

# **AMERICAN KANG DUK WON ASSOCIATION**



## **STUDENT HANDBOOK**

October 2015

## **WHAT IS KARATE?**

Karate, along with fencing, is one of the oldest forms of martial arts – that is to say one of the oldest forms of defending oneself against one or more attackers using only the weapons you carry at all times - your mind and body. Karate dates back to some of the oldest written texts, the Chinese texts of some 2100 years ago, where it is mentioned many times as a form of fighting that unites the mind and body so that they can function as one. Karate, as a form of self-defense, is incontestable.

In Karate, you will learn your first move is always a defensive move followed immediately by a counterattack and that only the necessary force is used to counter the opposing force. You will learn to use 17 points of your body to attack 54 vulnerable points of an aggressor's body. Strength and age are no barrier in Karate. All students are taught according to their age, and remember, that no one is born with speed, reaction, or knowledge. These factors are developed through training.

Many people start Karate thinking that it will give them some form of oriental mystical power. Others think that they can learn it in one or two months. Others may take Karate as a bullying tactic. Usually within several months, these types of people usually drop out. Why do they drop out? Because Karate is mainly discipline and hard work that in return give way to self-confidence, respect for others, and an inner peace through sense of accomplishment. A person who looks for shortcuts, or who would misuse Karate will not take the discipline and hard work.

It takes great skill to deliver a punch and stop it one inch from its target. This is called control and is but a small portion of the mind and body working together as one. A skilled Karate practitioner can stop his punch one inch from the target. This takes excellent mental control considering that a Karate punch is delivered in less than one-half of a second with enough force to break a brick or six inches of boards. Karate employs the use of strikes, kicks, locks, and strangulation techniques.

In Karate, there are two forbidden acts. One is to harm a fellow student. The other is disrespect for your fellow man.

Thank you for your time. I hope that I have answered some of the questions you might have had about Karate and I sincerely hope that we may have the pleasure of instructing you.

*Raymond P. Arndt  
Grandmaster / Founder  
American Kang Duk Won Association*

## **AMERICAN KANG DUK WON ASSOCIATION**

The comprehensive history of the American Kang Duk Won Association can be traced back to the earliest references of the martial arts in China. Although Kang Duk Won is a Korean martial art, many external sources influenced the development of Kang Duk Won, as is the case with most modern martial arts.

Kang Duk Won is recognized as one of the original 9 kwans (schools) that eventually merged to create the Kukkiwon (World Tae Kwon Do Headquarters) system in Korea. Kang Duk Won was founded in the later 1950's by former students of Kwon Bop; Hong Jong-pyo and Park Chul Hee. Today, Kang Duk Won still exists in Korea and is officially known as Tae Kwon Do Kang Duk Won.

Grandmaster Raymond P. Arndt's involvement with Kang Duk Won began in 1968 in Uijeongbu, Korea. Prior to this time Grandmaster Arndt had studied various fighting and martial art styles including Boxing, Wado-Ryu, Beikoku Goyukai and Kung Fu. He also fought in numerous competitions throughout the world. While stationed in Korea, Grandmaster Arndt participated in daily 3-hour training sessions with Master Kum Chun Kim, Chief Instructor for Kang Duk Won in Korea. During a testing before a panel of eight masters and over 2,500 onlookers, Grandmaster Arndt tested for and received his black belt in Tae Kwon Do Kang Duk Won in September 1969.

Upon his return to the United States in October 1969, Grandmaster Arndt established the first Kang Duk Won school at the family YMCA in Watertown, New York. Another class soon followed at Potsdam University. Shortly thereafter in 1970, Grandmaster Arndt arranged for a visit from Master Park Chul Hee, co-founder of Kang Duk Won in Korea. Master Park was so impressed with the capabilities of Grandmaster Arndt's students that he named Grandmaster Arndt as the East Coast Representative of Kang Duk Won in the United States. Grandmaster Arndt had also arranged for Master Kim to move to the United States and eventually receive his American citizenship. Prior to Master Park's return to Korea, the American Kang Duk Won Karate Association was officially established and Master Kim was named as President of the association.

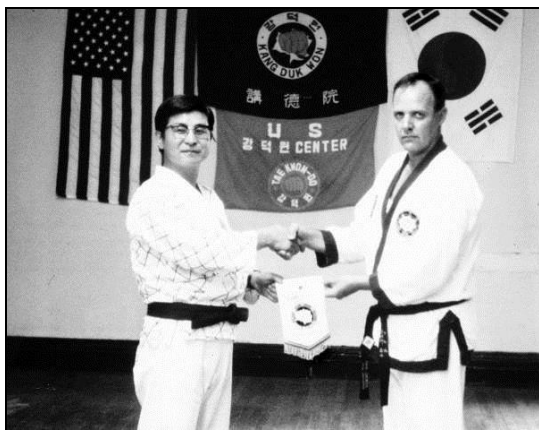
Following Grandmaster Arndt's retirement from the United States Army in 1978, he moved to Port St. Lucie, Florida where he established a Kang Duk Won school at a local marina in 1980. One of his first students was Master Dan Borger. Master Borger was instantly captivated with the beauty, strength and grace of the art of Kang Duk Won. He eventually earned his black belt and began teaching classes with Grandmaster Arndt in the Port St. Lucie area.

In 1983, the untimely death of Master Kim brought about a very challenging period in the history of the association. It had been Master Kim's wish for Master Arndt to be the Grandmaster and heir to the art of Kang Duk Won in America. The relationship that existed between Master Kim and Grandmaster Arndt nurtured the tenets of spirit, loyalty and virtue, which have been learned and shared by thousands of Kang Duk Won students.

In April 2007, the Action Martial Arts Hall of Fame and Spirit Awards inducted Grandmaster Raymond P. Arndt, founder of the American Kang Duk Won Association. Grandmaster Arndt was inducted as a Platinum Pioneer in recognition of his over 50 years of martial arts leadership and dedication. Action Martial Arts Magazine's Hall of Fame was designed to recognize the elite of the martial arts profession, and Grandmaster Arndt's willingness to pass on the knowledge and philosophy of the martial arts has established him as a true visionary of the arts.

Sadly, Grandmaster Arndt died January 30, 2010. Grandmaster Arndt taught that any journey begins with the most important first step. Grandmaster Arndt's first step in the martial arts in 1954 carried him on a journey that brought him to lead one of the largest non-franchised martial arts organizations in North America. Grandmaster Arndt's legacy of strength, knowledge, and leadership continues to live through the spirit of his students and establishes a solid foundation for continued growth and evolution of the American Kang Duk Won styles of martial arts.

Knowledge of the history of the American Kang Duk Won Association is as vital to students as the techniques and philosophies they learn in the training hall. An understanding of the history and lineage of American Kang Duk Won, and the martial arts in general, will give students a sense of belonging in the traditions that began over 4,000 years ago.



Grandmaster Park (left) and  
Grandmaster Arndt (right)  
1971

Grandmaster Arndt (left) sparring  
with Master Kim (right)  
1972



### **KANG DUK WON CREED**

I STAND BEFORE YOU EMPTY HANDED  
MY WEAPONS ARE MY MIND AND BODY  
SHALL I BE FORCED TO DEFEND  
I WILL ABIDE BY THE CODE  
USING ONLY THE NECESSARY FORCE  
TO COUNTER THE OPPOSING FORCE  
BE IT NECESSARY, HERE THEN ARE MY WEAPONS  
MY MIND AND BODY

### **KANG DUK WON CODE**

AVOID RATHER THAN CHECK  
CHECK RATHER THAN HURT  
HURT RATHER THAN MAIM  
MAIM RATHER THAN KILL

### **KANG DUK WON COMMANDMENTS**

1. Maintain a **POSITIVE ATTITUDE** in everything you do. Become confident in your abilities. Erase the phrase "I can't" from your vocabulary.
2. Maintain **SELF CONTROL** of your mind and body at all times. Be directly responsible for your actions and seek additional responsibilities.
3. Be **OPEN MINDED**. Allow new ideas and concepts to be evaluated without prejudice.
4. Set your **GOALS** high and reach for them with desire and determination.
5. Always **RESPECT** others and their property.
6. **PRACTICE** mentally, practice physically, practice actively, practice passively.
7. Never have anger, revenge or condemnation on your mind, as all three are **SELF- DESTROYING**.
8. Always use compassion, fairness, and kindness before **JUDGING** another. Never judge someone by third party information.
9. **ACCEPT** everyone for what they are; not what you think they should be.
10. Always be prepared to **HELP** those that are willing to help themselves

## **RULES AND REGULATIONS**

1. Bow before and after sparring, before speaking with a Black Belt Instructor and upon entering or leaving the Training Hall (Dojang).
2. Always show respect for all persons during training.
3. The use of profanity in the Dojang is strictly forbidden.
4. No smoking in Dojang.
5. No eating, chewing gum, or beverages in Dojang.
6. No talking during class.
7. Advise instructor if you have to leave class early.
8. Keep karate uniforms clean and presentable.
9. Only a white shirt may be worn underneath a white uniform jacket.
10. Do not strike or kick the walls of the Dojang.
11. Street fighting is strictly forbidden unless it is in self-defense.
12. Never use uncontrolled techniques during free fighting or while practicing self-defense techniques.
13. Coming to class late is perfectly acceptable if there is a schedule conflict. The student must fall in at the rear of the class until the class breaks for stretching, sparring, etc. When the class forms again, they fall in at the normal place in formation.
14. Any member, who tests for, receives rank, or trains in another martial arts school first must obtain written permission.
15. Protective gear is required for all sparring.
16. American Kang Duk Won Association has the right to suspend any member whose conduct is not in keeping with the principles, policies, and rules of the Association or whose actions would bring shame or adverse publicity to the school.

## **DOJANG ETIQUETTE: PARENTS, FAMILY AND GUESTS**

For the safety of the students and guests and to protect the continuity of training, we ask that guests adhere to the following rules when inside the dojang:

1. Please maintain quiet in the spectator area. Noise distracts the instructors and students and prevents maximum benefit from the classes. Parents and guests are welcome to speak with each other outside the dojang.
2. No sideline coaching. Please allow the class instructors to monitor and control all class activities.
3. Please turn cellular phones and pagers off or to silent mode.
4. Parents are responsible for their children at all times when at the facility. Leaving students unattended during class time under direction of a certified instructor is permissible. Non-member children must be accompanied by an adult at all times.
5. Questions regarding training or student progress should be addressed with the class instructor following class sessions.

## **BOWING AND PROCEDURES**

Bowing is a traditional symbol of mutual respect. Bowing is much like a handshake or salute in that it demonstrates sincerity between people. A student should always bow upon entering or leaving the school, before addressing any Black belt, and before and after sparring. Bowing is accomplished by bending forward at the waist to a 45 degree angle with the hands open and down at the sides of the legs and the feet should be together. The eyes should look downward except when bowing to an opponent before sparring. You do not take your eyes off your opponent before or during sparring.

1. All Black belts are addressed as Mr. or in the case of female Black belts Mrs., or Miss, whichever is appropriate.
2. Uniforms will be clean for each class.
3. Practice every technique with diligence and spirit.
4. Any student suspended from school or whose grades are below those expected by his or her parents will be suspended from classes for a period to be determined by the instructor after speaking with the parents.
5. **Come to class with an open mind.** Everything your instructor shows you is for your total benefit. **Maintain a positive attitude** at all times and you will attain your goals both in and out of the martial arts.

## **TERMINOLOGY**

American Kang Duk Won instructors do not teach a foreign language as a part of training. Students have enough to learn mentally and physically without taxing them with unnecessary terminology. The following terms are regularly used in training and should be memorized by students.

<b><u>Korean Term</u></b>	<b><u>Translation</u></b>
Chunbi	Ready
Cha-Riot	Attention
Kyung-Ye	Bow
Shi-Jak	Begin
Ko-Man	End
Gi or Dobok	Uniform
Tae Kwon Do	Art of smashing and destroying with the hands and feet
Kang Duk Won	Arena for the teaching of virtue

## **PERSONAL HYGIENE**

1. Fingernails and toenails must be clean and trimmed at all times.
2. Students should always wash their hands before and after class and after using the restroom.
3. Long hair should be tied back with a soft holder (i.e., rubber band or ponytail holder).
4. Please refrain from attending class if you are sick or contagious.

## **UNIFORM**

The uniform is usually worn during training as they are designed for freedom of movement and stretching. Uniforms are not mandatory for the first several months of training; however, students are encouraged to purchase after their first month of training as it makes them feel more a part of the art that they are studying. Students must have a uniform before their first testing. All students will wear pure white uniforms. Instructors will wear a black jacket with white pants. Master Instructors wear black jacket and white pants with a black stripe. Only the Chief Master Instructor and Senior Master Instructor will wear a solid black uniform. Uniforms and emblems can be purchased through class instructors.



## **BELT RANKS**

Kang Duk Won students begin as a White belt (8<sup>th</sup> Gyup). **A Gyup is a class or grade a student attains prior to Black belt.** The belt colors and corresponding Gyups are as follows:

- |                                |                                |
|--------------------------------|--------------------------------|
| 1. White 8 <sup>th</sup> Gyup  | 5. Purple 4 <sup>th</sup> Gyup |
| 2. Yellow 7 <sup>th</sup> Gyup | 6. Brown 3 <sup>rd</sup> Gyup  |
| 3. Green 6 <sup>th</sup> Gyup  | 7. Brown 2 <sup>nd</sup> Gyup  |
| 4. Blue 5 <sup>th</sup> Gyup   | 8. Brown 1 <sup>st</sup> Gyup  |

**AKDWA Black belts are classified in Degrees beginning with 1<sup>st</sup> Degree and ending with 10<sup>th</sup> Degree.** It is generally considered that there are 8 Degrees of Black belt as there are very few 9<sup>th</sup> and 10<sup>th</sup> Degrees in the world.

## **TESTING**

Testing is held at different times during the year. A student is recommended for testing by the class instructor. **A student does not ask or assume to test unless the instructor informs them that they are eligible.** All testings are conducted by certified instructors of the American Kang Duk Won Association. Students are given a written test as part of their Green belt testing. Any testing after Green belt may also include a written test.

Parents and family members are welcome to observe colored belt testing. Video and cameras (without flash) may be used so long as they do not cause a distraction to the students. All students and observers must remain quiet during testing. **BLACK BELT TESTING** is closed to observers and non-testing students.

## **PROMOTION REQUIREMENTS**

### YELLOW 7<sup>th</sup> Gyup

Horse stance center punch, single, double, and triple punches; Horse, front, and back stances; Kicking Motion: Center Kick, Crescent Kick, Reverse Crescent Kick; Basic Forms 1-12; Palgay 1; Basic self-defense techniques. Not less than 45 hours.

### GREEN 6<sup>th</sup> Gyup

Side Kick; All Basic Forms; Palgay 2; Ippon Kumite 1-5; Quad Training (hands only); Basic knowledge of martial art history (Student Handbook). Not less than 45 hours.

### BLUE 5<sup>th</sup> Gyup

Turning Kicks; Roundhouse Kicks; Skip Kicks; Palgay 3; Quad Training (feet only); Multiple block & counter techniques. Not less than 60 hours.

#### PURPLE 4<sup>th</sup> Gyup

Flying Kicks; Palgay 4; Advanced self-defense techniques; Ippon Kumite 6-10; Good evasion tactics to the sides with immediate counters; Quad Training (hands & Feet). Not less than 60 hours.

#### BROWN 3<sup>rd</sup> Gyup (1 Black Stripe) █

Jump Turning Reverse Crescent Kick; Palgay 5; Self-Defense against weapons; Hooking & sweeping techniques; Free Fighting. Not less than 60 hours.

#### BROWN 2<sup>nd</sup> GYUP (2 Black Stripes) █ █

Jump Turning Back Kick; Palgay 6, Working knowledge of Chip Su; Self-Defense against more than 1 opponent. Not less than 60 hours.

#### BROWN 1<sup>st</sup> GYUP (3 Black Stripes) █ █ █

Palgay 7; Working knowledge of Old Koryo; 28 proven self-defense techniques; Whipping Strikes; Soft Blocks; Free Fighting 2 opponents. Not less than 60 hours.

#### BLACK 1<sup>st</sup> DEGREE

All previously learned techniques and forms; Palgay 8, Kang Duk Won Form, Chip Su, Old Koryo, Chulgi 1, Weapon Form; Mastery of basic, advanced, and weapon self-defense techniques; Free Fighting 3 opponents; Perform special demonstration; Successfully mentor a new student through Yellow belt rank; 1000-word essay entitled, "What American Kang Duk Won Means To Me"; Advanced knowledge of martial arts history; Written examination; School-aged candidates only: Have at least 3.0 GPA. Not less than 90 hours.

### **STRETCHING**

Kang Duk Won practice requires that the joints and muscles be limber and strong in order to avoid injury during training. Stretching is the single most important factor in conditioning. Hard or excessive stretching should never be done. It takes time and patience to become limber enough to perform certain techniques. Practice stretching every day, even if only a few minutes.

There are two sets of muscles that you should be concerned with, ADDUCTOR and ABDUCTOR. The adductor muscles move the limbs (arms and legs) into the body and are muscles that, if not limber, prevent you from performing high kicks. The abductor muscles move the limb away from the body.

**There are two basic types of stretching, STATIC (holding) and PHASIC (bouncing). Static is the preferred method.** While stretching, it is permissible to bounce very gently when you feel the tendons stretch. While we usually refer to it as muscle stretching, it is in effect stretching the tendons and connective tissue. Tendons attach the muscle to the bone. Be sure to warm up prior to any physical activity.

## **FORMS**

Forms are a logical sequence of blocks and counters where the practitioner fights off multiple imaginary attackers. A form consists of graceful, flowing movements and fast and powerful techniques. The performance of a form is much like a dance. For this reason, forms have been known as “dances of death.” **Most forms begin with a defensive movement**, as Kang Duk Won is a defensive art. These defensive techniques are followed immediately by a counterattack. Each move in a form is designed as a block, strike, kick, or escape technique and the practitioner should understand each technique as he or she performs it. Forms are an immense value in developing balance, muscle coordination, and endurance, which eventually leads to self-discipline. You will be required to know many forms for the advancement to Black belt. Each advancement brings with it a more difficult form. By the time you earn the rank of Black belt, you will have learned Palgays 1 through 8, Koryo, Chulgi, Kumgang, Chip-Su, Kang Duk Won Form, Chip-Jang, and Long Hand. There are many more forms beyond this point that are very advanced and mentioning the names at this point would be to no avail.

## **SELF-DEFENSE**

The ultimate goal in the martial arts is to be able to defend yourself, your family, and other innocent persons against an attack. In order to reach this goal, you must be physically and mentally prepared at all times. By training diligently, you can develop a series of coordinated movements that will be useful in a self-defense situation. You should attempt to master both defensive and offensive movements. To say that self-defense techniques are divided into two categories, hard and soft techniques may be an oversimplification. There are, however, techniques that are definitely soft and should be used as such. Wrist holds, breakaways, and arm locks are just a few examples of soft techniques. Hard techniques, such as striking the eyes, ear slaps, or groin strikes should only be used when you are in grave danger of being injured or when your opponent has a weapon. Here are 11 essential points of self-defense that you should memorize and be guided by:

1. Never underestimate your opponent. Always assume they are dangerous.
2. Train your body to move as a single unit, not as isolated parts.
3. Keep your techniques simple. Techniques that work in class under ideal situations may be ineffective if the ground is wet, rough, or bumpy.
4. Be careful with footwork that is too complicated, such as high kicks; balance is difficult with only one foot on the ground.
5. Do not commit yourself to one technique. If your first technique is ineffective, be prepared to use another immediately.

6. Deliver your strikes or kicks to your opponent's vital anatomical areas such as the solar plexus.
7. After you have subdued your opponent, never lose sight of them and be constantly alert for a continuation of their attack.
8. Always use discretion when dealing out punishment to any assailant. Be sure you are morally justified before using any technique that could severely injure an assailant.
9. Practice all techniques taught until they become automatic because you will usually not have time to stop and think if you are attacked.
10. In practicing self-defense techniques, it is important to analyze each movement and understand the principles behind it. You should be prepared for different situations by using variations of the technique.
11. Remember that the **single most important element of self-defense is surprise**. Your opponent cannot guard against a technique if they do not expect it.

## **SPARRING RULES**

1. Free-sparring will be conducted only under the approval and direct supervision of an AKDWA certified black belt instructor.
2. Protective gear will be worn during free-sparring. This includes head gear, hand/foot gear, mouth guard and protective cup (males). All students at 7<sup>th</sup> Gyup Yellow belt and above are required to have full protective gear.
3. Light contact is allowed to the following areas:
  - a. side of head (Light contact is allowed to the side of the head with the hands. Brown belts and above are allowed light contact to the side of head with the hands and feet.)
  - b. abdomen
  - c. chest and torso
  - d. shoulders
4. Contact is not allowed to the following areas:
  - a. open face
  - b. neck (any angle)
  - c. back, spine, kidney areas
  - d. groin
  - e. knees (any angle)
5. The following techniques are prohibited during free-sparring:
  - a. grappling
  - b. trapping
  - c. sweeping
  - d. blind techniques
  - e. full-contact sparring
6. Control of all techniques is required during free-sparring.
7. Keep kicks above belt level.
8. Contact to the head is not allowed using jumping and/or turning kicks.
9. If your partner falls to the floor, stop free-sparring and help them up.
10. If your partner falls to the floor with an injury, stop free-sparring, turn away from your partner, kneel and await further direction from the instructor.
11. Don't be a bully. Free-sparring is for learning concentration, speed, focus, control, balance and agility. Do not attempt to dominate your partner. Free-sparring should be a mutual exchange to enhance the abilities of both students.

## **TAE KWON DO – KANG DUK WON**

**TAE KWON DO** is the Korean word for Karate and means, “The art of smashing and destroying with the hands and feet”. The term Tae Kwon Do was adopted in 1955 after a meeting of the heads of all the major styles in Korea. **KANG DUK WON** is a style of Tae Kwon Do and translated means, “The arena for the teaching of virtue.”

## **KARATE ORIGINS**

The word “Karate” has come to be accepted by most Americans to mean a form of empty-handed fighting. **Karate is a Chinese word meaning empty hand.** Today, most people refer to Tae Kwon Do, Kung Fu, Okinawa Te, Wu Shu, and most other forms of martial arts by calling them “Karate.” Therefore, when using the term “Karate” we are referring to a system of unarmed combat using the mind and body as weapons. For the sake of simplicity of communication, and due to the fact that the laymen will recognize the word “Karate” but not always “Tae Kwon Do”, it seems fitting to use the word “Karate” to describe “Tae Kwon Do”.

With this in mind, the origins of Karate are separated into four parts. The reader must keep in mind that Karate was probably developing in many countries at the same time, and therefore to assume that one person or system was responsible for spreading Karate is not realistic.

## **KARATE ORIGINS – B.C.**

Around 5000 years ago a wealthy prince who lived in India experimented on human slaves to find the vulnerable areas of the body. He accomplished this by inserting needles into various parts of the body to determine which areas were most vulnerable. He was then able to determine what parts of the body could be attacked to cripple an opponent or what strikes would cause death. It is believed that he used over 100 slaves in this experiment.

Once the vulnerable areas of the body were determined, the prince incorporated the fighting techniques of different animals he had been studying into a crude fighting style. He noted the defensive and offensive techniques of the tigers and birds of the forest and determined which moves could be used against a human opponent.

At about the same period of time in Egypt, military training fights similar to boxing were being practiced. Hieroglyphic scrolls describe fights using a kind of leather glove that covered the hand and arm to the elbow. Ancient Greece also had forms of boxing and wrestling which were popular as games and were considered important to the military as well.

Theagenes, the most noted boxer of the 5<sup>th</sup> century B.C., is said to have conquered over 2000 men by knockout and killed over 1800. Rules were nonexistent in the

Olympian games and at the 33<sup>rd</sup> games in 648 B.C.; all rules were removed. The fighting events allowed for a blood bath. Events of this type were to reach their peak in the battles to the death in Roman circuses.

### **KARATE ORIGINS – BODHIDHARMA**

**Around the year 520 A.D., an Indian Buddhist monk named Bodhidharma (Daruma in Japanese) traveled from India to China to instruct the monks in the teachings of Buddha.** It is documented that Bodhidharma made his home at the Shaolin Temple in the Chinese province of Honan. There he found that the Chinese monks were in such poor physical condition they were unable to practice or even comprehend the esthetic style of Buddhism used in India. Even when he tried to teach a simpler, more natural religion known as Zen Buddhism, the mental exercises used in Zen proved to be too difficult for the Chinese.

Bodhidharma also believed that in order to serve Buddha one needed a fit body as well as a fit mind, so he instituted a series of exercises that, when practiced with the proper mental and physical attitude, would condition both mind and body so that the monks could better experience true Zen enlightenment. The exercises were formal self-defense techniques executed in a set pattern in which the practitioner fought off multiple imaginary attackers. These exercises were called by many different names, and because of their seemingly meaningless movements, were disregarded by the majority of the early empty-handed fighters.

It was not long before the once peaceful monks became known for their almost unbeatable and formidable fighting methods. A monk was a religious man, and therefore could not carry any type of weapon in his travels. He was open prey to bandits who roamed the country, and was often attacked. With his superior mental and physical conditioning, he was usually able to defend himself quite well.

### **KARATE ORIGINS - KOREA**

While Karate is believed to have originated in India and China around the year 520 A.D., there is definite evidence that Asian countries were developing forms of hand and foot fighting during the same period. In Korea, a royal tomb was discovered some years ago and bears a ceiling mural depicting two men in Karate stances with hand and foot techniques. This tomb of the Koguryo Dynasty is believed to have been erected between 3 A.D. and 427 A.D. This would put Korean Karate even prior to the development in China in 520 A.D. There is additional evidence that during the Silla Dynasty (57 B.C. – 668 A.D.) Karate was being practiced.

During the 5<sup>th</sup> century, specially selected youths were training in the code of Hwarang Do. The Hwarang Do was an elite unit of individuals whose service to king and country consisted of religious, intellectual, and physical training. The physical or martial arts training taught the Hwarang Do warriors to be peaceful, just, loyal, reject evil, pursue good, and other tenants of the code of the martial arts.

The warriors were considered to be the best leaders in peace and war due to their superior fighting abilities. They had much influence on the development of the Korean art of Tae Kwon Do. Probably many other forms of empty-handed fighting influenced the development of Tae Kwon Do in Korea as did the ancient art of Tae Kyon, which consisted mainly of kicking maneuvers. Japanese occupation of Korea introduced many hand techniques from Japan and China that were incorporated to form many styles such as Tang Soo Do, Tae Su, etc.

**On April 11, 1955, a group of Korean masters and historians formed a committee and together they decided on the name Tae Kwon Do to designate the Korean martial art.** “Tae” means to smash with the foot, jump, or kick; “Kwon” means to destroy with the hand or fist; “Do” denotes that it is an art or method, sometimes called “the way”. Therefore, we have Tae Kwon Do – an art of kicking and punching. The name Tae Kwon Do was chosen because of its resemblance to Tae Kyon.

Tae Kwon Do training is mandatory for all members of the Korean military and has also become a national sport. In the United States, Tae Kwon Do is one of the more popular forms of martial arts practiced.

### **KARATE ORIGINS – FUNAKOSHI**

About 500 years ago when the island of Okinawa was first united, it was forbidden to possess any kind of weapon. A few hundred years later, in 1609, the occupying government of Japan confiscated all weapons. Due to these harsh laws, the Okinawans turned to the development of their hands and feet to be used as weapons. Chinese combat methods were studied and the Okinawans developed a style known as Okinawa-Te, or Okinawa-hand. The word Karate was used occasionally in Okinawa, but the “Kara” did not mean empty, it denoted China, referring to the Tang Dynasty in China, thus “Chinahand”. The Okinawans, more often than not, used only the word “Te” when referring to their martial art.

**In 1922, an Okinawan Master named Gichin Funakoshi was asked by the Japanese Department of Education to travel to Japan and present a demonstration of the Okinawan Martial Art to the Japanese people.** Funakoshi was so well received that the Japanese asked him to stay and give more public demonstrations of his art. He was pressed by many to teach the empty-hand style of fighting and eventually stayed on to teach Karate to the Japanese. Master Funakoshi is largely credited with establishing modern Karate in Japan.

One aspect that the Japanese were reluctant to accept was the “China-hand” concept. The ideograph meaning “China” or “Kara” was very similar to, and could be interpreted to mean “Empty”. Therefore, the Japanese changed the meaning of the “Kara” ideograph to mean “Empty”. The Japanese people, who were somewhat reluctant to accept the China-hand method, were happy to study Karate or Empty-hand style of fighting.



Sometime after World War II, Japanese Karate became popular and many servicemen carried tales of superhuman feats with them to America. It wasn't long before Americans began studying this art and with the influx of Japanese instructors to the United States, the various styles of Japanese and Okinawan Karate have flourished.

## **AMERICAN KANG DUK WON KARATE CAMP**

The American Kang Duk Won Association holds an annual Karate Camp in Florida. The Karate Camp gives students the opportunity to enhance their physical and mental skills in a challenging outdoor environment.

Classes at the camp are designed to expand one's knowledge of the martial arts and are given on meditation, nutrition, self-defense, sparring, forms, breaking, philosophy, medical effects of Karate strikes, and so on. Areas are set aside for meditation and campers entering this area are not allowed to speak or disturb others. There are also combat courses, as well as physical readiness courses, where students can exercise their physical abilities. Students are also divided into belt groups for forms and other specialty training under Black belt supervision. The time at camp is devoted to Karate training insofar as no outside disruptions are allowed. Portable televisions, radios, etc. are not permitted. There is no smoking or alcoholic beverages allowed during the camp.

**The first Florida Karate Camp was held in Fort Pierce, Florida in November 1999** and lasted for two days. Grandmaster Raymond P. Arndt approved a special emblem for those who attend camp. The emblem bears a student performing a flying side kick over an alligator superimposed over the State of Florida. The Kang Duk Won emblem also appears on the patch. Only students who attend camp are authorized to wear the camp patch.

Over the years, Karate Camp has proven to be an integral part of student training and development. Karate Camp has been and will continue to be an enjoyed tradition of the American Kang Duk Won Association.

## **FROM OUR STUDENTS' POINT OF VIEW**

“To me, Karate means respecting others as well as one’s self for what they are and not what you would like them to be. Karate means knowing what you can do with your abilities and pushing for a little more. It is something my husband and I can enjoy together.”

“I was always a quitter. When I started Karate, my husband said that I would quit after 3 months; that was 2 ½ years ago. He still keeps his eye on me but he’ll never catch me quitting again.”

I think it would be easier to throw away the rest of this essay and say that Karate is a realization of my ignorance and incapacibilities and thus a beginning in my life.”

“Karate and Christianity go hand in hand. Learning how to use our God given bodies, minds and abilities correctly and for the bettering of mankind, it seems that Karate does this. Then to go one step further and share, teach, and pass on what I have learned.”

“The art of Karate has opened my mind to inner strengths that were untapped. By accepting the role of an Assistant Instructor, I realize that progress will always take place.”

“Karate also taught me to meditate and to use my mind and to build my body.”

“Since my association with the Karate members, I have learned greater respect for my fellow man. Each time my fellow associates climb the ladder to a higher degree, a feeling of gladness for his or her accomplishments is radiated throughout the entire class. We seem to have strong ties that bind us to one another.”

“I am self confident in what I do and am sure of decisions that have to be made. I find it much easier to talk to people because I want to hear what they have to say. The self confidence that Karate has given me makes me feel comfortable in many situations that before I would have felt extremely uncomfortable in.”

“Karate means discipline of the mind and body, to me. A Karate-ka must have respect for elders and his fellow man. Since I have begun Karate I have met many people from different walks of life. I began Karate when I was 14, I have grown into karate and have learned that one cannot progress in Karate or anything else by being sloppy and only putting half of one’s effort to the task. I wish everyone could experience Karate as I have. If one has a good instructor, there are few limits that cannot be reached.”

## **BASIC FORMS**

### **HAND MOVEMENT**

1. Down Block \*
2. Center Block \*
3. High Block \*
4. Center Punch
5. Outside Block\*
6. Outside Block\*

Basic Forms 1 – 6 are required for Yellow-tip White belt.

7. Center Block \*
8. Knife Hand Block \*
9. Outside Block \*
10. Palm Heel Strike
11. Long Knife Hand Strike
12. Side Punch

Basic Forms 1 – 12 are required for Yellow belt.

13. Hanza 1
14. Down Block/Reverse Punch \*\*
15. High Block/Reverse Punch \*\*
16. Center Block/Reverse Punch \*\*
17. Center Kick/Lunge Punch
18. Center Kick/Double Punch
19. Short Knife Hand Strike
20. Center Block/Reverse Punch \*\*
21. Block & Strike \*\*
22. Hanza 2
23. Reinforced Block \*
24. Hooking Block \*
25. Reinforced Block \*
26. Center Kick/High Block/Reverse Punch
27. Down Block/High Block
28. Down Block/High Block/Reverse Punch \*\*
29. Outside Block/Backfist \*\*
30. Skip Center Kick
31. Skip Center Kick/Double Punch/Center Block
32. Triple Punch

Basic Forms 1 – 32 are required for Green belt and above.

\* = Basic blocking techniques

\*\* = Basic blocking & striking techniques

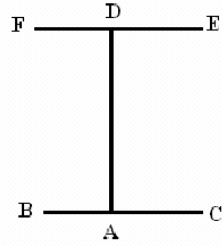
### **STANCE**

Front Stance  
Front Stance  
Front Stance  
Front Stance  
Front Stance  
Back Stance

Back Stance  
Back Stance  
Horse Stance  
Front Stance  
Back Stance  
Horse Stance

Front Stance  
Front Stance  
Front Stance  
Front Stance  
Front Stance  
Front Stance  
Back Stance  
Back Stance  
Front Stance  
Front Stance  
Front Stance  
Front Stance  
Back Stance  
Front Stance  
Front Stance  
Front Stance  
Horse Stance  
Back Stance  
Back/Front/Back  
Front Stance

## PALGAY 1 (IL JANG)



### TOWARD B:

1. Turn 90 degrees L into LF Stance w/L Down Block
2. Step forward into RF Stance w/R Outside Block

### TOWARD C:

1. Turn 180 degrees on L foot to face C in RF Stance w/R Down Block
2. Step forward into LF Stance w/L Outside Block

### TOWARD D:

1. Pivot 90 degrees L on R foot facing D into LF Stance w/L Down Block
2. Step forward into RB Stance w/R Outside Block
3. Step forward into LB Stance w/L Outside Block
4. Step forward into RF Stance w/R Center Punch

*KIHAP*

### TOWARD E:

1. Pivot 270 degrees on R foot to face E in LB Stance w/L Knife Hand Block
2. Step forward into RB Stance w/R Outside Block

### TOWARD F:

1. Pivot 180 degrees on L foot to face F in RB Stance w/R Knife Hand Block
2. Step forward into LB Stance w/L Outside Block

### TOWARD A:

1. Pivot 90 degrees L on R foot into LF Stance w/L Down Block
2. Step forward into RF Stance w/R Short Knife Hand Strike
3. Step forward into LF Stance w/L Short Knife Hand Strike
4. Step forward into RF Stance w/R Center Punch

*KIHAP*

### TOWARD B:

1. Pivot 270 degrees on R foot to face B in LF Stance w/L Down Block
2. Step forward into RF Stance w/R Outside Block

### TOWARD C:

1. Pivot 180 degrees on L foot clockwise in RF Stance w/R Down Block
2. Step forward into LF Stance w/L Outside Block

*KIHAP*

Bring L foot to R foot, CHUNBI