



# AMERICAN KANG DUK WON KARATE

*"Arena for the Teaching of Virtue!"*

## Find Time For Your Personal Arena

*Kang Duk Won* literally translated means, "Arena for the Teaching of Virtue!" To gain from one's training in this *Arena*, a student simply needs to remain focused and consistently moving forward on the path that he or she has chosen. As martial artists this means we must train diligently, especially on our own.

Whenever you are training in the Main Dojang at the Watertown YMCA, your home Dojang at a school or community center, or in an open field during a summer workout, *that space is the Arena!* Therefore, due to the cancellations now in effect in all of our regular class locations, we must find special settings that will allow us to continue training diligently on our own.

*Meet the Challenge!* Find a space that will become your *Arena* during the coming weeks. An ideal location may be waiting to be discovered in your basement, the garage, a spare room, or even the backyard, as weather permits. This will become your special "Arena for the Teaching of Virtue!"

Use the following *Personal Training Chart* to record each workout session you have completed. Be sure to date each session, check techniques practiced, note total time in training, and write a brief summary of your efforts. Special topics will also be forwarded to you by way of the American Kang Duk Won Karate Newsletter or e-mailed directly from your class Instructor. Save your notes and charts and be ready to share the information with your Instructor when classes are allowed to meet once again at their regularly scheduled times.

The Art of American Kang Duk Won has been handed down through the years always expressing a careful consideration for the vital tenets of *Spirit, Loyalty, and Virtue* in all we do. *Meet the Challenge!*

Name \_\_\_\_\_ Dojang Location \_\_\_\_\_

Date I joined AKDWK \_\_\_\_\_ Current Belt Rank \_\_\_\_\_

Times I usually train each week (class & personal time) \_\_\_\_\_ Instructor \_\_\_\_\_

## Techniques to be Regularly Practiced\*

1. Chunbi and Bow
2. Meditation/Relaxation/Breathing: See <http://americankangdukwon.org/akdwmedi.html>
3. Stretching
4. Horse Stance Center Punch: Single, Double, and Triple
5. Kicking Motion: Center, Reverse Crescent, Crescent, Side, Roundhouse, and Skip Kicks
6. Basic Forms: See [http://americankangdukwon.org/basic\\_forms.html](http://americankangdukwon.org/basic_forms.html)
7. Palgay: Motion Study / Speed and Power See <http://americankangdukwon.org/palgay1.html>

\* \*Also: Basic Weight Training Kicks & Punches on Target or Bag Ride Stationary or Street Bicycle

*Read Books* on Martial Arts, Fitness, Safety, Anatomy, Physiology, and Nutrition.

See [http://americankangdukwon.org/manual\\_preview.html](http://americankangdukwon.org/manual_preview.html)



