

Tae-kwan-do began back in 50B.C. when Korea was divided into three kingdoms (Silla, Koguryo, and Tae Kyon (also called Suback). Modern Tae-kwon-do was developed by General Choi Hong Hi in the 1940's. He based the art on techniques from Japanese Karate and Korean Taek Kyon. Tae-Kwon-Do is a form of martial arts that was created over time. It is characterized by a system of kicks and aggressive attacks, and is today the most practiced system of martial arts in the world and was even introduced as an Olympic sport. Tae-kwon-do in the early days was used so one could defend themselves in a serious situation. If someone was faced with a dangerous situation they would know both how to use items around them as a weapon and how to use their own bodies as a weapon. In today's Tae-Kwon-do there are 7 color ranks leading up to black belt and 9 levels of black belts.

To me, a black belt is a person that can defend himself, defend others, and use good judgment in his actions and words, a person who attained the rank of expert in the martial arts, the highest belt color in various martial arts. A black belt will hold true to the tenets of Tae-Kwon-do:

Courtesy- a respectful of considerate act

Integrity- Integrity is consistency of actions, values, methods, measures and principles

Perseverance- persistent determination. The act of continuing or repeating behavior

Self Control- the act of denying yourself and controlling your impulses

Indomitable Spirit- a good outlook on life and others around you

Honesty- to be truthful and not lie to others

Self Discipline- having the will to keep at something

Honor- to show respect towards others

Loyalty- to believe in and obey in someone (god)

To be a black belt means to have learned how to truly defend your self in the case of a dangerous situation, to have put years of dedication of your life in to protect yourself and possibly ones around you. Finally the last things to be a black belt are:

Be loyal to your country

Honor your parents

Be faithful to your friends

Never retreat in battle

By *Joshua Linscott*