



**Est. 1994**

## **KUK SOOL WON™ of Bury St. Edmunds**

### **Kuk Sool Won ~ Born in Bury by PKJN 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 Isteed 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 Isted, 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. Also some very good remarks from top master about how strong and good he looked at his testing well done KSN Steve.

## **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 1<sup>st</sup> 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 1<sup>st</sup> Dahn Youth Grand Champion at the European, UK and Spanish tournaments, Steve Morley was European 2<sup>nd</sup> Dahn Seniors Grand Champion. Karen Smith was Scottish 2<sup>nd</sup> Dahn Seniors Grand Champion and Susie Draper was 1<sup>st</sup> 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 2<sup>nd</sup> Dahn Ladies and Youth Grand Champion respectively (Emily and Susie repeated their success at the UK Tournament as well) and Timothy Lupton won 1<sup>st</sup> 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 6<sup>th</sup> 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 3<sup>rd</sup> Dahn.

## **2016**

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

## **2017**

- Watch out for Bury!

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

Alex Foreman A-19418

John Foreman A-19417

James Gibbons A-22504

Jude Godfrey A-20060

Steve Gooderham 638 3 18 / A12251

Jessi Graville A-21088

Dominic Gregory

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

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

Guy Milne A-16160

Steve Morley 638 3 09 / A11789

Damien Morton A14769

Ashley Purt 638 3 04

Reeva Rawdhawa A-22230

Chelsea Ribbon A-20367

John Robinson 638 3 21  
Lily Rigall A-21085  
Sue Rigall A-21086  
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/ A-14529  
Melissa Stewart A-15874  
Ian Taylor A-18823  
Jack Ward A-20435  
Jon Waugh 638 3 51  
Parker Weill A-22505  
Lynn Whiting 638 3 15/ A-14394  
Maria Whiting A-18630  
Ryan Winsor  
Gez Woodhatch 638 3 00  
Ben Young A-18824

Sue Riggall 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