Y-Origins™: DNA Test for Paternal Ancestry

A	Haplogroup A is the oldest, most widespread Y-DNA haplogroup, considered the group from which arose "Y-Chromosomal Adam." Found throughout Africa, A's descendants include Tanzania's Hadza peoples and eastern Africa's bushmen.
B	This group is best represented among African Pygmy populations (particularly among Baka and Mbuti peoples), in the sub-Sahara. Like haplogroup A, B is among the oldest and most diverse of the Y-DNA haplogroups.
C	With progeny spanning Asia and the South Pacific, haplogroup C is believed to have helped colonize Australia and New Guinea. C's traces are also to be found - although less commonly - among indigenous American peoples. Scientists see this haplogroup as having migrated to the Americas circa 4,000-6,000 BC, settling in the Pacific Northwest.
D	D is thought to have arisen approximately 50,000 years ago in Africa, and experienced a great Southern Asian coastal migration. Its descendants populate Southeast Asia and the Pacific Rim, including Japan (especially subgroup D2).
E	This haplogroup represents a major segment of early mankind, with origins some 50,000 before our time. Its progeny is most common to the Middle East and northern Africa.
E3a	The E3a subgroup is thought to have migrated southward from Northern Africa circa 2,000-4,000 BC, and is notable in its frequent representation among modern day black Americans.
E3b	Another E subgroup, this ancestral segment is thought to have emigrated from the Middle East into the Mediterranean region, after its appearance around 24,000 BC. E3b would then migrate westward during the agricultural expansion in the Neolithic era. Today's E3b descendants are said to be found in eastern and northern Africa, as well as southeastern Europe.
F	Very little is universally accepted regarding haplogroup F. However, scientists have traced its progeny to the modern day Middle East and parts of Indonesia. Small populations of Haplogroup F have also been discovered in North America.
G	This haplogroup is widely distributed in Eastern Europe and Asia, despite a low overall representation in human populations. It is thought to have its origins in circa 10,000-15,000 BC India or Pakistan, having migrated in a northwesterly direction; its descendants can be found in the eastern Mediterranean region, as well as the Middle East and western Asia.

H	H is believed to have been born approximately 30,000 years ago in southern Asia, and is well represented in today's Indian and Pakistani populations. While scientists have traced H's roots to India itself, evidence also suggests a Middle Eastern/Iranian origin.
I	This haplogroup is thought to be linked with Scandinavia's Viking populations, ultimately spreading widely throughout modern-day Europe. A branch of haplogroup F, I is believed to have migrated from the Middle East 20,000 to 25,000 years ago; it can be found in high concentrations in the Adriatic region (1/3 of modern day Croats), and is evidently also linked with Celtic populations.
I1a	Despite its apparent designation as an I "subgroup" I1a - with its I1b neighbor - has been shown to be of non-Scandinavian origin. Its roots have been traced to as recently as the past 1,000 years, and are thought to be linked to Anglo-Saxon migrations from southern into northern Europe. ÊThe group's modern-day seat is in central Europe.
I1b	As with I1a, this haplogroup has recently shown to be of non-Scandinavian origin, despite its nominal link with haplogroup I, a heavily Scandinavian segment. I1b's progeny can be found in modern day Greece, and less frequently in other areas of southern Europe.
J	This descendant of haplogroup F emerged roughly 10,000-15,000 years ago in western Asia, and is traceable to current European, Middle Eastern and North African peoples, with progeny also represented in India and Pakistan.
J2	J2's descendants include modern Jewish populations, with frequent representation also in Central Asia and the Mediterranean. Its 15,000-20,000 year old beginnings are said to have coincided with the spread of early agriculture, depositing additional populations in India. J2 is also said to be represented in some Arab peoples.
K	From its origins in central Asia some 40,000 years ago, haplogroup K would father most of the current population of the northern hemisphere; many Indian peoples, most Europeans and almost all Asians are descendants of this group. This subgroup of F gave rise to every remaining haplogroup - namely L, M, N, O and P (which would spawn haplogroups Q and R).
L	Originating some 30,000 years ago, L is said to have yielded the first significant influx of humans into India. Its descendants are still represented in the Indian nation, with further progeny extending throughout southern Asia and the Middle East.
M	M made its first appearance circa 10,000 BC in southeastern Asia, and spawned populations in Indonesia and much of Southeast Asia.
N	This haplogroup's origins have been traced to northern Asia, where its peoples were divided between Siberia and a strong Eurasian migration. Today's N populations are found throughout much of Europe, including Russia and Scandinavian nations.
O	Virtually all Chinese, Korean and Japanese males are descendants of haplogroup O, with almost no representation among western Asian populations. First appearing roughly 35,000 years ago, O's membership is said to have left Siberia for the Pacific Rim region.
P	This subgroup of K is ancestor to most Europeans, and has spawned nearly all Native American peoples. Scientists have traced P's roots to northern Asia, some 30,000 to 40,000 years before the present day. Today's P descendants are common to Asia and South America.
Q	Q's lineage is common to members of both Asian and North American populations, having originated in Siberia approximately 20,000 years ago, moving eastward across the Bering Strait into the American continent some 5,000 years later. Today's Q progeny is found in nearly all Native American peoples, having spread from northeastern America throughout the entire continent.

R	This haplogroup arose in northwestern Asia some 30,000 years ago, spawning prominent subgroups R1a and R1b. The R1a haplogroup emerged from the Eurasian plains circa 10,000 BC, where scientists believe nomadic farmers were the first speakers of the proto-Indo-European language. Its remnants can be found in the modern day Slavic peoples of Eastern Europe; fully half of all Polish and Russian males are descended from this haplogroup. Most common of all haplogroups among European peoples is R1b, which, like R1a, is said to have emerged around 10,000 BC. Generously exhibited in western European males, and thus within North American population groups, this haplogroup is represented most frequently in southern England, as well as among the Spanish and Portuguese. In fact, some western European regions (the Iberian peninsula and Ireland) contain R1b males at frequencies as high as 90%. Its progenitors are said to have descended from Cro-Magnon man, which immigrated into Europe some 35,000 years before our present day.