

HISTORY AND TRADITIONS

American Kang Duk Won Karate traces its roots back to one of the earliest schools of tae kwon do. Park Chul Hee established Kang Duk Won in the mid-1950's. Its ancient roots go back to a central Chinese boxing style called *ch'uan fa*. The style evolved through the centuries to include the influences of several of the most notable Japanese, Okinawan, and Korean masters of recorded martial arts history. The journey the school has traveled, and its current status as one of the oldest traditional American martial arts schools on the East Coast of the USA, is due primarily to the dedication of Master Instructor Robert C. Lawlor, President of the style.

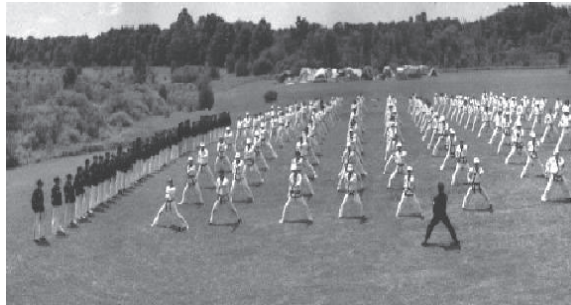
Kang Duk Won is literally interpreted as "the arena for the teaching of virtue." It is a martial art, not a sport school. In the study of American Kang Duk Won Karate, hand and foot techniques are equally emphasized. In all that is taught, Black Belts will remind students that one's training is 90% mental discipline.

As martial artists training in American Kang Duk Won Karate, members are a part of the same traditional spirit and philosophies that are detailed in the earliest documented systems of unarmed combat. The positive energy and encouragement experienced in each American Kang Duk Won Karate activity will assist in the improvement of self-discipline, fitness, and achieving goals.

The teachings of American Kang Duk Won Karate are founded on the tenets of *Spirit*, *Loyalty*, and *Virtue*.

ACTIVITIES

American Kang Duk Won Karate offers programs for students of all ages. Classes, camps, clinics, self-defense and weapons seminars are presented throughout the year. Members may also train at *any class location at any time!* A current schedule of events is available by contacting the main office or by visiting www.americankangdukwon.org.



AMERICAN KANG DUK WON LEADERSHIP

PRESIDENT

MASTER ROBERT C. LAWLOR

MASTER BLACK BELTS

MASTER KENNETH SHEAN

MASTER FRANK PALUMBO

MASTER DEBBIE HINTOPOULOS

MASTER CHERYL LAWLOR

MASTER DANIEL JONES

MASTER ROSE CARPENTER

MASTER LESTER BEYER

KARATE EVENTS

Karate Camps: June-July

Youth & Adult Sessions ~ Lorraine, NY

Tournament: Spring

Jefferson Community College

Weapons Seminars: Monthly

YMCA Main Dojang

Youth Clinic: Seasonal

YMCA Main Dojang

Black Belt Camp: September

Sixberry Lake, Theresa, NY

Classic Haunted House: October

Watertown Downtown Business Association

Black Belt Classes: Nov. – April

YMCA Main Dojang

Instructors' Meetings: Quarterly

YMCA Main Dojang