

#### SOUTH KOREA CULTUREGUIDE

This unit is published by the International Outreach Program of the David M. Kennedy Center for International Studies at Brigham Young University as part of an effort to foster open cultural exchange within the educational community and to promote increased global understanding by providing meaningful cultural education tools.

#### **Curriculum Development**

Hojin Kang is from Kwanju, Korea, and lived there for twenty-seven years before coming to the United States to study linguistics and international politics at Brigham Young University.

Christian Ward lived in Korea for two years and has taught classes in Korean culture and language.

#### **Editorial Staff**

Ana Loso, *CultureGuide publications* coordinator International Outreach

#### **Editorial Assistants**

Lisa Clark Michelle Duncan Jill Fernald Amber Marshall Christy Shepherd Rebecca Thomas

J. Lee Simons, *editor* Kennedy Center Publications

#### **Content Review Committee**

Jeff Ringer, *director*Cory Leonard, *assistant director*David M. Kennedy Center

Andy McEwen, program coordinator International Outreach

Carl Young, visiting professor of history Brigham Young University

Jihae Song, area specialist

For more information on the International Outreach program at Brigham Young University, contact International Outreach, 273 Herald R. Clark Building, PO Box 24537, Provo, UT 84604-9951, (801) 422-3040, int-outreach@email.byu.edu.

© 2004 International Outreach, David M. Kennedy Center for International Studies, Brigham Young University, Provo, UT 84602. Material contained in this packet may be reproduced for single teacher use in the classroom as needed to present the enclosed lessons; the packet is not to be reproduced and distributed to other teachers. Additional packets may be obtained by contacting International Outreach at (801) 422-3040.

**Copyright Note:** *CultureGuide* materials are the original creation of the curriculum developers and editorial staff, with the exception of country flags from Comstock.com, where noted. Included from the public domain is *CIA World Factbook 2002* information found in the "Facts About" section and sometimes the country map or flag.

••••••						
TABLE OF CONTENTS						
Why Study Cultures?	. <b></b>	2				
Traditions						
Chusok Harvest Festival		3				
Folklore & Language						
Hangul Writing System		6				
Food						
Kimchi		9				
Cross-cultural Contributions						
Tae Kwon Do		13				
Reference Material						
Facts about South Korea		16				
History and Holidays		17				
Additional Resources		18				
Visuals		20				

# WHY STUDY CULTURES?

Por most of us, cultures are misunderstood; they are nebulous, vague, and hidden. Like the famous iceberg analogy, we know that most of what a culture is cannot be seen. But what does that mean? And why, then, should we study cultures if we do not know what we're studying in the first place?

In the late twentieth century, Brigham Young University did not embrace a new discipline, but rather a new area of study—the study of cultures. Typically, anthropology is the social science that studies cultures. Why should they have all the fun? The study of cultures unites other academic disciplines (as needed), drawing upon literature, political science, sociology, and even the more applied areas of nursing, social work, law, and business. The study of cultures has grown into nothing short of a revolt against disciplines, "a mode of inquiry" that looks at things in new ways.<sup>1</sup>

In 1982, the David M. Kennedy Center for International Studies established International Outreach as a formal program to help build bridges of intercultural understanding. Since then, more than 10,000 *gratis* cultural presentations have been given to local area public schools, taking students to new places using language, multimedia, and imagination. *CultureGuides* derive from the same expertise that has been honed in classrooms—with the exciting exception that these intercultural learning tools are not geographically bound. Thanks to the Internet, accessible multimedia technology, and our trusty iMAC, a limitless audience can learn about different cultures.

Globalization, the driving paradigm of the post-Cold War world, means that now, more than ever, culture matters. Culture is the invisible context that may keep us from understanding important people, places, and ideas; it exists whether or not we think about it. Intercultural education can help us, not only as an intellectual exercise, but also in very practical ways to combat racism, to expand business, and to communicate effectively.

*CultureGuides* share the same aim as Edward T. Hall, the eminent cultural scholar, to try and "make culture real." Even though our "student guides" are not present in every classroom, we hope that *CultureGuides* will make classrooms of the mind and cultural laboratories wherever you may reside.

<sup>&</sup>lt;sup>1</sup> Ziauddin Sardar and Borin Van Loon. *Introducing Cultural Studies*, Totem Books, New York: 1998.

<sup>&</sup>lt;sup>2</sup> *The Edge: The E-Journal of Intercultural Relations*, Summer 1998, Vol. 1(3) Posted 10/11/98, http://interculturalrelations.com/v1i3Summer1998/sum98sorrellshall.htm.

# **TRADITIONS**

#### CHUSOK HARVEST FESTIVAL

The Korean Harvest Festival *Chusok* (Choo-seok) is a pivot point of Korean culture. All Korean customs can be observed and participated in during this holiday. The activities reflect the deepest traditions and values of the Korean people. Each ritual is filled with meaning and relates to the ancient beliefs of the people.



#### **Starting Points**

- 1. Display the picture of the Chusok dinner (see Traditions Visual 1). This will show the students the difference between American and Korean harvest holidays. Ask the students what their favorite Thanksgiving traditions are. This will help them to focus on the traditions of the Koreans.
- 2. Explain that the festival is held during the fall equinox of the moon, which usually initiates the harvest of rice and vegetables. In addition, explain that the festival is held at the home of the family's eldest son, or sometimes the home of the father's parents. This is a great time of excitement for the Korean people since it is one of the two biggest holidays in the year.
- 3. Write the word "tradition" on the chalkboard. Write the three focuses of Korean tradition on this holiday:
  - a. gathering of family and ancestors,
  - b. harvest of the rice,
  - c. display of respect to ancestors, both living and dead.



#### **Information**

#### **Korean Holidays**

In Korea there are two major holidays—Chusok, the fall harvest festival, and Sollar the "Chinese New Year." These two holidays show the greatest festivities and traditions of Korean culture. Interestingly, both are associated with the cycles of the moon, as the moon was the basis for ancient Asian calendars. The Western world based its calendar on the cycles of the sun, and the Eastern world based its calendar on the cycles of the moon.

#### Chusok

Chusok is usually held in late September or early October. The actual date is dependent on the fall equinox, when the moon is full. This is a beautiful time to be in Korea. The weather is cool and crisp, the trees have turned bright red and orange, and the rice fields are golden, as the rice has fully developed. The hot summer months have ended, the monsoon season has passed, and Koreans are invigorated by the change in weather.

#### **Festival Food**

Food preparation is a major priority for this national holiday, as well as for the upcoming winter months. Food is central to Korean society, and traditional Korean food has strayed very little from its original beginnings. Most social gatherings involve food being served and shared with others who have traveled long distances. The diet consists mainly of grains, vegetables, and meat, including fish, beef, or pork. Rice is the staple food in the Korean diet. The time of year when Koreans celebrate Chusok is exciting as both farmers and city people look forward to the harvest of this grain.

Koreans love rice. In fact, their word for food is *bap* which also means "cooked rice." Koreans eat rice three times a day, three hundred and sixty-five days a year, and they love it. It is hard to overemphasize the importance of rice during Chusok. Rice is steamed, fried, pounded into flour, popped, and prepared into holiday delicacies.

There is also an abundance of harvested vegetables, but most important are the red peppers, green onions, garlic, and ginger, which will flavor most of the Korean dishes during the festival and throughout the year. Huge tarps are laid on the road in the sun, piled with red peppers laid out to dry. The pepper must first be dried before it will be ground into flakes, and eventually into powder. Food is flavored with whole red peppers, red pepper flakes, red pepper paste, and combined with cabbage to create the other Korean staple—kimchi.

#### **Family**

Family is also an intricate part of Chusok. Travel plans are scheduled years in advance so families can travel to their ancestral hometowns where the holiday will take place. In modern Korea most people live in the big cities, where they find employment and education. Yet the grandparents and ancestral homes are usually located in the country, and it becomes the destination for Korean families. Freeways become parking lots as thousands of people leave Seoul and other big cities to head south to the country. Bus and train stations become too crowded for functionality and usually end up in chaos. Yet amidst all this travel and confusion, there is excitement because the Korean people know they are going home to fulfill their familial duty to their ancestors.

Chusok is also a time when families visit the graves of ancestors. The graves are usually situated on hills near their ancestral hometown (see Traditions Visual 2). The graves of the ancestors look like bubbles of grass coming out of the hillside. Chusok is a special time when families hike the mountains to the graves to cut the grass and prepare the sites for ancient ceremonies which have taken place during Chusok for thousands of years. Preparing graves gives the people a deep sense of satisfaction, knowing that the duty to their ancestors is being fulfilled. On the day of Chusok the entire family hikes to the graves with gifts of grain and fruit. They bow deeply before the graves, usually in order of seniority and position in the family, showing their honor and respect for the deceased. The family usually has a picnic and enjoys the nature and beauty of the mountains surrounding their home towns.

As stated earlier, these festivities are held in the ancestral hometowns where family is still living, or at the home of the eldest son, usually in the same location.

Therefore, the role of cooking and cleaning falls heavily upon the wife of the eldest son, as it is her role to host the guests during the three-day festival. It is one of the busiest times of the year for the wife because she is expected to prepare special meals consisting of Korean delicacies and holiday favorites. Many wives dread the duties and chores.

#### **Festival**

The Korean harvest festival is an exciting time to be in Korea. The Korean people love to invite foreigners to their homes to participate in the local customs. Foreigners are graciously attended to during the holiday week by Korean friends, making the holiday a memorable experience for everyone.



#### **Activities**

- 1. Help the students learn how to bow to their ancestor's shrine. Have the students stand straight, with arms to the side. In a slow, dignified manner bring both hands to the forehead, resting the back of the hands on the forehead. Then, in this position, bend knees to the ground and place head and palm of the hands to the floor.
- 2. Have the students find out the location of their ancestors' graves and the names of their grandparents on each side of the family.
- 3. Have the students draw what they imagine the Chusok holiday to be like.
- 4. Have them research back four generations of their ancestry. Have them find out the hometowns of their ancestry.



#### **Discussion Questions**

- 1. What makes the respect of ancestors so important to the Korean people?
- 2. Why is the position of eldest son the most important in the family?
- 3. What are the consequences of a structured family situation?
- 4. What is the meaning of Chusok? Why is it important to the Koreans?

# FOLKLORE & LANGUAGE

#### HANGUL WRITING SYSTEM

The Korean language plays an important role in the identity of the Korean people. Korean is written in Hangul, a phonetic alphabet created in the mid fifteenth century because classical Chinese, the only written language available, was difficult to master. Hangul finally made it possible for average people to read and write, and also gave people in Korea new hope to live courageously.



#### **Starting Points**

- 1. Introduce yourself in Korean. "An-young ha-ship-ni-ka? Man-na-seo ban-gap sup-ni-da" This means, "How are you? Nice to meet you." (see Folklore & Language Visual 1).
- 2. Discuss what would happen if students didn't have their own written language and had to learn a foreign language to communicate with each other. It would be very hard. Explain that a long time ago, Korea had to use Chinese characters because they did not have their own written language. The Koreans' language, Hangul, was created by King Sejong in 1841. You can also ask other questions. Is the Korean language similar to Chinese or Japanese? Do Koreans speak only Hangul, or do they speak other languages as well?
- 3. Tell the students that you will be focusing on why a Korean writing system had to be created. This lesson will discuss how Hangul helps Korean people communicate with their classes and how it reflects Korean culture. If possible, teach some Korean letters (see Folklore & Language Visual 2).



#### **Information**

#### The Language

When most Americans and Europeans think of Asian languages, one picture pops into their heads (see Folklore & Language Visual 2). All they see is incomprehensible symbols, each one standing for an entire word. All of the symbols look impossibly complicated to the untrained eye. When you go to an Asian country, you can't read a newspaper or a magazine; you can't read a menu written in the native language; you can't even read a street sign. There's just no way you can memorize thousands of symbols! Calm down. Relax. Take a deep breath. You don't have to use those difficult looking symbols in Korean—it has an alphabet.

#### What is Hangul?

Korean is written in Hangul, a phonetic alphabet created in the mid fifteenth century. Classical Chinese was the only written language available before this time, and it was difficult to master. With Hangul, average people could read and write. This gave people in Korea a new hope.

King Sejong, whose epithet is "the Great," is considered to have been one of the most outstanding Korean kings of the Choson Kingdom (1392–1910). Born in 1397, Sejong became the fourth monarch of the Choson Kingdom. His reign, which lasted until 1450, was a period of great cultural and intellectual accomplishment in Korea that is often called the Golden Age.

The most outstanding of his achievements was the creation of the Korean alphabet, or Hangul (see Folklore & Language Visual 3). Previously, scholars had learned classical Chinese and had relied on the Chinese script for literary purposes, but Koreans did not have an appropriate script for their spoken language. Until the invention of Hangul, they had used clumsy and cumbersome systems that made use of some Chinese characters for their pronunciation and others for their meaning to represent the vernacular language. But Chinese, a language very different from Korean in its vocal patterns and sentence formation, could not represent Korean sounds and structure adequately. Besides, the complexity of Chinese characters made the writing system too difficult for those other than the privileged few to learn and master.

King Sejong wanted to provide Koreans with a written means of expression other than the complicated Chinese system. With this objective in mind, he commissioned a group of scholars to devise a phonetic writing system that would correctly represent the sounds of spoken Korean and that could be easily learned by all people. The system was completed in 1443.

Initially, the use of Hangul was opposed by many scholars and government officials. They argued that its use would hinder education and government administration, both of which were dependent on the Chinese writing system. Despite this, King Sejong ordered popular poems, religious verses, and well known proverbs to be translated into Hangul to encourage its use. This allowed Hangul to become a political and a linguistic achievement.

King Sejong commissioned a significant number of literary works. He saw books as a means of spreading education among his people. One of the first works he commissioned was a history of the Koryo Kingdom. Others included a handbook on improved farming methods to increase production, a revised and enlarged collection of model filial deeds, and an illustrated book of the duties and responsibilities that accompany human relations.



#### **Activities**

- 1. Have students write some Korean characters, using the worksheet provided (see Folklore & Language Visual 1).
- 2. Using the answer key provided, teach students some Korean vocabulary and phrases. Then have students take the quiz (see Folklore & Language Visual 4).
- 3. Have students tell the story of Hangul in their own words to their classmates including why, how, and when was it created.



#### **Discussion Questions**

- 1. How was the Korean language created? Who created it?
- 2. Why was it invented?
- 3. How is it different from English?
- 4. How does it help in understanding Korean culture?
- 5. Why is it important to learn other languages?

# Food

#### **KIMCHI**

Kimchi is Korea's most famous food. It supplies many vitamins and minerals. You will find kimchi everywhere you find Koreans. They eat it at every meal with rice, soup, and other side dishes. They can live without pizza and hamburgers, but they can't live without kimchi.



#### **Starting Points**

- 1. Tell students there are big differences between Western food (American, Mexican, European, and so forth) and Oriental food (Korean, Japanese, Chinese, and so on.) Also tell them they will figure these differences out as they participate in class. Begin by showing pictures of Korean food (see Food Visual 1) and ask what the students think it is.
- 2. Begin by asking a few questions. Is there anyone who has tried any particular Korean or Oriental food? What is the healthiest food in the world? Tell them it would not be pizza or hamburgers, but vegetables.
- 3. Tell students how important it is to understand why other people in the world eat what they do. Understanding another culture's eating habits and food is the main focus of this lesson.



#### **Information**

#### What is Kimchi?

Kimchi is the staple eaten at almost every meal in Korea. There are many different kinds, but all of them are made from cabbage mixed with various spices, most commonly garlic, chili pepper, and ginger. Most foreigners who try kimchi for the first time are generally not overly impressed with the taste, but like many things, it grows on you. There are many different kinds of kimchi in the world (see Food Visual 2).

#### **How Many Different Kinds of Kimchi Are There?**

- *T'ong-baech'u Kimchi* (cabbage-head kimchi): The classic kimchi made with Chinese cabbage, served at almost every Korean meal.
- *O-e sobaegi* (stuffed-cucumber kimchi): Made with slit-cut cucumbers stuffed with a mixture of vegetables and seasonings and fermented a day or two. Suitable for the summer months when people have less of an appetite.
- Yeolmu Mul Kimchi (young radish water kimchi): A popular kimchi in the summer. Not spicy.
- Kkaktugi (diced radish kimchi): Made with big white radishes.
- *Tong-chi-mi* (radish water kimchi): Made with radishes marinated in brine, seasoned with garlic and ginger until fermented.

- *Ch'ong-gak Kimchi* (bachelor radish kimchi): Made with crunchy radishes, named because radishes with tops resemble a head and a ponytail. Unmarried Koreans traditionally wear their hair in a braid.
- *Nabak Kimchi* (sliced radish & cabbage kimchi): Made with tangy juice that is refreshing and fragrant.

#### What do Korean People Eat Kimchi With?

#### **Korean Rice**

Korean rice is different from most other rice in the world because it is sticky. Unlike rice from Southeast Asia or North America, Korean rice is moist and sticks together, which makes it rather easy to eat with chopsticks. Rice, along with kimchi, soup, and other vegetable side dishes make up the typical meal eaten in most Korean homes. If you enjoy some meat in your diet, not to worry, there's plenty to feast on.

#### **Korean Side Dishes**

Side dishes make a particular Korean meal go from good to fantastic. As stated before, some types of kimchi are almost always served as a side dish. Generally, anywhere from two to six other side dishes are served as well. The most common ones include spinach, potatoes, radishes, small black beans, bean sprouts, zucchini, squash, or sausage fried in an egg batter.

#### **Korean Soups**

Korean soups (tang) are eaten year-round but enjoyed most when the temperature drops below freezing. Unlike stew, spice is not a main ingredient of Korean soup, but it can be added if desired. The one exception to this is yuk-kae-jang tang. Here, spice is the main ingredient. It contains strips of beef and just looking at its red broth, you know you'll be breathing fire. Sam-gae tang is a delicious, healthy soup that is made with a whole chicken, ginseng, garlic, and a jujube. Koreans believe it gives stamina. Kal-bi tang is made with boiled pork short ribs and green onions. The restaurant can make or break this soup depending on the quality of meat it uses. Sollong tang is a hearty, beef stock soup with added salt. Most of the soups, like almost all Korean meals, are served with rice and plenty of side dishes.

#### Korean Barbecue—Bulgogi

Bulgogi, broiled beef strips, and bulgalbi, beef ribs, exemplify an age-old Korean tradition of cooking on a curved iron hot plate—a tradition that is matched in northern China and neighboring Mongolia, as introduced by the Manchurians. Today, this has been streamlined for table service with specially built cone-shaped hot plates fitted over tabletop burners to provide an enjoyable and intimate eating experience.

Meats of all kinds, including mutton, pork, poultry, offal and seafood are cooked in this way, being first marinated in a spicy mixture encompassing the characteristic seasonings: soy sauce, sesame oil, garlic, ginger, pepper or chili, toasted sesame seeds, and green onions. The meat is marinated well in advance so that the flavor is intense. Cooking time is minimal, just enough to cook through and seal the surface. Serve *bulgogi* with white rice and *yangnyum kanjang* sauce together with a selection of side dishes such as kimchi (chili pickled cabbage) and *jeot khal* (spiced whitefish).

#### Recipe for Bulgogi

#### You will need:

2 lbs lean beef tenderloin 2 tsp finely minced fresh ginger 1/2 C light soy sauce 1/2 tsp black pepper

1/4 C dark soy sauce 1 T sugar

1/2 C water 2 T white sesame seeds, toasted 3 T finely chopped green onion and ground

3 tsp crushed garlic 1 T sesame oil

#### **Preparation**

1. Cut the beef across the grain into very thin slices, then cut into narrow strips.

2. In a glass or stainless steel bowl mix all remaining ingredients together.

3. Add the beef and stir thoroughly.

4. Cover and marinate for at least three hours.

5. Preheat a tabletop broiler (grill), protecting the tabletop with an asbestos mat or other shield.

6. Place each portion of meat on the broiler (griller) and cook it quickly on both sides.

7. Dip the meat into the sauce before eating. Use wooden chopsticks or small forks or fondue forks.

Yield: 6 servings

#### **Korean Chopsticks**

Korean chopsticks are round and metal, unlike Japanese or Chinese chopsticks. To hold the chopsticks correctly, grasp them near the thick end, using the thumb and forefinger to move the upper stick, and the other fingers to anchor the lower stick. With very little movement, you should be able to pinch a grain of rice. If not, try scooting your hand further toward the thick end of the chopsticks.

When using chopsticks, follow these rules:

- Never plant your chopsticks vertically into a serving of rice. This is the way they are presented to the deceased.
- Never wave your chopsticks about in the air.
- Share or divide your food only with your own chopsticks.
- Never spear food with your chopsticks. They are to be used like scissors, not knives or forks.
- Never use your chopsticks to shift dishes around.



#### **Activities**

- 1. Buy chopsticks and give a bag of beans to each student so they can have a great time and a good experience with chopsticks. Divide the class into teams of two and have a contest to see which team passes the beans faster. Have the students stand in a line and pass beans to the next person for one or two minutes and count how many beans are passed.
- 2. Assign each student to be either a waiter or a customer at a Korean restaurant.

Tell the students they must choose a Korean dish to order.

- 3. Prepare bulgogi.
- 4. Take a quiz (see Food Visual 3).



#### **Discussion Questions**

- 1. Why are vegetables one of the healthiest foods in the world?
- 2. What are some differences between American food and Oriental food? What are some similarities?
- 3. How do the types of foods Koreans eat reflect their culture and values?
- 4. Why do Korean people use round metal chopsticks instead of wooden chopsticks like the Japanese and Chinese?

# CROSS-CULTURAL CONTRIBUTIONS

#### TAE KWON DO

Tae Kwon Do, the Korean martial art, is one of the most widely practiced sports in the world. It is practiced not only by students of elementary, junior, and senior high school, but also by elderly people. Tae Kwon Do is a modern martial art, characterized by its fast, high, and spinning kicks. It is now an official Olympic sport, an artistic discipline, a system of self-defense, and a way of life.



#### **Starting Points**

- Display pictures of Tae Kwon Do players (see Cross-cultural Contributions Visual 1). Ask if anybody knows what Tae Kwon Do is. Discuss what he or she knows about it.
- 2. Begin by asking questions. Is there anyone who has any experience with martial arts? What do you do with them? What is your favorite martial art (Kung fu, Karate, Hopkido, etc.)? Why do you like martial arts? Have students read "A Brief History of Tae Kwon Do" (see Cross-cultural Contributions Visual 2). Ask what they have learned about Tae Kwon Do and how it reflects Korea's culture.
- 3. Tell students you will focus on how Tae Kwon Do reflects thought and culture, how martial arts could help them to be better people in society, and the importance of martial arts in training the mind.



#### **Information**

#### An Olympic Sport

Tae Kwon Do was introduced to the Olympics in Korea in 1988. Unlike many of the other sports that young people are involved with today, Tae Kwon Do competitors are required by rule to demonstrate respect for officials, coaches, and their fellow competitors. What a concept!

#### **An Artistic Discipline**

Tae Kwon Do is an artistic discipline. The techniques are done with graceful and powerful movements. Students continuously strive to improve the artistic presentation of each technique. The art of Tae Kwon Do develops strong posture, graceful movement, excellent coordination, and attention to detail. Koreans believe that everyone can benefit from exposure to this artistic discipline.

#### **Self-Defense Training**

Self-defense skills are safety skills. Koreans believe that it's important for everyone to learn self-defense. When a person learns and develops skills of self-defense, the chance of sustaining an injury due to a fall or an attack is greatly reduced, and the chance of escaping from a mugging, a rape, or an abduction attempt is greatly

increased. Learning these safety skills does not promote violence, but enables one to avoid becoming a victim of violence and minimizes injury due to falling.

#### A Way Of Life

Tae Kwan Do students are encouraged to live according to the tenets of Tae Kwon Do listed below:

**Courtesy:** Thoughtfulness and consideration for others. Tae Kwon Do students and instructors should be polite.

**Integrity:** Honesty and goodness. Tae Kwon Do students should live by a code of moral values and principles

**Perseverance:** Never giving up in the pursuit of one's goals. Students should welcome challenges because challenges cause them to grow and improve.

**Self-Control:** Having control of body and mind. Tae Kwon Do students should practice controlling their actions and reactions.

**Indomitable Spirit:** Courage in the face of adversity. Tae Kwon Do students should never be dominated by others or have their spirits broken.

#### Tae Kwon Do Is Excellent Exercise

Students gain invaluable physical and mental improvements and develop real and lasting self-confidence when they exercise. Tae Kwon Do students do exercises that develop strength, flexibility, endurance, speed, balance, memory, concentration, coordination, and self-control. One of the keys to the success of Tae Kwon Do is that the exercises are fun; the students see results and are inspired to do more.

#### Tae Kwon Do Training Develops Self-Confidence

Success in a personal development program, such as a Tae Kwon Do class, where students experience noticeable increases in strength, flexibility, memory, coordination, and self-defense skills as the result of a dedicated effort, is an excellent foundation for self-confidence. It is self-confidence based on physical and mental self-improvement, as opposed to self-confidence based on athletic performance. This self-confidence is deep; it is not subject to the results of tomorrow's game. It is not reserved for the best players on the team; it is available to everyone because everyone experiences improvement with Tae Kwon Do training.



#### **Activities**

- 1. Have students write a short essay about the difference between Tae Kwon Do and American martial arts.
- 2. Have students practice some Tae Kwon Do kicking and punching moves like people from the movie.
- 3. Write a short essay about how important self-defense training is.



#### **Discussion Questions**

1. Why do you think learning Tae Kwon Do is important in relating to Korean culture?

- 2. How does learning a martial art help people to become better citizens?
- 3. Discuss why exercising is important to your body.
- 4. What are the differences and similarities between Tae Kwon Do and American martial arts?

# FACTS ABOUT SOUTH KOREA

Official Name: Republic of Korea

Capital: Seoul

Government Type: republic

**Area:** Total: 98,480 sq km, Land: 98,190 sq km, Water: 290 sq km

Land Boundaries: 238 km

**Climate:** temperate, with rainfall mostly during the summer months, snow in

the winter

**Lowest Point:** Sea of Japan 0 m

**Highest Point:** Halla-san 1,950 m

Natural Resources: coal, tungsten, graphite, molybdenum, lead,

hydropower potential

Natural Hazards: typhoons

**Population:** 48,324,000 (July 2002)

Ethnic Groups: homogeneous, except

for about 20,000 Chinese

**Religions:** Christian 49%, Buddhist 47%, Confucianism 3%, Shamanist Chongdogyo (Religion of the Heavenly

Way), and other 1%

Languages: Korean, English widely

taught in school systems

**GDP:** \$865 billion (2001 est.)

**GDP Per Capita:** \$18,000 (2001 est.)

**GDP Composition By Sector:** 

industry: 44%, services: 51%, agricul-

ture 5%

**Labor Force:** 22 million (2001)

**Unemployment Rate:** 3.9% (2001 est.)

**Industries:** electronics, automobile production, chemicals, shipbuilding, steel, textiles, clothing, footwear, food

processing

**Agricultural Products:** rice, root crops, barley, vegetables, fruit, cattle, pigs, chickens, milk, eggs, fish

**Exports:** \$168.3 billion (f.o.b., 2001) electronics, machinery, motor vehicles, steel, ships, textiles, clothing, footwear, fish

**Imports:** \$152.3 billion (f.o.b., 2001) machinery, electronics, oil, steel, transport equipment, textiles, organic chemicals, grains

Trade Partners: U.S., Japan, China,

Australia, Saudi Arabia

**Currency:** won (W)

**Exchange Rate:** 1,317.01 won = \$1

U.S. (January 2002)

16

# HISTORY AND HOLIDAYS

#### TIME LINE

- **6,000–4,000** New Stone Age in Korean peninsula
- **2,333–1,100** Founding of old Choson by Tangun
  - 1,122 Alleged arrival of Kija from Shang, China
  - **2,200–200** Small states; Puyeo, Umnu, Okcho, Cholbon
    - 194 Wiman usurps the throne of Chosun's King Jun
- **108** B.C.E.-75 C.E. Invasion by Emperor Wudi of Han dynasty
  - **300–600** Three Kingdoms: Silla, P'aekche, Koguryeo
  - 676–935 Unified Silla
  - **935–1392** Koryo Dynasty
  - **1392–1910** Yi Korea Dynasty
  - 1592 & 1598 Japanese Invasions (Hideoyoshi)
  - **1627 & 1637** Manchu Invasions
    - 1894 Sino-Japanese war
    - 1910–1945 Annexation by Japan
      - **1919** 1 March, Declaration of Independence
      - **1919** April, Syngman Lee named President while in U.S.A.
      - **1945** Liberation from Japanese rule
    - 1948–1960 Republic of Korea Syngman Lee, President
    - **1950–1953** Korean War
      - **1960** 19 April, Student Revolt
      - **1961** 16 May military Coup
      - 1980 President Park's death
      - **1980** General Chun Doohwan stages a military coup
      - 1988 General Noh Tae-woo
      - **1992** The election of President Kim
      - **1997** The election of President Kim, Dae-jung

#### **HOLIDAYS**

- **1 Jan** New Year's Day and Lunar New Year
- **5 Apr** Arbor Day
- **8 Apr** Buddha's Birthday
- **5 May** Children's Day
- **6 Jun** Memorial Day
- **17 Jul** Constitution Day
- **15 Aug** Independence Day
- **15 Aug** Korean Thanksgiving Day (Chusok)
- **3 Oct** National Foundation Day
- **25 Dec** Christmas

# ADDITIONAL RESOURCES

#### KOREAN EMBASSY TO THE UNITED STATES

2450 Massachusetts Avenue NW

Washington, DC 20008 Phone: (202) 939-5600

#### KOREAN NATIONAL TOURISM ORGANIZATION

10 Da-dong, Jung-gu Seoul, Korea 100-180

Web site: http://www.knto.or.kr

#### KOREAN CULTURAL CENTER-KOREAN FOLK VILLAGE

107 Pora-ri, Kihung-up, Yong-in-shi, Kyonggi-do,

Republic of Korea, 449-900

Phone: 82-031-286-2111-3, 82-2-742-6029, Fax: 82-031-286-3525

#### **BOOKS**

Akaboshi, Goro. Five Centuries of Korean Ceramics: Pottery and Porcelain of the Yi Dynasty.

Breen, Michael. *The Koreans: Who They Are, What They Want, Where Their Future Lies.* Kirkus Associates, LP., 1999.

Coultrip-Davis, Deborah. Flavors of Korea: Delicious Vegetarian Cuisine.

Copeland, Marks. The Korean Kitchen: Classic Recipes from the Land of the Morning Calm, 1999.

CultureGram '99, Brigham Young University, 1998.

Frances, M. Koh. English Korean Picture Dictionary, 1998.

- —. Korean Games, 1997.
- —. Korean Holidays and Festivals, 1990.

King, Ros and Johoon Yeon. *Elementary Korean*, 2000.

O'Brien, Betsy. Let's Eat Korean Food, 1998.

Portal, Jane. Korea: Art and Archaeology, Thames & Hudson, 2000.

Rogers, Michael C. College Korean, 1992.

Storey, Robert and Alexander English. Lonely Planet Korea (Korea 5th Ed.), 2001.

#### **FILM**

Hidden Korea, PBS, 2001. (VHS).

Touring Korea, Questar Inc., 1987. (VHS).

#### **INTERNET SITES**

#### **CIA World Factbook:**

http://www.odci.gov/cia/publications/factbook/index.html

#### Life in Korea:

http://lifeinkorea.com

#### Web Tour:

http://www.en.cybertournet.com

#### **Korea Online:**

http://www.sigmainstitute.com/koreanonline/

#### **Korean National Tourism Organization:**

http://www.knto.or.kr

#### **Orient Magazine:**

http://www.orientmag.com/food6.htm

#### Korean Kimchi:

http://www.kimchikorea.net

#### Mok-A Museum:

http://www.moka.or.kr/

#### **Korean History Project:**

http://www.koreanhistoryproject.org

#### **Korean Cultural Center of Los Angeles:**

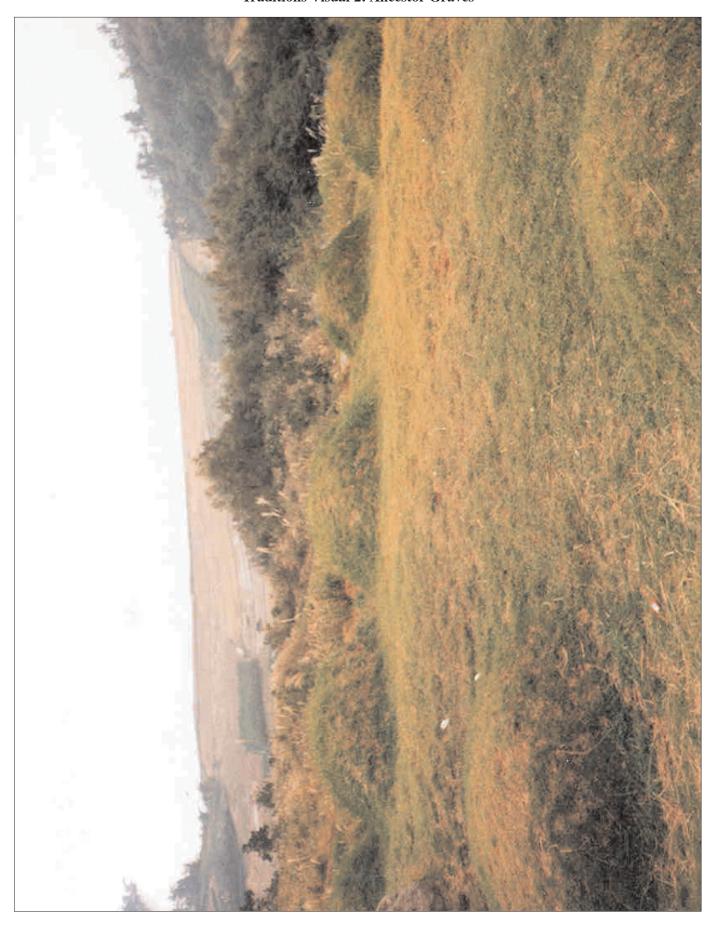
http://www.kccla.org

#### **Korean Culture:**

http://www.koreanculture.org

**Traditions Visual 1: Chusok Dinner** 





#### **Folklore & Language Visual 1: Introductions**

Practice writing Korean by copying the characters in the boxes below.

#### AN-NYONG HA-SHIM-NI-KA (HELLO OR HOW ARE YOU?)

안	150	하	십	니	까

# Kam-sa-hap-ni-da (Thank you)

감	사	함	니	다

# KOREAN LANGUAGE

미국은 14일 아프가니스탄 반군 세력이 탈레반 정권의 마지막 거점 인 남부의 칸다하르까지 점령했다는 보도가 나도는 가운데 오사마 빈 라덴과 탈레반 지도부에 대한 추적의 고삐를 늦추지 않을 것이 라고 밝혔다.

아프간전을 진두지휘하고 있는 토미 프랭크스 중부군사령관은 전황이 미처 예상하지 못한 빠른 속도로 진전됨에 따라 빈 라덴의 조직 알 카에다와 탈레반 지도부의추적과 제거를 위한 새로운 군사 계획 수립에 돌입한 것으로 전해졌다.

도널드 럼즈펠드 미국 국방장관은 공습 39 일째를 맞아 미국의 아프간 전쟁 돌입배경을 강조하기 위해 테러로 폐허가 된 뉴욕 세계무역센터를 방문한 자리에서 "탈레반의 패주와 아프간 국민의 국가 회복을 지켜 보는 것은 유쾌한 일"이라고 말하고 그러나 9.11 연쇄 테러 주모자 수색은 여전히 어려운 과제로 남아 있다고 지적했다.

# Hangul 한글

#### **HANGUL QUIZ**

For each of the following phrases or words in English, circle the letter with the correct Korean translation.

#### 1. Nice to meet you.

- a. An-nyong ha-shim-ni-ka.
- b. Man-na-so pan-kap-sum-ni-da.
- c. Tang-shin iru-mun muwo-shim-ni-ka.

#### 2. Daughter

- a. Tal
- b. Adul
- c. A-bo-ji

#### 3. English

- a. Yong-o
- b. Pul-o
- c. Spe-ino

#### 4. What is your name?

- a. Man-na-so pan kap-sum-ni-da.
- b. Irum-e muwo-shim-ni-ka.
- c. An-nyoung ha-shim-ni-ka.

#### 5. I don't know.

- a. Hwa-jang-sil-I o-die isum-ni-ka
- b. Mo-ru-get sum-ni-da
- c. Che-song-ham-ni-da

#### **HANGUL QUIZ**

Answer Key

#### 1. Nice to meet you.

a. An-nyong ha-shim-ni-ka.

#### 2. Daughter

a. Tal

#### 3. English

a. Yong-o

#### 4. What is your name?

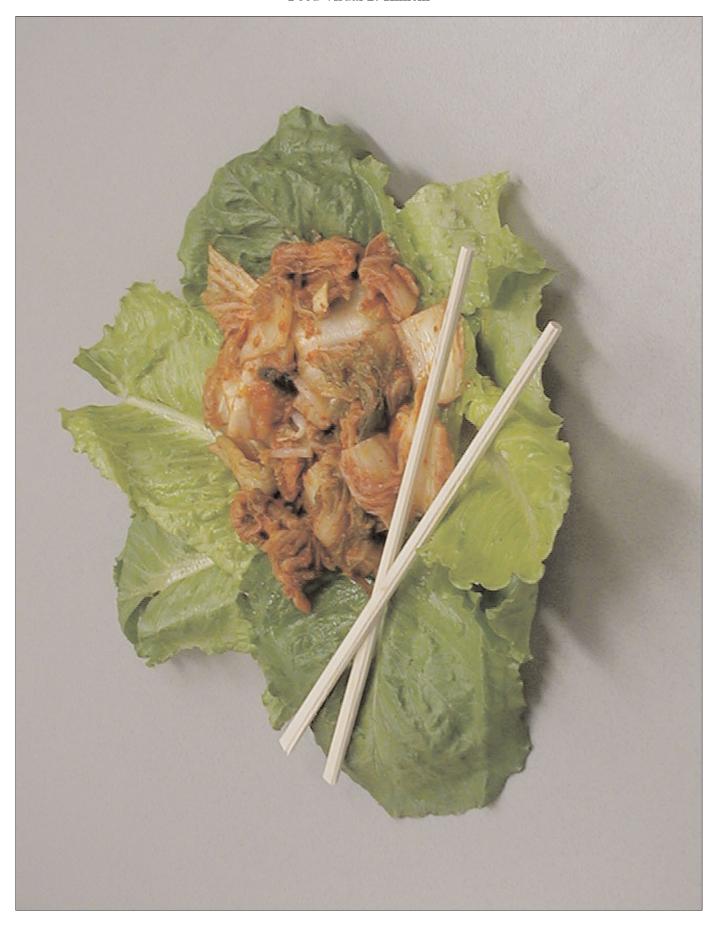
b. Irum-e muwo-shim-ni-ka.

#### 5. I don't know

b. Mo-ru-get sum-ni-da.

Food Visual 1: Korean Food





#### **KIMCHI QUIZ**

- 1. What is kimchi?
- 2. How many different types of kimchi are there in Korea?
- 3. How often do Koreans eat kimchi?
- 4. What do Korean people eat kimchi with?
- 5. What do they use when they eat?

#### **KIMCHI QUIZ**

Answer Key

1. What is kimchi?

Kimchi is the staple food eaten at almost every Korean meal. There are many different kinds but all of them are made from cabbage mixed with various spices, most commonly garlic, chili pepper, and ginger. Most foreigners who try kimchi for the first time are generally not overly impressed with the taste, but like many things, it grows on you. There are many different kinds of kimchi in the world.

- 2. How many different types of kimchi are there in Korea?

  Generally speaking, there are about seven different types of kimchi.
- 3. How often do Koreans eat kimchi? Koreans eat it at almost every meal.
- 4. What do Korean people eat kimchi with?

  They eat it with rice, a lot of different side dishes, and soup.
- 5. What do they use when they eat?

  They use round metal chopsticks and spoons.









#### A Brief History of Tae Kwon Do

Early Koreans developed unique martial art forms for unarmed self defense to compliment their skills with weapons. The first recorded evidence of what was to become modern Tae Kwon Do is found about two thousand years ago in Korean history. A mural painting from the Koguryu kingdom (37 B.C.E. to 66 C.E.) was found in a tomb believed to have been built sometime during the period 3 to 427 C.E. This mural depicts figures practicing martial arts techniques. Historical records from this Koguryu period also mention the practice of martial arts techniques and tournaments. The early forms had different names, such as Kwonbak, Bakhi, Dangsoo, Taesoo and Kongsoo. From about 600 C.E. to about 1400, the mainstream, dominant form was Soobak, which further evolved into Taekyon beginning in the late 1300s. Taekyon was the dominant Korean martial art form until the Japanese invasion and occupation of Korea in 1909. From 1909 to 1945, the Japanese suppressed Korean culture and martial arts, and introduced Japanese culture and martial arts.

The modern period of Tae Kwon Do began with the defeat of the Japanese and the liberation of Korea in 1945. Korean martial arts masters wanted to eliminate Japanese influence. They began discussions on how to return to the traditional Taekyon-based Korean martial arts and on how to combine the various martial arts schools (or Kwans) and styles into a single style and national sport. After several years of discussion, the name "Tae Kwon Do" was chosen, in April 1955, by the board of masters of the various Kwans, and the Kwans started to unify through the late 1950s.

In 1961 the Korea Tae Kwon Do Association was created. Its name was later changed to the Korea Taesoodo Association in 1965.

The spread of Tae Kwon Do as a martial art and competitive sport continues to this date. The principal events in the rapid evolution of Tae Kwon Do as a popular worldwide sport are:

- 1973 World Tae Kwon Do Federation created
- 1975 General Association of International Sports Federations recognizes the WTF
- 1976 Tae Kwon Do accepted as a Consul International du Sport Militaire sport (world level military sports organization)
- 1980 International Olympic Committee recognizes the WTF
- 1981 Tae Kwon Do accepted as a World Games sport
- 1983 Tae Kwon Do accepted as a Pan American Games and All Africa Games sport
- 1985 Tae Kwon Do adopted as a demonstration sport for the 1988 Olympic Games
- 1986 Tae Kwon Do accepted as a Federation International du Sport Universitaire sport (world university level sport organization)
- 1992 Tae Kwon Do is an Olympic demonstration sport in Barcelona, Spain
- **1994** Tae Kwon Do selected as a full Olympic sport for the 2000 Olympic Games in Sydney, Australia
- 1996 Tae Kwon Do is an Olympic demonstration sport in Atlanta
- Today Tae Kwon Do is by far the most widely practiced martial art in the world

http://www.tkd.net/tkdnetwork/history.html



© Comstock.com. Reprinted with permission. All rights reserved.

# FLAG OF SOUTH KOREA

The flag is white with a red (top) and blue yin-yang symbol in the center; there is a different black trigram from the ancient I Ching (Book of Changes) in each corner of the white field.

