

**DOWNTOWN YMCA**  
146 Arsenal Street  
Watertown, New York 13601

For program questions contact:  
Master Robert Lawlor: 315.783.9461  
Mr. Tony Paroubek: 315.755.8011

For more information on programs,  
memberships, services, and to  
register: [watertownymca.org](http://watertownymca.org)



**SCAN QR CODE  
TO REGISTER**

Check out these other great  
YMCA programs:

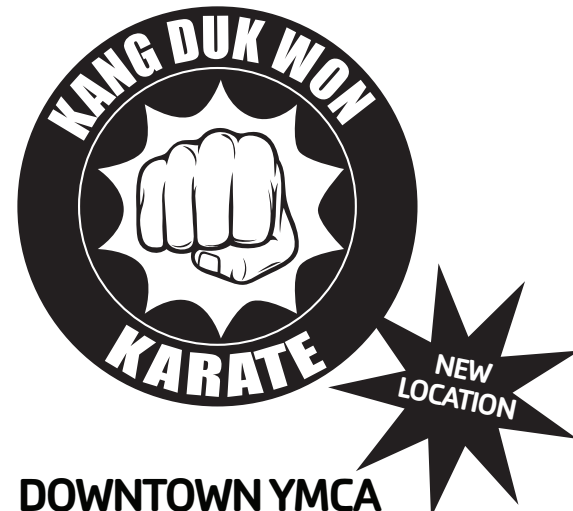
- Group Ex Classes
- Aqua Fitness Classes
- Private Swim Lessons



### AMERICAN 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

**SPIRIT • LOYALTY • VIRTUE**



**DOWNTOWN YMCA  
AMERICAN KANG  
DUK WON KARATE  
6 YEARS - ADULT**

**REGISTRATION OPENS  
AUGUST 24, 2024**



## WHAT YOU NEED TO KNOW

**Ages: 6 YEARS – ADULT**

**Location: Downtown Y Cardio Studio**

**Start Date: September 1, 2024**

**End Date: August 31, 2025**

**Days & Times:**

**Tuesday, Thursday, Friday  
6:30–8:00 PM**

**Sunday  
11:00 AM–12:30 PM**

**Program Fee\* (billed monthly):**

**Members: \$20.00**

**Non-Members: \$32.00**

**\* 12-MONTH PROGRAM**



### REQUIRED EQUIPMENT

Water Bottle

Comfortable Clothing(Not loose)

No shoes or socks



## AMERICAN KANG DUK WON KARATE

American Kang Duk Won Karate offers programs for students of all ages.

Classes are taught by certified instructors of the American Kang Duk Won Karate style of Martial Arts.

Students learn the basic techniques of the Martial Arts, strikes, kicks, stances, self - defense, sparring, meditation, stretching, and history and traditions of the Martial Arts.

Karate teaches students how to defend themselves on the street as well as awareness and avoidance.

While taking the classes at Watertown Family YMCA, students may also train at any of our locations without additional cost.

Kang Duk Won is literally interpreted as “the arena for the teaching of virtue.” It is a martial art, not a sport school. In all that is taught, Black Belts will remind students that one’s training is 90% mental discipline.



**WATERTOWNYMCA.ORG**