

Building an Empire - p 178 - 181

Strength of an Army:

- The army was the backbone of the Roman Empire
- The soldiers were expert warriors
- For over 500 years, the army defeated all of its neighbouring territories, and conquering their lands
- Soldiers not only fought, but also built structures, roads and maintained peace in the PROVINCES (*provinces were the names of the territories controlled by Rome.*)
- Roman armies were highly disciplined, organized and efficient...making them the most effective army in the Ancient World.

Military Advantages:

Armour: Curved plates of iron or steel to protect their bodies.



Shields: oblong, curved shields that could be used to form a wall while in battle.



Troop Formation: Armies were organized into LEGIONS (*groups of 4000 - 6000 soldiers*). Each Legion was made up of about 10 UNITS. (*Each Unit was made up of 80 men & a commander.*)

Cavalry: Soldiers on horseback, who rode alongside the foot soldiers. They could move quickly in battle.