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NEWSLETTER



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HISTORY OF TAEKWON DO: KORYO DYNASTY

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Dates to Remember!!

19 Apr 14
Easter Weekend
School Closed

13 May 14
Sparks TKD
20th Anniversary
Party
7-9



935AD was a time of change on the Korean Peninsula, the Silla dynasty had collapsed after fighting the Chinese and one another. In 935 Wang Geon (King Taejo) overthrew the last king of the Silla dynasty and reunited the three kingdoms. The Korean peninsula was thrust into a new era as the Koryo dynasty began.

The Koryo dynasty was the feudal era of Korea: with royals and Buddhist monks at the top, peasants and lower class at the bottom of the social pyramid. This dynasty fostered a time of development of art, culture and the building of a strong military. Martial arts flourished. The main martial art in Koryo was called *Tae Kyon*. *Tae Kyon* is a direct precursor to the Taekwondo we practice today. Every soldier was well trained in *Tae Kyon*. The training included soldiers pounding their fists against wood blocks to toughen them. This technique is still practiced by dedicated

martial artists. Training in *Tae Kyon* made the Koryo army one of the best armies in Asia.

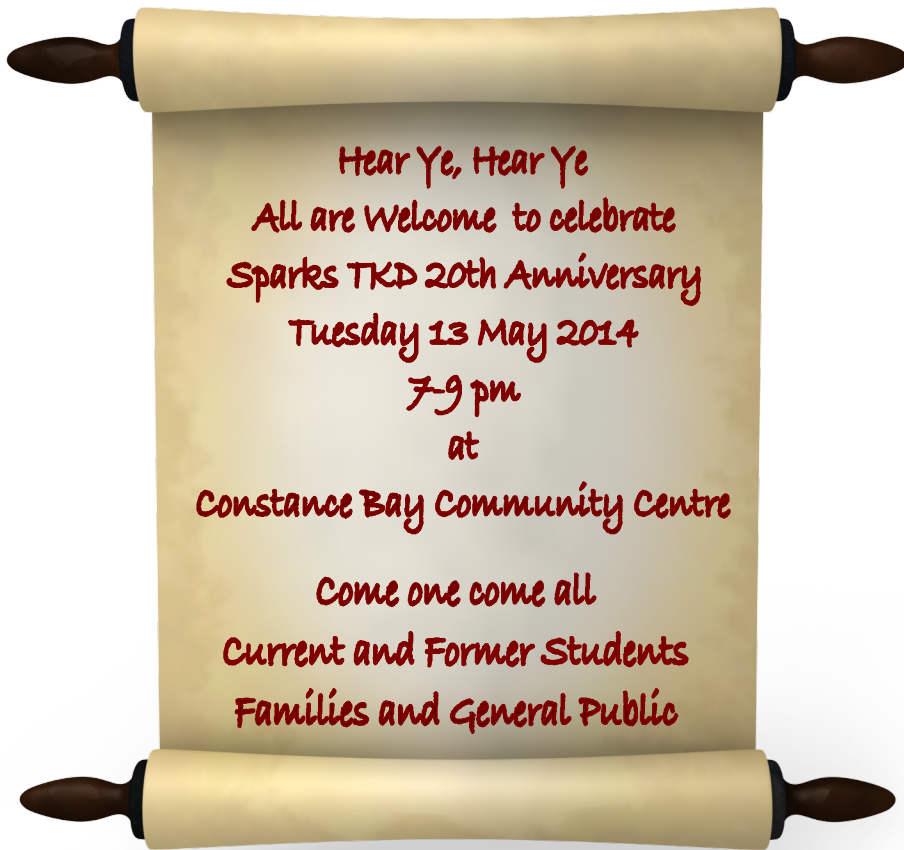
The Koryo army was very busy since the Korean peninsula was constantly being attacked. In 1018, when the Khitan army invaded for a third time, Koryo General Gang Gamchan ordered the Heunghaejin River to be dammed. Destroying the dam released water that killed much of the Khitan army, finally ending the invasions.

The Mongol horde invaded the peninsula in 1225. The Mongols quickly took the capital and forced the royalty to flee to the island of Kanghwa-do where they set up a government in exile. The *Koreana Tripitaka*, a collection of 80,000 hand-carved wood block Buddhist

scriptures were made during this time. This incredible collection is one of the most complete Buddhist texts known to exist. The nobles lived an extravagant lifestyle even under Mongol rule while peasants and lower classes lived a life of hardship. Mongol rule over Koryo did not end until the 1300s. At the same time the Japanese began attacking Koryo, further weakening the war-torn nation. Koryo was in disarray in every way as a result of these persistent attacks.

Neo-Confucianism further contributed to the end of the feudal era of Koryo by limiting the power of the nobility and Buddhist monks who were at the top of the social hierarchy. General Yi Songgye defeated the Japanese pirates and forced the king of Koryo to step down. He then took the throne for himself and began the Yi dynasty of the Korean Peninsula. (This is still not the Korea we know now).





On Tuesday May 13th, we will be celebrating our 20th anniversary party at the Constance Bay Community Centre. Current and former students, their families and the general public are invited to join us to celebrate in fine style. In our 20th year, 10 Black Belts were successfully tested. Those students: Five 1st Dans, Four 2nd Dans and One 4th Dan will be presented with their official GTF certificates. We will also have some honoured guests such as our councillor Eli El-Chantiry in attendance. Come and CELEBRATE!!!

NEW CLASS SCHEDULE: Make sure you have all of your equipment at every class!

Tuesday and Thursdays	Saturdays
6:15 - 6:45 PM LITTLE DRAGONS - Ages 4 to 8	9:00 - 9:30 AM LITTLE DRAGONS - Ages 4 to 8
6:45 - 7:30 PM JUNIOR CLASS - Ages 8 to 12 White Belt to Green Belt	9:30 - 10:15 AM JUNIOR SKILLS CLASS - Ages 8 to 12 White Belt to Green Belt
7:30 - 8:15 PM INTERMEDIATE CLASS - Ages 12 + White belt to red belt	10:15 - 11:00 AM INTERMEDIATE SKILLS CLASS - Ages 12 + White belt to red belt
8:15 - 9:15 PM SENIOR CLASS - Adults All belts (including Black Belts)	11:00 - 11:45 AM SENIOR SKILLS CLASS - Adults All belts (including Black Belts)
	11:45 – SPECIAL SKILLS - INSTRUCTORS

Note: Interested parents may attend the Little Dragon/Junior and Intermediate classes with their children; however, these earlier classes will be focused on the children's program. Those parent/members may also attend the Senior/Adult class for a "more intense" workout and training session.

Little Dragons will not be permitted in later classes.
 You **MUST** attend the classes appropriate to your Belt level and age