

DOWNTOWN BRANCH

146 Arsenal Street
Watertown, NY 13601

For program questions contact:

Master Robert Lawlor
315.783.9461
or Mr. Tony Paroubek
315.755.8011

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



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WATERTOWNYMCA.ORG

THE PLACE for even more great
YMCA programs:

- Indoor Sports Leagues
- Tennis & Pickleball
- Group Exercise Classes
- Swim Lessons
- Art & STEAM Programs
- Health & Wellness Programs
- Community Kitchen Classes

THE
Where You Can
Really *Do It All*
PLACE



DOWNTOWN BRANCH

AMERICAN KANG DUK WON KARATE

AGES: 6 Years – Adult

DATES: September – August



REGISTRATION OPEN NOW



Scan to Register

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AMERICAN KANG DUK WON KARATE

LOCATION

Downtown YMCA Cardio Studio

AGES

6 Years – Adult

DATES

September 2025 – August 28, 2026

DAYS/TIMES

Tuesday / Thursday / Friday
6:30–8:00 PM

Saturday
2:00–3:30 PM: 13+ Years
3:30–4:30 PM: Special Topics

Sunday
11:00 AM–12:30 PM

PROGRAM FEES*

Members \$20.00

Non-Members \$32.00

Military \$30.00

*12-month program. Billed monthly.

REQUIRED EQUIPMENT

Water bottle

Comfortable clothing

No shoes or socks

AMERICAN KANG DUK WON KARATE
offers programs for students of all ages
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, and
stretching, as well as the history and
traditions of the Martial Arts.

Karate teaches students how to defend
themselves on the street as well as
awareness and avoidance. In all that is
taught, Black Belts will remind students
that one's training is 90% mental
discipline.

DID YOU KNOW?

While taking the classes at Watertown
Family YMCA, students may also train at
any of our karate 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.

Questions?
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