout).
- Eleven new students started directly as a result of seeing the sponsored kicking event and so, by 2002, the club was 'buzzing' and had really gone from strength to strength. This was underlined by the fact that five students were beginning black belt training.

Bearing Fruit 2003

- 2003 proved to be a really good year for the club. I went to Barcelona with KSN Steve Morley to see Steve compete in the European Tournament. He won six gold medals and took the Grand Champion title! This really gave a lift to the nineteen students preparing to compete in the UK Tournament and they came back home with 54 medals between them, many of them gold. Steve again took the Grand Champion title – wow!
- At this time I was also under 11 days of intense instruction and 2 days of special training by Master Sung Jin Suh "the next leader of Kuk Sool". Anyone who has done special training knows how hard it is to make it through that second day! As a result of this fantastic time with Master Sung-Jin, I felt like my training had gone forward 6 years - that's the kind of instructor he is. We then flew to Houston for the World Championships where Steve won gold in techniques.

2004

- 2004 started very well with a new and large European Tournament to add to the UK and Spanish Tournaments. We took twenty nine students and came away with 34 medals.
- Karen Smith and Lynn Whiting promoted to black-belt. They became the first ladies in Bury to achieve this standard. Many others tried over the years but none made it so well done ladies! We went to Spain where they won 14 gold and silver medals between them, Lynn winning 1st dahn 40+ Grand-Champion. The UK Tournament followed in Birmingham, we took eleven students and came away with 25 medals.

2005

- 2005 was an amazing year for the club. We went back to Spain and Karen Smith won the 1st Dahn Ladies Grand-Champion title.
- Kevin Sanford, Nichola Isted and Conner Sanford won the Mens, Ladies and Juniors under black-belt Grand-Champion titles respectively. The Bury club won 4th place, the first time the club had placed in the top five of any tournament.
- In May we again did a demo at the St. Nicholas Hospice Fête (at the request of Sue Meader) to raise funds for the hospice. We 'went down' really well and raised a substantial amount. We did a sponsored kick for them again in August in order to raise more funds. In June Bury was honoured to host a major black-belt testing and seminar day officiated by Kuk Sa Nim himself, Master Sung-Jin Suh and several other Masters. Over 290 Kuk Sool students attended the day, many with their families turning out in support. Seven adult and junior Dahn Bo Nims from the club paid their fees and successfully completed their first-time tests for black-belt. They will now be watched closely to ensure they train regularly so they can achieve their dream of attaining black-belt. I would say to them "a year is a long time so keep going and don't let the door shut on you"!
- This encouraged twenty one students to enter the European Tournament and we won a fantastic haul of 35 medals. Kevin Sanford and Jon Waugh promoted to Black-belt and Connor Sanford won Junior Under Black-belt Grand-Champion.
- It was also an auspicious time for me personally as I fulfilled a long-held dream to achieve the rank of Sa Ba Nim (4th degree). Now that I have got there I must change some of my own training in order to keep progressing. There is the next 5-7 years of training to consider and I must be disciplined. I am amazed by, and take great strength from, the example of Master Sung-Jin who is the same age as me. You must believe in yourself and believe that if you train hard, it will pay off. Examples of the changes I have made are: using a heart rate monitor and seeing a nutritionist.
- In life, people can knock you and you can let it get you down or you can stand and say we can all change and grow. Life is too short. So in summary, this year has gone really well with four students bringing home Grand Champion titles. Connor's achievement is particularly notable and a reflection of all the hard work he has put in. Kevin and Jon, you too now walk the golden path and you have done yourselves (and me) proud. So, no matter our age, we can all sweat together!! I would like to say "well done" to all who compete for themselves and the Club. It takes a lot to go and do it and it does tell you a lot about yourself that you will never know if you stay behind and take the comfort zone.

2006

- European Tournament this year we had 29 entries, the most we have ever had compete in one tournament. We took 69 medals home (the most we have ever taken so far). Also this year Emily Draper walked away with the youth 13-16 grand champion, which is outstanding considering the amount there was in her group (about 30-35).
- We had three new promotions: Alan Coldwell, Nichola Isteed, Melissa Stewart. With everything else, the school walked away with 5th place in the overall points: well done to all students.
- We had 19 entries at the U.K tournament this year and we walked away with 54 medals and two Grand Champions: Mikey Bacon and again Emily Draper. Also we had Steve Gooderham promote to 2nd Dahn which was fantastic.

2007

- So with another great year under our belts it seems to be getting better and better. But SBN Richard is already thinking how to improve and not just hoping it will happen. He has decided to take his improving and tested students only 5 of the best to the top open tournaments and to take them to the next level, hopefully they will be able to compete with the rest of the styles of martial arts and by doing so the other students will want to be in this group of 5 and will need to train much harder.
- At the European tournament Susie Draper won 1st Dahn Junior Grand Champion and Emily Draper won 1st Dahn Youth Grand Champion, a success she repeated at the UK Tournament later in the year. The amount of grand champions now trained by SBN Richard Jones is currently 14! Keeping the standard high this year – that's our goal!

2008

- Club now has 70 active students.
- There were 6 Grand Champions this year:
 - Emily Draper won 1st Dahn Youth Grand Champion at the European, UK and Spanish tournaments, Steve Morley was European 2nd Dahn Seniors Grand Champion
 - Karen Smith was Scottish 2nd Dahn Seniors Grand Champion
 - Susie Draper was 1st Dahn Junior Grand Champion at the UK tournament.

2009

- Moved into full-time Dojang. Big move with lots of work.
- 5 new 1st Dahns.
- Lucie Crook was 1st Dahn Youth Grand Champion at the European and UK Tournaments. Susie Draper was European 2nd Dahn Youth Grand Champion and Shane Draper was 1st Dahn Junior Grand Champion in Spain.

2010

- Big year for charity events and growing the club in our full-time Dojang.
- Well done Emily Draper, 2nd Dahn Ladies European Grand Champion.

2011

- Emily and Susie Draper won 2nd Dahn Ladies and Youth Grand Champion respectively (Emily and Susie repeated their success at the UK Tournament as well) and Timothy Lupton won 1st Dahn Youth Grand Champion.
- 4 promotions to 1st Dahn.

2012

- 4th in European Championship with 33 students. Tim Lupton won Grand Champion. Emily Draper & Susie Draper both became 3rd Dan black belts. UK Tournament – Tim Lupton won Grand Champion (2nd Dahn) again! Natalie Lamb, Alex Aldridge, Dom, Thomas Semple, Luke Horsley all promoted to 1st Dahn. Big plans for 2013!

2013

- This year has been a tough, tough year for the club through no fault of our own. We lost our training Dojang and I had major surgery – again not my fault but that's another story. We were very thin on numbers at the European Championships with only 13 competitors and me being ill, but still managed 6th place in the school rankings New 1st degree black belt promotions were Jude Godfrey, Eleanor Henning, and Carol Colman. Fantastic job JKN's!
- In November we had the UK championships and managed to get 15 competitors to go to Liverpool and we came 7th place in the school rankings. PSBN Emily Draper won Grand Champion – we're so proud of her! New 1st degree black belt promotions were Mark Lazenby, Michelle Highman, Chelsea Ribbon, Abi Bailey. Well done JKN's!

2014

- First up was Spain, only KSN Shane Draper went and he walked away with 2nd Dan Youth Grand Champion – well done KSN! Then on to the Euro's where again, we only had a small team, but still came 7th in the school placings, and KSN Shane draper yet again won 2nd Dan Youth Grand Champion – well done...again!
- Bury's highest ranking students, Steve Morley and Karen Smith promoted to the amazing rank of 4th Degree. Fantastic achievement SBNS! Also, little Aimi Bailey got her 1st Degree black belt – well done JKN!
- Then on to the UK tourney and what a great one it was! First we had 7 new promotions to 1st degree, so well done to Michelle Bailey, Babs Draper, Sue Riggall, Lily Riggall, Adam Smith, Jessi Graville, and Anne Curtis. You are now all JKN's! In the school placings we came an amazing 4th

place and had 2 Grand Champions: KSN Shane draper (2nd Dan Youth Grand Champion – yet again!), and JKN Michelle Highman (1st Dan Senior Women) – the first of many I'm sure. Well done to you both!

2015

- The new dojang is going from strength to strength. We placed 6th at the Europeans, well done everyone! Well done also to all those who competed in the UK tournament and particularly to Guy Milne on promoting to 3rd Dahn.

2016

- Richard Preece won 1st Dahn Mens Grand Champion at the European Tournament • The school saw 7 new 1st Dahn promotions: Dawn Bluett, James Gibbons, Jack Henning, Ella Lane Joshua Lane, Reeve Rawdhawa and Parker Weill. Luci Crook and Shane Draper promoted to 3rd Dahn.

2017

- EURO, SCOTLAND and SPAIN 3rd Dahn Mens Grand Champion Karl Martindale
- School placed 3rd in European Championship

2018

- WORLD, EURO, UK and SCOTLAND 3rd Dahn Mens Grand Champion Karl Martindale
- EURO 2nd Dahn Mens John Foreman
- EURO and UK 2nd Dahn Youth Maria Whiting
- EURO 1 st Dahn Adult Richard Preece
- 4 promotions to 1st Dahn and Master Richard Jones was promoted to 6th Dahn at the European Championship
- School placed 3rd in European Championship
- Babs Draper and Sue Rigall promoted to 2nd Dahn and Gavin Rudd and Lynn Whiting promoted to 4th Dahn. Great year, well done all.

2019

2019 has been a great year for Kuk Sool Bury. We had 17 students in testing from 1st up to to 5th dahn and we came 3rd in European Championship and had one Grand Champion.

Thank you for reading this article, till the next update, take care.

JIKJN Richard

Black Belts

Black belts that have walked through the doors of the Bury club, whether active or not:

Alex Aldridge

Kim Bacon

Abi Bailey A-20363

Aimi Bailey A-20366

Michelle Bailey A-21100

Dawn Bluett A- 22502

Alisha Cockerill A-17545

Troy Cockerill A-17544

Alan Coldwell A-15894

Carol Colman A-20062

Meg Creighton 638 3 65

Zoe Creighton 638 3 64

Ciaran Crook A-17562

Luci Crook A-17813

Neve Crook A-17813

Steve Crook A-18805

Anne Curtis A-20579

Babs Draper A-21101

Emily Draper A-14922

Shane Draper A17127

Susie Draper A-14923

Peter Fieldsend A-21526

Alex Foreman A-19418

John Foreman A-19417

James Gibbons A-22504

Jude Godfrey A-20060

Steve Gooderham 638 3 18 / A12251

Damian Gordon A-23562

Jessi Graville A-21088

Dominic Gregory
Mark Hely A-23558
Dan Henning A-8940
Jack Henning A-22233
Elenor Henning
Michelle Highman A-20362
Luke Horsley A-18806
Nichola Isted 638 3 074
Natalie James A-17874
Jonathan Keeble 638 3 05
Richard King A-23558
Natalie Lambe
Ella Lane A-22232
Joshua Lane A22231
Mark Lazenby A-20366
Max Lazenby A-19100
Samuel Long 638 3 08
Tim Lupton A-16161
Elliot Martley A-2426
Guy Milne A-16160
Jose Morant A-23564
Steve Morley 638 3 09 / A11789
Damien Morton A14769
Ashley Purt 638 3 04
Ratnavel Ratayogan A-23555
Reeva Rawdhawa A-22230
Chelsea Ribbon A-20367
Martin Roberts A-21480
Harry Roberts A-23563
John Robinson 638 3 21
Lily Rigall A-21085

Sue Rigall A-21086

John Robinson 638 3 21

Gavin Rudd A-15678

Conor Sanford 638 3 57

Kevin Sanford 638 3 52

Bradley Scott A-17125

Thomas Semple

Adam Smith A-21087

Karen Smith 638 3 56/ A14529

Melissa Stewart A-15874

Ian Taylor A-18823

Jack Ward A-20435

Jon Waugh 638 3 51

Parker Well A-22505

Lynn Whiting 638 3 15/ A14394

Maria Whiting A-18630

Ryan Winsor

Gez Woodhatch 638 3 00

Ben Young A-18824