



## American Kang Duk Won Karate

All of the following questions have their answers presented somewhere within the school website: <http://americankangdukwon.org/logo.html>

1. Who regularly expressed this ultimate Quote of positive attitude, "*Karateman Can Do!*"?
2. Why were each of these American Kang Duk Won Karate images highly important to our school's history?



3. How many *Elements of Self-defense* are defined and carefully instructed in all American Kang Duk Won Karate safety seminars?
4. The "Father of Modern Karate" is a reference often used to identify this historic Okinawan martial arts practitioner.
5. How many *Basic Forms* are specifically identified, practiced, and required for advancement in one's studies of American Kang Duk Won Karate?
6. In the *Glossary* of the American Kang Duk Won Karate Manual, this teacher/philosopher from India is credited with passing original disciplines of the martial arts on to the monks of the Shaolin Temple around 522 AD.
7. Where and when was the First American Kang Duk Won Karate Camp conducted?
8. At the 2008 Karate Camp, how many Black Belt Instructors met the challenge and completed a *Classic Meditation* Exercise of walking through a bed of hot coals?
9. Students attending each Karate Camp have the unique opportunity to walk an ancient *Labyrinth* pattern. When were some of the earliest forms of such meditative structures created in Greece?
10. How are all American Kang Duk Won Karate members able to *express their respect* for lessons learned in the Art of Karate and for one another *without even speaking a word*?



**BONUS:** American Kang Duk Won Karate members and their families strive to be *Active Partners in our North Country Communities*. Where do we meet to set up the annual *Festival of Trees*?



# AMERICAN KANG DUK WON KARATE

## QUIZ #1: From Website References

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**Bonus:** \_\_\_\_\_

Answers will be sent to you when you have completed the Quiz  
and have returned your answer sheets by Saturday, 3/28!