



# Kuk Sool Won™

## Sleaford

Dear Prospective Black Belt,

Kuk Sool Won™ is a comprehensive and systematic study of all traditional martial arts and seeks to integrate and explore all aspects of these arts. As a martial arts system it covers the entire spectrum of established Asian fighting arts and body conditioning techniques, as well as mental development and traditional weapons training. Kuk Sool Won™ of Sleaford is a family friendly martial art school that is committed to developing students through physical activity, building confidence and teaching the lifelong skill of self-defence. Classes will be run in a disciplined but enjoyable way to ensure children and adults alike have a positive experience and enjoy their training.

Recognised globally not only for superb quality, Kuk Sool Won™ is also recognised for the importance it sets in its value in etiquette and manners. True martial artists do not desire to hurt people but strive to serve and strengthen their society. I look forward to training with everyone who shares these values.

### **Membership, Class Structure and Fees**

Each student is allocated to a specific class depending on age and experience. The Little Dragons class is for all 4- and 5-year olds, Juniors 1 and 2 is for 6 years and older and the Adults class is for ages 13 and over. The first class is free and single class costs are then payable until the first full month where all students transfer to a monthly fee structure, payable by standing order at the start of the month. The monthly fee is based on the provision of a minimum of 42 classes per year to take account of scheduled closure for 2 weeks during the summer and at Christmas as well as the weekends of major tournaments and other events.

#### **Monthly Fees:**

- Little Dragons - £17.5 (class cost until first standing order: £5)
- Juniors - £21 (class cost until first standing order: £6)
- Adults- £28 (class costs until first standing order: £8)
- **Discounts are available for families:** Where two family members are training, there is a 10% discount. Where three family members are training, there is a 20% discount. Please contact the instructor for more details.

**Membership / Insurance:** Once your enrolment form has been completed, your standing order set up and you are committed to continue your training within Kuk Sool Won™ you will be required to pay a joining fee of £35 which includes membership of the World Kuk Sool Association (one off fee) and student insurance (must be renewed annually).

**Equipment:** Uniforms and a belt are also available to purchase at any time for around £20-25 depending on size. A set of patches for the uniform is also available for around £28. Sleaford Kuk Sool Won t-shirts, hooded sweatshirts and bags are available from Stitches & Print in Sleaford. Textbooks, sparring gear, kicking targets and other equipment is available through the instructor.

**Testing:** Testings are held throughout the year as determined by the instructor. Students will only test if they have achieved the required level of competence, knowledge and attendance. Notification will be sent to those testing. Testing fees are: Little Dragons £10, Juniors £15, Adults £15, DBN Juniors £20, DBN Adults £25.

## Policies

**First Aid:** All students must report any injuries or accidents to the instructor in the first instance prior to first aid being provided. If any students become aware of an injury after class, they are requested to inform the instructor and seek appropriate medical aid.

**Spectators:** Parents/spectators are welcome in the room for the first lesson or two. However, due to limited space and insurance policies, parents and observers are requested to sit outside the room in the reception area. This policy reduces the risk of injury to third parties and enhances concentration for all students.

**Tournament:** Entry at tournaments is strongly encouraged and mandated for progression to DBN and black belt. The UK tournament in Nov and the Euro tournament in May/June showcase KSW on a larger scale, bring KSW of Sleaford together as a team and provide a forum for students to demonstrate what they have learnt in a relaxed and friendly competition environment.

**Safeguarding:** Sleaford Kuk Sool Won™ works with Sport England and has acquired the Safeguarding Code in Martial Arts. Safeguarding policies are in place for the school and all students, parents and instructors are requested to sign a specific code of conduct. All instructors are DBS checked and insured through WKSA. The initial procedure for reporting concerns or for making a complaint is through the designated Safeguarding Officer, Karen Atherton, who can be contacted on [sleafordkswsafeguarding@outlook.com](mailto:sleafordkswsafeguarding@outlook.com). Alternatively, please see the school owner or a black belt instructor. If you have a concern/complaint and would rather contact someone independent of the school, please contact the lead for Safeguarding in Lincolnshire, Lynsey Norris, via 01522 730 325 or [lynsey.norris@activelincolnshire.com](mailto:lynsey.norris@activelincolnshire.com), or the Lincolnshire Local Authority Designated Officer (LADO) team on 01522 554 674. Alternatively, Childline can be contacted on 0800 1111 or the NSPCC on 0808 800 5000.

## Etiquette

Good etiquette plays an extremely important role in developing the martial art character of the student. Following the rules of etiquette develops self-control which is an essential prerequisite to advanced martial art training. It is the first section of the testing sheet and is the single most important requirement to be eligible for further training.

### **Etiquette within the Dojang facilities:**

- Please try to arrive 5-10 minutes before your class starts and try to attend on a regular basis.
- Bow upon entering / leaving the training area (Dojang) and enter your class with energy and enthusiasm.
- As a mark of respect always bow and greet your instructors but do not interrupt them to do this.
- Address instructors by their correct title or use Sir / Ma'am.
- When your instructor is teaching or talking to the class make sure you are listening (e.g hands on belt, looking at your instructor and not talking to others) and respect your fellow classmates when practising.
- Do not leave class without asking permission from your instructor.
- Always introduce yourself to the new beginners and introduce your guests to the head instructor.
- Remove all jewellery before practising and do not chew gum during in class.
- Make sure your uniform is clean and always wear a black t-shirt; learn to tie your own belt.
- There is a time and place to practise what you have learnt but that is not to show off or hurt others.
- Only practise what your instructor has shown you - do not teach what you have learnt to others.

On completion of the enrolment form and on your next visit to class you will be a white belt. This is the first most important step on the journey to achieving Black Belt in Kuk Sool Won™.

*PKJN Keith Slack*

Keith Slack – 5<sup>th</sup> Degree Black Belt