Quiz #3: American Kang Duk Won Karate

At Home Training Program

A

Choose a quote from those listed on the American Kang Duk Won Karate website: http://americankangdukwon.org/quotes.html Or you may also use one of your own favorite positive statements, that is especially meaningful to you when read aloud a few times.

Write the quote down. Think about it for a few moments, and then write a short essay explaining how you are going about your daily activities (privately and with members of your family) in a manner similar to what the Quote encourages.

Although we have all been remaining disciplined about keeping our distance from our neighbors, include some details by which you and your family have *made efforts to carefully assist* someone who may be especially alone at this time?!

B

Take a look at the **Personal Workout Sheet** you received a month ago (also attached). Forward some new notes recorded to the sheet as they reflect your exercises and practices over the past few weeks. This week keep a close tab of all of your practice time, April 27-May 2. Send a copy to me, and I will also share your information with your Instructor! Send to: lawlor@americankangdukwon.org

http://americankangdukwon.org/PERSONAL_TRAINING_CHART.pdf

C

Study the attached collage carefully! How many **AKDWK Eagles** can you find in the collection of dojang, camp, clinic, demonstration, testing, and community events photos!? Circle each Eagle!

D Do a drawing or work of art for the website: http://americankangdukwon.org/akdwhome.html

KANG DUK WON
TAE KWON DO
Warrior Quest
Swamp of Lorraine
American Kang Duk Won
KARATE
Robert C. Lawlor
and
Frank A. Palumbo, Jr.
KANG DUK WON
1776
1976
BICENTENNIAL KARATE CAMP
破邪拳法
STUDENT MANUAL
KARATE