

The Cold War

The Cold War began shortly after the end of World War II and continued until the Soviet Union was disbanded in 1991. It was a period of very intense international relations between the United States and the Soviet Union, with both countries competing for political, economic, and military influence. The Soviet Union and the U.S. had both been part of the Allied Powers during the war, but there was not much trust between the Soviet Union and the other Allied Powers, who were concerned both about their leader, Joseph Stalin, and the potential spread of communism.

It was called the "cold war" because there was no actual military conflict between the two countries. But though the U.S. and the Soviet Union never fought one another directly, other countries did fight one another, with the support of these superpowers. These were known as proxy (substitute) wars, and examples included the Korean War, the Vietnam War, the Yom Kippur War, and the Soviet Afghanistan War.

The U.S. and the Soviet Union also "fought" each other by trying to have the most power and the best technology. The Arms Race was a period of time in which each side tried to develop and stockpile superior weapons in hope that the existence of these weapons would discourage the other side from launching an attack.



Technological superiority was sought through the Space Race, in which U.S. and Soviet scientists competed to be the first to accomplish important space missions. The Space Race culminated on July 20, 1969, when the U.S. landed the first humans on the Moon with Apollo 11.

The Soviet Union began to collapse in the late 1980s, and in 1991, the country broke up into 15 independent states. This dissolution of Soviet power ended the Cold War between the Soviet Union and the United States.