

Tae Kwon Do History Outline

1. Taekwondo in Ancient Times

- **The origin of Martial Arts in Korea**
 - Explain why mankind developed empty hand fighting skills.
 - What are 2 names of ancient Martial Arts in Korea?
- **The 3 Kingdoms of ancient Korea**
 - What are the names of the kingdoms? (and describe a little about each)
 - Name 2 youth warrior groups, which kingdom each are from and describe what they did.
 - Which kingdom conquered the other two?

2. Taekwondo in the Middle Ages

- **The Koryo Dynasty**
 - How long did it last (dates)?
 - What were the ancient forms of Martial Arts used for during this time?
 - What happened to the popularity of the Martial Arts toward the end of this era?

3. Taekwondo in Modern Times

- **The Chosun (or Yi) Dynasty**
 - How long did it last (dates)?
 - What happened to the popularity of the Martial Arts during this era and why did it happen?
 - What happened in 1592 that changed the popularity of the Martial Arts in Korea?
 - What occurred from 1910 – 1945 and what affect did it have on Korean Martial Arts?

4. Present-day Taekwondo

- **Post-World War II Era**
 - What happened to the Martial Arts in Korea during this era?
 - How was Tae Kwon Do popularized throughout the world after the Korean War (1950-1953)?
 - List 3-5 important events and their dates between 1970 and today.