

Taekwondo

The History Of Martial Arts

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Introduction

My name is Rowan Moles. I am a double red stripe, testing for my first-degree black belt. I am a student from the Clear Creek Academy. My instructors are Master Jim Beasley and Master Imy Rich. I joined a couple of months after my sister, Willow Moles, joined.

Taekwondo

In the Korean Kingdom, Koguryo, there is a mural painted on the wall of a tomb. The drawing shows two unarmed figures facing each other in stances similar to the ones we use today. Additional paintings in the tomb show figures blocking and wearing uniforms like the modern dobok. The early form of Taekwondo, developed as Korea developed into the way we know it today.

Karate

Karate started somewhere around the fifth century BC. Karate-do means "the empty hand way" in Chinese. Little is known about Karate until it appeared in Okinawa. Okinawa is an island in Japan. The first public demonstration was in 1917 by Gichin Funakoshi in Kyoto. Kyoto was once the capital of Japan, but is now just a city on the island of Honshu.

Brazilian jiu-jitsu

More than 400 years ago, Buddhist Monks in northern India, were trying to spread the word of Buddha. This wasn't easy. To defend themselves, the Monks developed a "form of grappling that allowed them to subdue opponents without killing them." Japan improved it and called it jujutsu or jujitsu. The Japanese tried and failed to hide jujitsu. Around 1914, Kodokan Judo master Mitsuyo Maeda stayed at the household of Brazil's Gastao Gracie. Gastao Gracie or Gracie, worked with Maeda. In turn, Maeda taught Gracie's oldest son the art of jujutsu. The oldest son, Carlos, taught his siblings. The youngest son Helio was often at a disadvantage because jujutsu was meant for bigger and stronger fighters. Helio then developed a new "improved" jujutsu. He called it Brazilian jujitsu.

Krav Maga

Imi Lichtenfeld was born in 1910. He grew up in Bratislava, Slovakia. His father was a police officer and self-defense instructor. Imi trained at his father's gym and became a talented boxer, wrestler, and gymnast. He performed in many competitions. In the late 1930's Imi used his talents to help defend Jewish neighborhoods from anti-semitic riots in Bratislava. Anti-semitic thugs typically led these groups. Imi had to develop his knowledge of fighting into a real world self-defense system. In 1940 Imi ran from home away from the Nazis. He, made his way to Palestine. In Palestine, he joined the Haganah, a paramilitary group within the Jewish community. The Haganah was dedicated to fighting for independence in Israel. The Haganah asked him to develop their self-defense system. He called it Krav Maga.

Kickboxing

Kickboxing is said to be an evolved version of Thailand's martial art Muay Thai. The Siamese soldiers practiced a martial art form called Muay Boran in the 13th and 14th centuries. Towards the 19th century, it had developed into a sport, and method of self-defense. By

1920 it was known as Muay Thai. Later a Japanese boxer known as Osamu Noguchi came across Muay Thai. Osamu wanted to develop a fighting technique that had "the soul" of Karate but allowed full striking. After studying Muay Thai, he merged it with the full striking techniques of Karate and boxing. This new martial art is what we know as Kickboxing. The first Kickboxing organization was formed in Japan and it was called Kickboxing Association.

Judo

Judo originated in Japan. From the 12th to the 19th century, Japan was ruled by the samurai. This provided fertile ground for various martial arts to develop. The samurai fought with swords, bows, and arrows. The samurai also developed jujitsu to fight enemies in close quarters. Many different styles were developed and it was required for military training. When the samurai's ruling came to an end, jujitsu started to decline. Jigoro Kano "rescued" jujitsu and also founded judo. Kano excelled in school, but he was very small. So he became an apprentice of Yanosuke Fukuda. Fukuda was a master of the Tenjin Shin'yo school of jujitsu. When Kano was 21 he started his own school of jujitsu. He combined all of the things he thought good about jujitsu and combined it to make judo. In 1889, Kano traveled to Europe to introduce judo outside of Japan.

Boxing

Boxing started in Egypt around 3000 BC. The Greeks introduced boxing to the ancient Olympic Games in the 7th century BC. During these games, boxers would bind their arms and forearms with leather thongs for protection. Rome exchanged the leather thongs for the cestus. A cestus is a leather glove studded with metal spikes. This did not the gladiators because the matches often ended with one contestant dying. When the Roman Empire fell, boxing abruptly ended. Boxing resurfaced in 17th century England. Organized amateur boxing began in 1880. Boxing has since then flourished.

Aikido

Morihei Ueshiba, the founder of Aikido, was born in Japan on December 14, 1883. As a little boy, he saw his father beaten for political reasons. He was determined to get revenge. He practiced many martial arts. He received many certificates of mastery in several styles of jujitsu, fencing, and spear fighting. Morihei wasn't satisfied. He began to study religions in hopes of finding a deeper significance to life. All the while, he continued to study martial arts. Morihei Ueshiba combined his knowledge of martial arts and his religious ideologies to create Aiki budo. In 1942, he decided on the name Aikido.

Tai chi

Tai chi is believed to have started around the 10th century. Chen Wangting was drawn to the teachings of Taoism. This led him to a simple life of farming, and studying and teaching martial arts. In the 1670s, Chen Wangting had developed several Tai Chi routines, many of which are still practiced today. Some of these routines are; the Chen style, the Yang style, the Hao style, and the Wu style. Since the 19th century, the Chinese have understood the health benefits of Tai Chi, thus making it more popular.

Hapkido

Hapkido is a high-energy, Korean martial art that was developed during the past few centuries. A Judo black belt named Suh Bok-Sub saw a man being attacked by several other men. Suh Bok-Sub was about to help when the man started to fight back. Suh Bok-Sub had never seen anyone fight like the other man before. Suh Bok-Sub accompanied the man - Choi Yong-Sool - practiced with him the style Choi used. The style was called Daitô-ryû Aiki-jûjutsu. Suh Bok-Sub became Choi Yong-Sool's apprentice. The two men worked together to "perfect" the martial art. They then shortened the name of the martial art to Hapkido.

Jeet Kune Do

Bruce Lee developed a martial art that was meant to express himself. The term Jeet Kune Do was official in 1967. Bruce Lee was hesitant to name the martial art. He veered away from any type of "crystallisation" of the martial art's essence. In the end, the simple need to refer to the martial art in a concrete way won and the martial art was then called Jeet Kune Do.

Arnis

Arnis is a Filipino martial art. It was originally developed by the natives. The natives would use weapons such as kampilan, rattan, and swords. In 1521 Spanish conquistadors came to the Philippines but the natives using Arnis, fought them off. The Spanish returned in the 1570s. This time Arnis wasn't enough to fight off the Spanish. The Spanish won the battle. The practice of Arnis was prohibited but the native kept it alive by showing their young by doing ritual dances, mock battles, and performance.

Kendo

Kendo is similar to Fencing. Two opponents wear armor to cover their chest and face. The two opponents confront each other with Bamboo swords called shinai. There are two theories about the history of Kendo. About 1000 years ago, fencing was brought from China to Japan and was modified to the Kendo we know today. The second theory was that Japan had made its own fencing art that developed into Kendo.

Capoeira

In the 16th century, Portugal had captured and enslaved the Brazilian colony. Brazil had few people. Portugal used slaves to substitute for the people. The slaves and workers made a "dance" to fool the soldiers into thinking that they were just dancing when really they were practicing a martial art. This "dance" was an escape attempt. I'm not sure if it worked or not. Over the years the "dance" has evolved into Capoeira.

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