

Koryo Taekwondo Centre

TAEKWONDO HISTORY

In early History Korea developed into three separate Kingdoms:- **GOGURYO** (37 BC. - 667 AD.). **BAEKJE** (18 BC - 660 AD), and **SHILLA** (57 BC - 936 AD). It was the kingdom of Shilla, which by conquering the other two kingdoms, unified the Nation into one State in 668 AD

GOGURYO (Northern Kingdom) the forerunner of Taekwondo was known by many different names during this period, such as: **SUPAKHUI, SUBYOKOTA, KWONBAEK, BYON, TAEGYOK, TAEKYON, HARANDO** and **SUBAK**.

BAEKJE (centrally situated on the Peninsula). King Onjo, King Ahsin and King Biryu were among those people of this time to encourage the practice of horseracing, archery and Taekwondo.

SHILLA (situated on the South East of the Peninsula). Shilla began as the weakest of all three Kingdoms. Apart from it being established later than the previous two Kingdoms it didn't have the vast Territory, Population or Economy. More so, Shilla was surrounded by hostile neighbours. These circumstances led to the aggressive formation of the **HWARANGDO** Warriors, a warrior system that embodied high Moral standards. This system led to the conquering of the **GOGURYO** and **BAEKJE** Kingdoms in the 7th Century.

In the **HWARANGDO** system the use of violence without Morality was frowned upon and the virtues of charity, generosity and compassion were held in high esteem and highly encouraged.

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The following ethical precepts were followed by the HWARANGDO:

- ☉ *Loyalty to ones Country*
- ☉ *Obedience to ones Parents*
- ☉ *Loyalty to ones Friends*
- ☉ *Refusal to retreat from enemy attack*
- ☉ *Abstention from the senseless killing of any living thing*

There is evidence that Taekwondo practice was included in the curriculum of the HWARANGDO.

WHAT DOES THE NAME KORYO MEAN?

Koryo (pronounced Goryo) was a dynasty founded in 918 AD where Taekwondo took a position of even greater Military significance. It came to be practiced as both a Martial and a Sport with systemized rules. Contests were held in the presence of the King with the successful contenders being awarded higher Military Rank. Goryo was famed for its cultural achievements and traditional ceramics. The people of this period were renowned for their valiant fighting spirit with which they overcame Mongolian aggression.

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WHAT IS TAEKWONDO?

Taekwondo is a Korean Martial Art that literally means "Way of the Hands and Feet". The origins of Taekwondo can be traced as far back as 2000 years. From these ancient origins, Taekwondo has developed into a widely practiced Martial Art and International Olympic Sport. Recognition of the merits of Taekwondo led to its inclusion in the 1988 and 1992 Olympics as a demonstration sport and is now recognized as an Olympic Event in the 2000 Olympics in Sydney.

WHAT ARE THE BENEFITS OF TAEKWONDO?

- ☯ Improved Fitness
- ☯ Effective Methods of Self Defence
- ☯ Gain Self Confidence
- ☯ Improve your Health
- ☯ Meet new people
- ☯ Development of self character
- ☯ Develop clarity of mind and purpose
- ☯ Improve Mental attitudes
- ☯ Achieve the Martial Art Spirit