



## WELCOME TO THE KUK SOOL WON of RAMSTEIN SCHOOL!

Welcome to our martial arts family! The KSW of Ramstein school has been active on Ramstein for over 20 years, and I have had the privilege of running it for the past 8 years. As the senior instructor, and on behalf of my assistant instructors and students, I invite you to challenge yourself every class to increase your fitness, strength and flexibility while learning powerfully effective self-defense techniques. You will find that the lessons and wisdom you learn here can be applied to EVERY aspect of your life; KSW will actually become part of your everyday life!

Please explore our website at [www.kswoframstein.com](http://www.kswoframstein.com) to learn more details about the school. Here are a few details to get you started. Also see other FortisVitae services (massage, personal trainer, group fitness) at [www.fortisvitae.net](http://www.fortisvitae.net).

- **Contact Information:**

- E-mail: [kswoframstein@yahoo.com](mailto:kswoframstein@yahoo.com) or [mike.grimes@fortisvitae.net](mailto:mike.grimes@fortisvitae.net)
- Phone: 0176 612 77 486

- **Schedule:**

- Kids (6 – 11): Every Tuesday/Thursday @1730 OR Monday/Wednesday@ 1830
- Adults: Every Tuesday/Thursday@ 1830

- **Class Duration:** 1 hour for kids. 1.5 hours for adults

- **Class fees:**

- First two classes are FREE introductory classes
- \$55/month for 8 classes (You can only pay the monthly rate until the 10<sup>th</sup> of the month)
- \$14/class if paid individually
- Pay all INSTRUCTIONAL fees at the kiosk at the entrance of the southside fitness center.

- **Uniforms:**

- After the first full month of class (or earlier), you will need to decide if you wish to continue with your training. If you do, you will be asked for a \$100 fee (\$95 for kids). You will receive:
  - An official KSW uniform, complete with belt and all patches sewn on.
  - A lifetime membership to the World Kuk Sool Association (WKSA). You will receive a membership card and will be eligible to test, participate in tournaments and seminars, special events and more.
  - Mouth guard with carry case
  - For \$15 more you may purchase a Kuk Sool Won of Ramstein t-shirt. (Normally \$20)
  - Guest (TDY) students are waived from this requirement.

- **Location:** The dojang is located in the southside fitness center ANNEX gym. Go in the main entrance and turn right down the stairs. We are just at the bottom. Be sure to take off your shoes before entering.

See you in class! KUK SOOL!! PuSaBumNim (3rd degree blackbelt) Mike Grimes