



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*



AMERICAN KANG DUK WON KARATE

ANSWERS TO QUIZ #1: From Website References

- 1. Master Kum Chun Kim, "Karateman can do!"**
<http://americankangdukwon.org/mstrkim.html>
- 2. Covers of published AKDWK Manual since 1980**
<http://americankangdukwon.org/books.html>
- 3. 16 Elements of Self-defense**
<http://americankangdukwon.org/akdwsd.html>
- 4. Master Gichen Funokoshi, "Father of Modern Karate"**
https://www.picclickimg.com/d/l400/pict/383013843042_/GICHIN-FUNAKOSHI-Karate-DoMy-Way-Of-Life-FINEKODANSHA-Martial.jpg
- 5. 32 Basic Forms in AKDWK**
http://americankangdukwon.org/basic_forms.html
- 6. Bodhidharma traveled from India to the Shaolin Temple, c. 528 AD**
<https://images-na.ssl-images-amazon.com/images/I/91vh8hDEo0L.jpg>
- 7. Lorraine, NY 1976 was the location of the 1st Karate Camp in Celebration of the USA Bicentennial**
<http://americankangdukwon.org/scamp.html>
- 8. 14 Black Belts Walked the Fire Pit**
<http://americankangdukwon.org/images/AKDW-Camp-2008-143.jpg>
- 9. Earliest forms of Labyrinth found in Greece, dating 2500 -2000 B.C. , called Cretan Labyrinths or Classical Seven-circuit Labyrinths.**
<http://americankangdukwon.org/images/laby6a.jpg>
- 10. Bowing to one another is always a sign of respect.**
<https://encrypted-tbn0.gstatic.com/images?q=tbn%3AAND9GcS8QLwJ9hRPvEBhcwmERYwRLqOh91XgM5d6cROmuJaRXASIUQPt>

Bonus: *Festival of Trees* supports the Samaritan–Keep Hospital and is held at the New York State Office Building, Watertown NY.
<http://www.americankangdukwon.org/2011-FoT.html>

NICE EFFORT BY ALL WHO COMPLETED THE QUIZ! LOOK FOR THE NEXT QUIZ COMING SOON!
[FORWARD YOUR RESPONSES TO YOUR CLASS INSTRUCTOR!!](#)