

Research on the Development Process and Countermeasures of Taekwondo Poomsae

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Abstract

Poomsae is one of the important components of the Taekwondo system. In the process of development, it gradually formed the characteristics of sports, competition, and globalization. Through literature method, qualitative analysis method and comparative analysis method, it summarizes and summarizes the formation characteristics of Taekwondo Poomsae. It is analyzed related events, so as to put forward some countermeasures on the future development of Taekwondo Poomsae. This is conducive to better entry into the Olympics for Taekwondo poomsae and better meet the competitive demand of countries around the world. The following points should be considered in future development: 1. Formulate unified rules of the game; 2. Enrich the content of the game, overcome technical monotony, increase the difficulty of movement, and accelerate the popularity of competitive products; 3. Cultivate professional referees and strengthen the impartiality of referees; 4. Improve the existing way of competition. These suggestions can be promoted for Taekwondo poomsae into the Olympics and be met the competitive needs of countries around the world.

Keywords

Taekwondo Poomsae; competitive demand; competition development.

1. Introduction

Taekwondo, known as the national skill of Korea, is a typical sport with oriental characteristics, which combines traditional martial arts with modern sports. In the mid-20th century, Taekwondo, like other martial arts, experienced the transformation from traditional martial arts to sports in the cultural exchange and collision between the East and the West, and gradually moved towards the development path of competition and internationalization, becoming one of the martial arts sports that people all over the world love by combining traditional martial arts with modern sports. Poomsae, as one of the important components of Taekwondo training system, has been greatly popularized and developed since it was created in 1968. Now it has made its debut on the world stage and is deeply loved by people all over the world. This has created favorable conditions for Poomsae to enter the Olympic Games and meet the competitive needs of all countries in the world.

2. Overview and Development Process Analysis of Poomsae

2.1. Overview of Poomsae

Poomsae (also known as type) refers to a kind of practice form in which the exerciser takes technical and combat as the main content, and forms a routine with a fixed pattern through the arrangement of offensive and defensive movements, so as to strengthen the body and cultivate the will [1]. There are three types of Poomsae: Official Poomsae, New Poomsae and Freestyle

Poomsae. In 1968, the Poomsae Formulation Committee created "Youngeubja Poomsae" (Palgwe 1-8) and "Yodanja Poomsae", with 17 standard types [2]. After that, in order to promote Taekwondo to enter the school physical education curriculum, in 1972, eight sets of Taegeuk Poomsae, namely Taegeuk (1-8), were newly developed and created to facilitate the teaching and popularization in the primary physical education curriculum. Since then, Taegeuk Poomsae has replaced Palgwe Poomsae, which has been popularized in schools and Taekwondo studio rapidly, and has become one of the important evaluation criteria of "Promotion Test". In 2016, in order to promote the Poomsae to enter the Asian Games in Jakarta in 2018, on November 29th, the National Institute of Technology of Korea publicly released 10 sets of New Poomsae jointly developed and created by the Kukkiwon and the World Taekwondo (WT), among which Himchari, Saebyeol, Nareusya and Bigak became the official events of the Asian Games [3]. It plays a very important role in the development of Poomsae's competition.

In a word, with the change and development of the times, Poomsae's own content system has been adjusted and expanded accordingly. Especially, with the support and promotion of national policies, it has been developed in the field of school sports and competitive sports.

2.2. The Analysis of Poomsae Development Process

In the process of development, Poomsae has formed the characteristics of sports, competition and globalization. The analysis of the development process of Poomsae lies in the deep understanding of Poomsae, so as to put forward relevant measures, so as to better promote the benign development of Poomsae.

Firstly, the characteristics of Poomsae in sports development are discussed. The sports of Taekwondo, including Poomsae, is closely related to the sports-related policies put forward by Korea at that time. In the middle of last century, in order to revitalize sports in South Korea, the National Reconstruction Summit announced the re-registration of social organizations, and the Taekwondo community actively responded to the call. In September 1961, the South Korean Tang Soo Do Association (later renamed as the South Korean Taekwondo Association) was established, and Taekwondo officially became one of the sports in the system, and started the national competition, which marked the beginning of the sports of Taekwondo. After that, the relevant departments proposed to let Taekwondo enter the campus, which will help accelerate the sports and education of Poomsae. In February 1973, Taekwondo became one of the physical education courses in primary schools; In August of the same year, Taekwondo was included in the junior high school physical education curriculum; In 1974, he was included in the high school physical education curriculum. So far, Taekwondo has been promoted and popularized in both directions by schools and Taekwondo studio. Eight years later, in 1982, YongIn University took the lead in establishing a Taekwondo department and offering specialized courses in Taekwondo, which marked that Taekwondo officially became a discipline. See table 1.

Since then, Korean universities such as Kyung Hee University (1983), Keimyung University (1996), Kyungwon University University (1997), Korea National Sports University (1997), Chungcheong University (1998) have established Taekwondo departments. The sports of Taekwondo is gradually maturing.

Table 1. The development process of Taekwondo Poomsae

TIME	EVENT	UNIT	MEANING
Sep. 1961	Korean Taekwondo Association established	Choi, Hong-hee and 5 Taekwondo studio	Taekwondo officially became a sport within the system, marking the beginning of sports
1972	Create Taekwondo Poomsae Taegeuk(1-8)	Poomsae formulation committee	Promote Poomsae into campus
Feb. 1973	Become a primary school physical education curriculum	Ministry of Education	
Aug. 1973	Become a junior high school physical education curriculum	Ministry of Education	Taekwondo Become a school physical education curriculum
1974	Become a high school physical education curriculum	Ministry of Education	
1982	Established the Taekwondo faculty and opened professional courses in Taekwondo	YongIn University	Taekwondo becomes a discipline

The formation of sports is accompanied by the formation of rules. Before the formulation of the rules of Poomsae competition, all Poomsae competitions were judged according to the Poomsae educational benchmark of the Institute of National Technology. Therefore, the judgment of the competition is easily intervened by the referee's subjective position, and controversial results often appear in the competition. Based on this, on September 23, 2003, the World Taekwondo Federation took the lead in formulating the "Poomsae Competition Rules of the World Taekwondo", which is applicable to all competitions held by the World Taekwondo Federation (WT). Up to now, this rule has undergone seven revisions and improvements. On January 10, 2006, the Korean Taekwondo Association (KTA), through the selected permanent judges, formulated the "Korean Taekwondo Association Poomsae Competition Rules" which are applicable to all Poomsae competitions held by the Korean Taekwondo Association, and held training on the rules every year. This rule has undergone 14 revisions and improvements since it was formulated. Whether it is the Poomsae competition rules of the World Taekwondo Federation or the Poomsae competition rules of the Korean Taekwondo Association, through continuous revision and improvement, it will be more standardized and scientific, so as to adapt to the ever-developing Poomsae competition.

Secondly, discuss the competitive characteristics of Poomsae in development. The promulgation of "Korean National Sports Revitalization Law" on September 17, 1962 has created opportunities for Taekwondo. With the support and promotion of all sectors of society, competitive Taekwondo has developed rapidly at home and abroad. Especially after competitive Taekwondo became a performance event in Seoul Olympic Games in 1988, competitions of different natures and scales were held all over the world, thus speeding up the process of competitive Taekwondo.

However, compared with competitive Taekwondo, the competitive development of Poomsae is more than 20 years late. The scale and form of Poomsae competition also experienced different ways and means to try, and then gradually moved towards stability and maturity. A clear understanding of the development of major events in Poomsae will be gained by summarizing the development of major events in table 2.

Table 2. Overview of the development of major Taekwondo Poomsae events

TIME	COMPETITION	LOCATIOM	PARTICIPATION SITUATION	REMARKS
May. 1990	11th "Children's Taekwondo King" National Primary School Taekwondo Competition	-	-	Performance items
Dec. 1992	1st Taekwondo Hanmadang	Seoul, South Korea	-	The first official competition items
Nov. 1994	3st Taekwondo Hanmadang	Seoul, South Korea	A total of 1576 players, including 168 foreigners	For the first time foreign athletes participated
Aug. 1999	3st World Martial Arts Taekwondo Competition	South Korea	-	
Jun. 2000	KOREA OPEN Chuncheon International Taekwondo Competition	Chuncheon, South Korea	-	Poomsae is an official competition items
Apr. 2002	1st Korea Gyeongju International Women's Open Taekwondo Competition	Gyeongju, South Korea	30 countries	
Oct. 2003	1st World Taekwondo Martial Arts Competition	Seoul, South Korea	Over 180 players in 14 countries	
May. 2004	16th Asian Taekwondo Championships	Seongnam, Gyeonggi-do, South Korea	14 countries	Performance items
Jun. 2004	5th World Junior Taekwondo Championships	Suncheon, South Korea	83 countries	New competition items
Sep. 2005	1st Korea Open International Taekwondo Competition and pre World Taekwondo Poomsae Championship	Seoul, South Korea	525 players in 57 countries	
Sep. 2006	1st WTF World Taekwondo Poomsae Championship	South Korea	407 players in 57 countries	Poomsae is an official competition items
Jul. 2009	25th Belgrade Summer Universiade Competition	Belgrade	-	
May. 2010	1st Asia Taekwondo Poomsae Championship	Kazakhstan	16 countries	
Jun. 2010	11th World University Taekwondo Championships	Vigo, Spain	More than 40 countries	
Jul. 2011	6th WTF World Taekwondo Poomsae Championship	Russia	-	Freestyle Poomsae becomes a performance items
May. 2012	1st Asia Junior Taekwondo Poomsae Competition	Vietnam	More than 30 countries and regions	New competition items
Oct. 2012	7th WTF World Taekwondo Poomsae Championship	Colombia	58 countries	Freestyle Poomsae is an official competition items
Jun. 2014	5th World Taekwondo Championships for the Disabled	Russia	4 players	
May. 2017	1st World Beach Taekwondo Championships	Rhodes, Greece	More than 300 players in 26 countries	New competition items
Aug. 2018	18th Asian Games	Jakarta, Indonesia	16 countries	
Aug. 2019	Wuxi 2019 World Taekwondo World Cup Poomsae Championships	Wuxi, China	10 countries	Promote Poomsae into the Olympics

Poomsae made its debut in the national scale competition in the 11th "Children's Taekwondo King" National Primary School Taekwondo Competition held in 1990 [4]. At that time, Poomsae only met the public as a performance event, which attracted the attention of the audience for a time. In 1992, the "1st Taekwondo Hanmadang" held by the Korean Taekwondo Association in Seoul was the first official competition of Poomsae, which included all events except competitive Taekwondo, and the participants of the competition also covered all ages. Since then, this competition has been held every year. Today, this competition has become the grand ceremony of Poomsae competition. After the "Taekwondo Hanmadang" competition, Poomsae became a new event in the Yongin University "President Cup" National Taekwondo Competition in 1998 and 1999. After that, Poomsae events began to be added in the national Taekwondo competitions held by various universities, which marked the official development of Poomsae. In the 12th KyungHee University "President Cup" National Taekwondo Competition held by KyungHee University on June 7, 2000, the Poomsae competition was held for the first time by means of preliminary competition, finalist competition and final competition [5]. In the 2003 Woosuk University "President Cup" National Taekwondo Competition, it broke the previous situation of being limited to high school students and some Taekwondo studio, and the participation scale increased greatly. The contestants covered all ages from children to middle-aged and old people. After that, Keimyung University, Dong-A University and other universities offering Taekwondo majors all added Poomsae competitions in Taekwondo competitions. Therefore, the unbalanced development of Taekwondo, which is dominated by competitive Taekwondo, is gradually improved with the competitive development of Poomsae.

Finally, the internationalization characteristics of Poomsae in development. With the popularization and development of competitive Taekwondo in the world, Poomsae has gradually stepped onto the world stage. Internationally, Poomsae was first seen in the European Taekwondo Competition held by the European Taekwondo Federation (ETU) in Turkey in 1985, and later changed its name to the European Taekwondo Championship [6]. At the same time, the American Taekwondo Federation (ATA), which is far away from the other side of the ocean, also held the American Open [7], which included two major events, Poomsae and Breaking, and won unanimous praise. In 1994, in order to commemorate the visiting year in Korea, in the 3rd Taekwondo Hanmadang jointly organized by Korea Taekwondo Association and Korea Tourism Company, a total of 1576 players participated in the competition, including 168 foreign players. Therefore, the Taekwondo Hanmadang competition has officially become an international competition, and overseas players have participated in each competition since then. After that, South Korea successfully hosted a series of international competitions, such as the World Martial Arts Taekwondo Competition (August 1999), Koren Open Chuncheon International Taekwondo Competition (June 2000), Korea Gyeongju International Women's Open Taekwondo Competition (April 2002), and the World Taekwondo Martial Arts Competition (November 2003), which had a growing international influence.

In May 2004, Poomsae was listed as a performance event in the 16th Asian Taekwondo Championships, and in June of the same year, Poomsae became a new event in the 5th World Junior Taekwondo Competition. From 2005 to 2006, South Korea successively held the 1st Korea Open International Taekwondo Competition and pre World Taekwondo Poomsae Championship (September 2005) and the 1st WTF World Taekwondo Poomsae Championship (September 2006). Both the specifications and scale of the Poomsae competition have reached a new height, and the Poomsae competition has gradually matured. Since then, the 1st Asia Junior Taekwondo Poomsae Competition (Vietnam, may 2012), the 5th World Taekwondo Championships for the Disabled (Russia, June 2014), the first World Beach Taekwondo Championship (Greece, may 2017), the Jakarta Asian Games (August 2018, Jakarta), the Wuxi 2019 World Taekwondo World Cup Poomsae Championships (August 2019, Wuxi, China) have all added New Poomsae item. Especially in the Asian Games in Jakarta, in addition to the original

Poomsae and freestyle poomsae, four New poomsae (competitive poomsae) were added. It can be seen that the development of the Poomsae competition is in full bloom. It is worth mentioning that adding Freestyle Poomsae and New Poomsae in the Poomsae competition not only increases the interest of the competition, but also increases the technical difficulty, and overcomes the monotonicity of the traditional competition, which shows that the Poomsae meets the needs of international competitions through continuous content innovation.

3. Several Countermeasures in the Development of Poomsae

With the competitive and internationalized development of Poomsae and the gradual development of various major sports events, Poomsae has ushered in unprecedented development opportunities and challenges. Korean Taekwondo Association, Kukkiwon, World Taekwondo and other organizations have been making continuous efforts for the international development of Poomsae and the entry of Poomsae into the Olympics. In order to achieve this goal, Poomsae should consider the following points in its future development:

3.1. Formulate Unified Rules of the Game

In the Poomsae competition, the referee is a very important part, which determines the winners and losers of the contestants, and the referee's ruling is based on the Poomsae competition rules. At present, the competition rules of Poomsae include the rules formulated by the Kukkiwon, the rules formulated by the Korean Taekwondo Association and the rules formulated by the World Taekwondo(WT). The rules formulated by the three parties are different from each other, which brings troubles to contestants, coaches and referees. In order to avoid the troubles caused by different rules, we should take the World Taekwondo Federation as the main body, and the staff of the Kukkiwon and the Korean Taekwondo Association, as well as athletes, coaches, referees, etc., to discuss and study together and formulate unified competition rules. Under the guidance of the unified rules, it can not only avoid the troubles of players, coaches and referees caused by the differences between organizers and competition rules, but also promote the standardized development of Poomsae. Only in this way can the Poomsae competition go higher and further on the world stage.

3.2. Enrich the Content of the Game, Overcome Technical Monotony, Increase the Difficulty of Movement, and Accelerate the Popularity of New Poomsae

With the development of Poomsae in the world and the improvement of Poomsae players' skills in various countries, Poomsae competitions have gradually changed. On the one hand, in previous competitions, because the content of traditional Poomsae was too monotonous and there was not much difference in difficult movements among Poomsae, Poomsae faced many difficulties in judging, especially among high-level players. On the other hand, the repeated appearance of the same action makes the audience and players feel tired and bored, and the traditional Poomsae action also hinders the improvement of players' skills. Therefore, since 2012, Freestyle Poomsae have been added to the previous Poomsae competitions, which mainly focused on Official Poomsae, and New Poomsae have been added to the Asian Games in Jakarta in 2018, which not only improved the monotonous technology, low difficulty and single content, but also reflected the diversity of Poomsae technologies, and also improved the level and specifications of Poomsae competitions. For the audience, it has increased the watching and atmosphere of the game; For high-level players, it is helpful to improve the technical level of Poomsae players and reflect the strength gap between players; It's also easy for the referee to judge the game. However, whether it is free Poomsae or competitive Poomsae, it is mainly popularized in professional teams and first-line halls. There are some problems in the vast majority of Taekwondo studio and school systems, such as low popularization rate and insufficient attention. Therefore, in order to solve the above problems, we should speed up the

expansion and popularization of the New Poomsae in provincial teams and professional colleges.

3.3. Cultivate Professional Referees and Strengthen the Impartiality of Referees

At present, the referee work in Poomsae, Taekwondo Dance, Breaking and Demonstration is mainly performed by Poomsae referees. Because the competition is judged by subjective judgment, there is a potential danger of relying on the referee's subjective judgment, so there is a lack of professional judgment. On the contrary, like the World Taekwondo Hanmadang Competition, there are corresponding professional referees in Poomsae, Break-up, Taekwondo, demonstration and other events, so the results of the competition are fairly fair, and there is no complaint due to unfair judgment. This should be used for reference by other Poomsae competitions. Therefore, in order to improve the fairness, impartiality and professionalism of referees in competitions, relevant departments should expand the number of permanent referees in various projects, and make every effort to improve the professional quality and professionalism of referees through regular referee training and further education. In addition, for the sake of fairness, impartiality and smooth progress of the competition, all referees, staff, coaches and contestants are required to rehearse or educate and study the day before the Poomsae competition, so that the practice of adapting in advance will greatly help and promote the impartiality of referees and the ease of scoring.

3.4. Improve the Existing Way of Competition

At present, there are also differences in competition methods in Poomsae competitions organized by different organizations. The World Taekwondo Federation adopts the single elimination system, round robin and Cut Off mode; The Korean Taekwondo Association adopts single elimination system, Cut Off mode and mixed mode (Cut Off mode and elimination system); Kukkiwon adopts Cut Off mode and single scouring system. The advantage of knockout is that when many players take part in the competition, they can not only shorten the competition time, but also accurately distinguish the winner from the loser, and bring tension to the competition. On the contrary, although the Cut Off method can give a correct score to players, its disadvantage is that it takes too long. Therefore, the author thinks that in Poomsae competition, it will be better to combine Cut Off and elimination, that is, the preliminaries will be Cut Off and the single elimination system will be adopted from the top 8. Because this mixed way is helpful to solve the problem of game delay; At the same time, compared with the former, it can give more accurate evaluation.

4. Conclusions

The development of Poomsae is inseparable from the support of national policies, the efforts of relevant personnel and the support and love of practitioners. These factors are the driving force for the continuous development of Taekwondo. To promote the development of Poomsae, we should pay more attention to the development of Poomsae's competition in different groups. Due to the rapid development of Taekwondo competition, different groups have different needs for the form of Taekwondo competition, so it is necessary to formulate corresponding rules. Since the first Taekwondo Hanmadang Competition was successfully held in 1992, Poomsae has developed rapidly. Poomsae has been accepted as an official event in various Taekwondo competitions held in Korea, international Taekwondo competitions, Asian Poomsae Championships, World Poomsae Championships, Asian Games and other high-level and high-standard competitions, which makes Poomsae's influence expand continuously and the cultivation population base increase greatly. This is gratifying. However, in order to become an official event of the Olympic Games like competitive Taekwondo, Poomsae also needs

Taekwondo talents to integrate with the Kukkiwon, Korean Taekwondo Association, World Taekwondo Federation, Taekwondo Revitalization Foundation and other institutions for overall development. Through the joint efforts and continuous research of relevant personnel, this paper makes targeted countermeasures for the sustainable development of Poomsae, so as to promote it to become a member of the Olympic Games as soon as possible.

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