

Unit 5 Lesson 7

1 Read about a Korean martial art.



A very modern martial art

Many years ago, people didn't live like we do today. They had lots more chores and they didn't watch TV or play on computers. Many people practiced martial arts – but not in their free time. They studied how to fight and defend themselves.

Do you know somebody who does taekwondo?

It's a Fact!

More than 3.5 million people in the world do taekwondo!



Many people think that this martial art is a very old invention but, in fact, taekwondo started in the 1960s in Korea. It's now one of the most popular martial arts in the world. It's so popular that in the year 2000 it became an official Olympic sport! People who teach and study taekwondo also believe that it can be an important part of your life:



"Of course you learn self-defense, but you also learn discipline, perseverance, and respect for other people – and it's a lot of fun!"

2 Find and write.

- 1 Name two free-time activities that people didn't do in the past.
- 2 Why did Korean people do martial arts in the past?
- 3 How old is taekwondo?
- 4 What values can you learn in taekwondo?

