

## KING TIGER ACADEMY

### BO CHO DAN: DEPUTY BLACK BELT STUDY GUIDE

#### THE MEANING AND SIGNIFICANCE OF THE BLACK BELT:

The Black Belt contains all colors signifying the deepest and most dense knowledge accumulated from every preceding level. It is also a new beginning!

#### THE BRIEF HISTORY OF TAE KWON DO:

All animals as well as beings have a strong instinct to protect themselves. No matter where they lived, people had to develop personal fighting skills in order to obtain food and defend themselves against enemies, including wild animals. So the origin of Tae Kwon Do goes back to the early days of human existence.

Although we do not have any historical evidence of the early human existence; however, the oldest records of Tae Kwon Do that we can find are in the royal tombs of the Koguryo Dynasty from 37 B.C.. They are paintings which show some Tae Kwon Do practitioners in different poses. So Tae Kwon Do is called the 2000 year old ancient Korean martial art.

#### THE FIVE DYNASTIES AND IMPORTANT EVENTS:

Koguryo Dynasty (37 BC - 668)	Mural paintings show Tae Kwon Do practitioners in different poses.
Silla (Sheila) Dynasty (57 BC - 935)	The Hwa Wrang Do youth organization was formed during this time by King Jin Heung (540 - 576). Tae Kwon Do was their main subject. Also the Keumkang Yeok Sa (stone engravings) were made showing Tae Kwon Do practitioners in different poses.
Back Jay Dynasty (18 BC - 668 AD)	The Tae Kwon Do song was founded and written in this kingdom and is still handed down today.
Koryo Dynasty (918 AD - 1392 AD)	Special military general were chosen for competitions held by kings at the palace.
Chosun Dynasty (1392 AD - 1910 AD)	Also known as the Ee or Lee Dynasty. The first martial arts text book "Mooye Dobo Tong Ji" featuring Tae Kwon Do was written in 1790 and scientifically systematized and also deeply rooted in the Chosun (Ee or Lee) Dynasty.

Tae Kwon Do has now become the most respected and National martial art of Korea. It is practiced in over 146 countries. In 1980 it was accepted in the Olympic Games as a demonstration sport and became an Official Olympic sport in the 2000 Olympic Games. Today it is studied and taught as the universal art of self-defense and a modern world sport. Requirements to advance to 1st Dan/Degree Black Belt: