

## PROMOTIONAL EXAM REQUIREMENTS QUESTIONS FOR

**\*\*\* DAN BO \*\*\***

**\*\*\* QUESTIONS \*\*\***

**Complete all answers with SIR!**

**1.Q.** Give a brief history of Tae Kwon Do:

**A.** Tae Kwon Do is the name of the martial art that was Created and developed in Korea over the course of more than 2,000 years. Its origin goes back to the early days of human existence on earth. No matter where they lived, people had to develop fighting skills to obtain food and defend themselves against enemies, including wild animals.

In 37 B.C., on the peninsula now known as Korea, the Kingdoms of BaekJae and Shilla had developed skills and techniques of the martial art TaeKyun, the predecessor of Tae Kwon Do. The most outstanding contribution to the development of Tae Kwon Do came from an elite officer corps called “Hwa Rang Do,” a military and social organization for noble youths. The Hwa Rang means “Flower of Youth,” the promise of the nation, and the hope of the future. Tae Kwon Do is the result of the Hwa Rang sprit.

The first martial art textbook was written independently in Korea and was titled “Muye Dobe Tongji.” Tae Kwon Do in recent years has become the most respected national sport of Korea and is now practiced in over 100 countries. In 1988 it was accepted in the summer International Olympic Games. Tae Kwon Do is an art of self-defense that has been scientifically calculated for maximum efficiency of motion and therefore proven to be highly effective.