

AMERICAN KANG DUK WON KARATE GENERAL HISTORY

Q. What is Kang Duk Won Karate?

A. Kang Duk Won is a Korean style of Martial Art.

Q. What is Tae Kwon Do?

A. Tae Kwon Do is the Korean term used to describe most of the Korean styles of Martial Arts.

Q. What does Kang Duk Won Mean?

A. Translated, Kang Duk Won means “Arena For The Teaching Of Virtue.”

Q. What does Tae Kwon Do mean?

A. Roughly translated Tae Kwon Do means “To Kick Or Strike With The Hands And Feet.”

Q. What is American Kang Duk Won Karate?

A. American Kang Duk Won is an American style of Martial Arts that evolved from Kang Duk Won in the early 1970’s.

Q. How did American Kang Duk Won Karate begin?

A. Master Robert C. Lawlor has been largely credited with founding American Kang Duk Won Karate with the assistance of the Black Belts in the 1970’s.

Q. What does the word “Karate” mean?

A. The Japanese word “Karate” means “Empty Hand” and has come to be accepted by most people to mean a form of fighting with the hands and feet.

Q. Why does American Kang Duk Won use the word “Karate” to describe the style?

A. While the roots of the style are Korean (Tae Kwon Do), it has evolved into more of a North American Martial Arts System. Therefore, when using the term “Karate” we are referring to a system of unarmed combat using the hands and feet as weapons.

Q. Where is the Headquarters for American Kang Duk Won Karate?

A. The Main or Headquarters Dojang (Training Center) is located at the YMCA in Watertown, New York where it has been since its inception.

Q. When was the first class held at the YMCA?

A. The first class was in November of 1969 but was not Kang Duk Won. It was a Japanese Karate Style called Beikoku Karate-Do Goyukai. Later it was Kang Duk Won Mudo and finally American Kang Duk Won Karate.

Q. Where did the words “Spirit,” “Loyalty,” and “Virtue” originate?

A. These words are unique to American Kang Duk Won Karate. Master Lawlor asked the Black Belt Instructors and Brown Belt Assistant Instructors to choose, from a list of twenty words three words that best represent what the Style means. They overwhelmingly selected the words “Spirit,” Loyalty,” and “Virtue.” These words were added to the Karate Camp emblems and certificates and are now an integral part of the Style.