

COMMUNITY INVOLVEMENT

Since its establishment in 1969, American Kang Duk Won Karate has prided itself in remaining actively involved in each community in which classes are taught. Members are encouraged to participate in civic and educational programs sponsored by local YMCA's, universities, school districts, and law enforcement agencies. American Kang Duk Won Karate performs demonstrations, assists with anti-abduction programs, and offers fitness seminars intended to strengthen mind-body coordination.

American Kang Duk Won Karate teaches self-defense programs to students of all ages. A widely acclaimed **SAFE Program** (*Self-Awareness for Everyone*) is taught to college students, youth, and professional organizations. With its Headquarters Dojang located at the Watertown Family YMCA, American Kang Duk Won Karate is a vital participant in numerous annual events scheduled by the city's Downtown Business Association.

With the majority of its classes offered in educational settings, American Kang Duk Won Karate clearly is a Martial Art for students of all ages. Students and instructors strive to be goal oriented individuals and positive members of their communities.



JOIN NOW!

SET & ACHIEVE GOALS

IMPROVE FITNESS

LEARN SELF-DEFENSE

**STUDY A TRADITIONAL
MARTIAL ART**

**BENEFIT FROM POSITIVE
& DYNAMIC PROGRAMS**

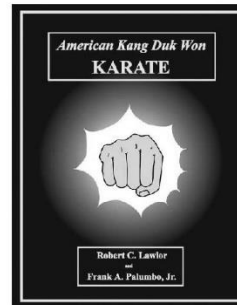


NEW STUDENTS ***Introductory Offer***

\$44.95

~ **FOUR CLASSES**

~ **FREE UNIFORM**



*This offer may be presented at any
American Kang Duk Won Karate Class!*

For further information,
Phone (315) 788-8402

★ **AMERICAN** ★ **KANG DUK WON** **KARATE**



SPIRIT - LOYALTY - VIRTUE

International Martial Arts Programs
Since 1969

American Kang Duk Won Karate
P.O. Box 151
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Ph: (315) 788-8402



www.americankangdukwon.org

All Programs
Directed by Certified Instructors

