

Designing key model success factors in Taekwondo sports with an emphasis on careful preparation

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ABSTRACT

The purpose of this article is to provide a comprehensive model for Designing key success factors in Taekwondo sports with an emphasis on Careful Preparation Was. **Methodology:** The research method was qualitative method which was done in the first stage according to the qualitative method of data collection. The statistical population of the study was executive level experts in taekwondo and university informants. The sampling method in the qualitative section was initially purposeful and judgmental, and then the snowball sampling method was used to collect information. In this study, the theoretical saturation was achieved by interviewing 21 of the samples. Data collection tools were interviews and documents, and after coding and identifying themes, they were used to design and validate the model. Data analysis was performed using related theme analysis methods and structural models were prepared. Then, the data from twenty-one interviews were coded and analyzed by theorized analysis method. **Results:** The results of content analysis showed that grouping codes is thirty-one components. Careful preparation One of the key factors Success Has been and has There are four sections that include the style and manner of the exercises, Participate in various competitions, Exercise recommendations and related tests. **Conclusion:** According to the research results, the proposed model can be used as an analytical tool Taekwondo sports with an emphasis on Careful preparation and physical exercise for competitions, it should be the basis of action to solve the problems of this field of sports in a scientific and principled way. Thus, the key factors of success in taekwondo sports were extracted and confirmed with emphasis on Careful preparation, and the research model was drawn and its suitability was confirmed. To succeed in taekwondo competitions, sports managers are advised to pay attention to the key factors of success in taekwondo sports with an emphasis on Careful preparation pay attention.

Keywords: Model, Taekwondo, Key Success Factors, Careful preparation

Introduction

One of the determining factors in the success of sports in Taekwondo is the anthropometric index. Statistical analysis shows a relationship between the level of technical, tactical and psychological readiness in athletes who have won medals and those who have not won medals. The chart of medalists and those

who are left without medals are not even visually different. Athletes use technical and tactical interactions and mainly hit the opponent to score points quickly. But the winners are exactly the ones with the highest growth in terms of level of technical, tactical, psychological readiness have. ^[1]

Taekwondo competition systems

There are two competing systems in Taekwondo (WTF-Olympic) And ITF Non-Olympic Which is performed in more than 200 countries around the world. These systems differ in competition and competition rules and protection equipment, and in the technical and tactical approach and the factors that affect the success of the outcome. System competitions WTF in two disciplines Cyrus and technical order of patterns pooms(Form), In three age groups (children, adolescents and

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adults) and in different weight categories. To achieve success in Taekwondo, all anthropological features must be at the highest level. Among other things, it depends significantly on the opponent, the draw, age and weight. In general, with the use of acquired knowledge, relatively better planning and programming of trainings can be developed, ie during training, with emphasis on the factors influencing success in Taekwondo, coaches have the greatest impact on motor skills and success. Assign performance. Technical and tactical competence as well as the psychological characteristics of taekwondo athletes are very important. ^[2]

The role of reaction speed in Taekwondo

Reaction speed is one of the most important factors in ensuring success. Success in martial arts is determined by winning competitions. And in turn, depends on a set of factors. These factors include the fitness of the physical and technical athlete as well as the physiological psychological characteristics (reaction speed for different stimuli, coordination, etc.) is. The effectiveness of analyzing athletes' conditions depends on the methods and tests used. Improving physical training and functional performance in martial arts will help increase success in combat. The relationship between physical activity and body type, anthropometric characteristics, body composition, physiological and physical characteristics of athletes. It increases their competitive success. High response speed means the effectiveness of attack and defense actions. The inability to react quickly in a fight means defeat of the opponent ^[3].

The importance of anaerobic power

The ability to generate anaerobic power using the lower limbs is desirable for successful competition. Moderate to high levels of cardiorespiratory support are essential to support metabolic needs and facilitate recovery between consecutive competitions. To succeed in international competitions, taekwondo athletes must use both focused muscular function and "stretching" of the lower limbs to support technical and tactical measures in combat. Information on maximum dynamic strength, muscle endurance, and significant traits is important in taekwondo athletes. For example, speed and agility are essential for many technical and tactical measures taken in Taekwondo. The development of specialized tests and mechanical measures better evaluates the patterns of activity and metabolic demand of the athlete's body.

complex interaction of physiological factors, anthropometric.

bio motion optimal and optimal implementation of sport injuries is due to complex interaction of physiological, anthropometric, psychological and biological factors . the most important factors for success in different organizations include tactical, psychological abilities and psychological experience. taekwondo players in style require much agility because the displacements to the side and backward and changing the routes with high speed are very high in competition and competition. anaerobic power,

flexibility and agility are the main factors of success in taekwondo. ^[4].

The value of Kyurogi exercises

In a study conducted by the Australian Taekwondo Federation in (2018) High Performance Strategic Plan ^[5]. They have achieved this by winning the 2020 Olympic Taekwondo Championships. The role of curettage exercises is very important and valuable. The most important point is the physiological needs of competition TKD (Combat) Is. Integrate the health of athletes in all competitive programs and consider identifying targeted medal opportunities and prioritizing resources to pursue those opportunities. Identifying, maintaining, and developing high-performance athletes is essential to strategic success.

Photography time in Kyurogi

In a study that led me to Hadd in (2015) Performance Optimization in Taekwondo: From Laboratory to Field. They have come to this conclusion about the victory in the taekwondo competitions. The effect of physiological responses in taekwondo competitions, optimal training, and providing the right conditions for competitions is vital during national team training, and the emphasis on Kyurogi training

Anaerobic indicators, strength, body composition

In a study conducted by Hassanpour et al. (2017) ^[6] entitled "Comparison of the effect of two training models on anaerobic indicators, strength, body composition and some functional factors of young taekwondo athletes" It has been concluded that one of the dimensions considered in sports is the championship dimension, which in the field of Taekwondo, athletes must be at the highest level in terms of both nerve and muscle coordination (physical variables) and energy system (anaerobic) to Be able to perform best in competitions.

In a study conducted by Goodarzi et al. (2016) on the impact of martial arts on creating a fighting spirit against attackers ^[7]. under the influence of martial arts (taekwondo, karate and judo) under the title of martial arts, they conclude that implementation of techniques is using open skills. in a simpler language, the performer has to work with the motion of the attacking person to successfully perform such a skill because in terms of time and space , the environment is variable and in order to optimize the techniques of combat, one needs to adjust the start time so that it matches the motion of the attacking and creates reforms. In open skill, the fighter is attacked unexpectedly. And he needs to be able to use the skills he has learned well (after many feedbacks caused by failure to repel attacks).



Gholam Reza Goodarzi first-class refereeing and coaching degree of the federation, possessing the black belt of Dan 8 and years of leading sports teams.

In a study conducted by Hamreh *et al.* (2013)^[8] entitled "Study of the effect of six weeks of plyometric exercises", On the static and dynamic balance, the speed of reaction and the nervous coordination of the taekwondo practitioners have reached this conclusion. There are several factors involved in the success of the sport of taekwondo. Among the balance factors, Coordination and reaction speed are important factors in physical fitness, and plyometric exercises have an important effect.

Energy system in Taekwondo

Taekwondo exercises include intense movements that affect the whole body, increase the heart rate, and improve oxygen delivery to the heart and lungs over a wide period of time. Since some taekwondo practitioners will have to demonstrate free-flowing patterns and struggles during periodic competitions, they should be advised to change their usual exercises so that all three energy systems are used. Flexibility exercises should be performed daily and at the end of the workouts, because at this time the body temperature is high and as a result the risk of injury is less.^[9]

The techniques in TaeKwondo combat include foot stomp, head and hand strikes against the opponent's trunk, all of which runs without control (contact full). The regulation has drawn the nature of the Taekwondo battle to the point where athletes often use foot techniques, which is the best way to distinguish taekwondo from other combat disciplines.

Methodology

Given that the purpose of this study is to design a model of key success factors in taekwondo sports with an emphasis on Careful preparation, it requires the use of qualitative research methods. The statistical population in the qualitative part of this study is experts Taekwondo on the one hand, and their scientific and academic expertise on Taekwondo on the other formed. But the first step for the interviewees is to identify the people who had complete and comprehensive information in the development of

Taekwondo sports, so based on the information obtained in this field and in consultation with respected professors, the number of people who are also in the executive field in the field of sports Taekwondo There were also active university professors specializing in this field using judicial sampling to identify and conduct interviews. Snow was used. In fact, the interviews continue until the theoretical saturation of the phenomenon is reached. In this study, the theoretical saturation was achieved with 21 interviews. The process of content analysis begins when the analyst considers the semantic patterns and topics that have potential appeal. This analysis involves a continuous flow between the data set and the set of codes and the analysis of the data that is generated. Writing the analysis starts from the first step

The six stages of theme analysis are performed with the approach presented by Braun and Clarke (2006), which include: 1- Familiarity with data, 2- The second stage of creating initial codes, 3- Searching for themes, 4- Forming Themes Sub-, 5- Defining and naming the main themes, 6- Preparing the report

The validity and reliability of research tools

Credibility refers to the similarity of the results of the interview and the reliability of the interviewer's ability to measure the desired goals. In the present study, for the validity of the interviews by carefully determining the subject of the interviews, designing the overall planning of the interviews, conducting the interview with personal introduction, stating the purpose of the research, expressing confidentiality about the data and explaining why the interviewer chose to be interviewed. During the interviews, the recording and recording of the interviewee's voice, the analysis of the interviews through open, central and selective coding, and the reporting of the results of the interviews were used. In addition, in the present study, the techniques of comparing evidence with existing literature, ensuring that concepts are systematically related and internally cohesive, using multiple sources of evidence, rich description of the data set during its collection, Defining the boundaries of the research and having a key draft as well as studying the company's documents has been used to increase the validity of the data obtained. Also in the interview method, validity must be given for each step Seven studies should be considered to ensure reliable and reliable results. The validity of all seven stages in the selection of the subject is design, interview, copying, analysis and approval, which were considered in this research.

Results

In the research, the general results indicate that the following are key factors in the success of Taekwondo training.

Attack and counter-attack to score points

- Kyurogi exercises
- Exercise with visual stimuli, on the time of the selected reaction
- Plyometric exercises
- Exercises with an emphasis on open skill

- Anaerobic exercise
- Emphasis on speed and agility
- Visual skills exercises such as selective reaction time
- Emphasis on anthropometric indicators
- simulated training program equivalent to the main race scene

Summary of key success factors in Taekwondo training

The table below shows the results of the available documents Key Success Factors in Taekwondo Exercises with emphasis on Careful Preparation The content is completely concise and

useful. Key Success Factors Taekwondo training includes: The contents of the table

Key factors in success in taekwondo practice include: Phosphagen system, Anaerobic capacity, Genetic factors, Anthropometric Index, Attack prediction, Quick response to opponent's tactical mistakes, Explosive power, speed, aerobic capacity, Reaction time, agility, Body fat percentage, Open skills, Deception and unpredictable moves, Lower limb traction, Athlete experience, Plyometric exercises, Competition simulation practice, Identify the type of invasion, draw, Increased specific muscle mass, Cyrillic exercises, And exercise with visual stimuli.

The Table of Key Success Factors of Taekwondo Exercises

Gaini	Hosseini's decency	Hassanpour	Goderzi	samady	headache	Namazizadeh	Mir Mohammadi	Home	Greij	Powdery mildew	Oular	Versi Nin	observation .	Key factors
○														Benefiting from the phosphogenic system
○		○					○	○	○	○	○	○		Use anaerobic capacity
				○										The role of genetic factors
		○					○			○	○	○		Athletics Anthropometry Index
			○										○	Predicting opponent's attacks
													○	Quick response to the opponent's tactical mistake
				○			○			○	○			Athlete's explosive power
○				○			○	○		○	○			Athlete speed
								○		○	○			Use aerobic capacity
	○		○	○	○						○	○		Response Time
			○	○			○			○				Athlete's agility
				○			○			○	○			Proportionate body fat percentage
			○			○								Open skill training
						○								Deception and unpredictable moves
							○			○				Lower limb traction
								○						Athlete experience
				○				○						Plyometric exercises
			○											Simulation exercises with competitions
												○		Identify the type of opponent's attack
												○		Do weight training
○	○													Increased specific muscle mass

The main determinant of performance indicators is the athlete's tonometry data Taekwondo was no exception, and weightlifting was recognized as one of the key to success^[1].

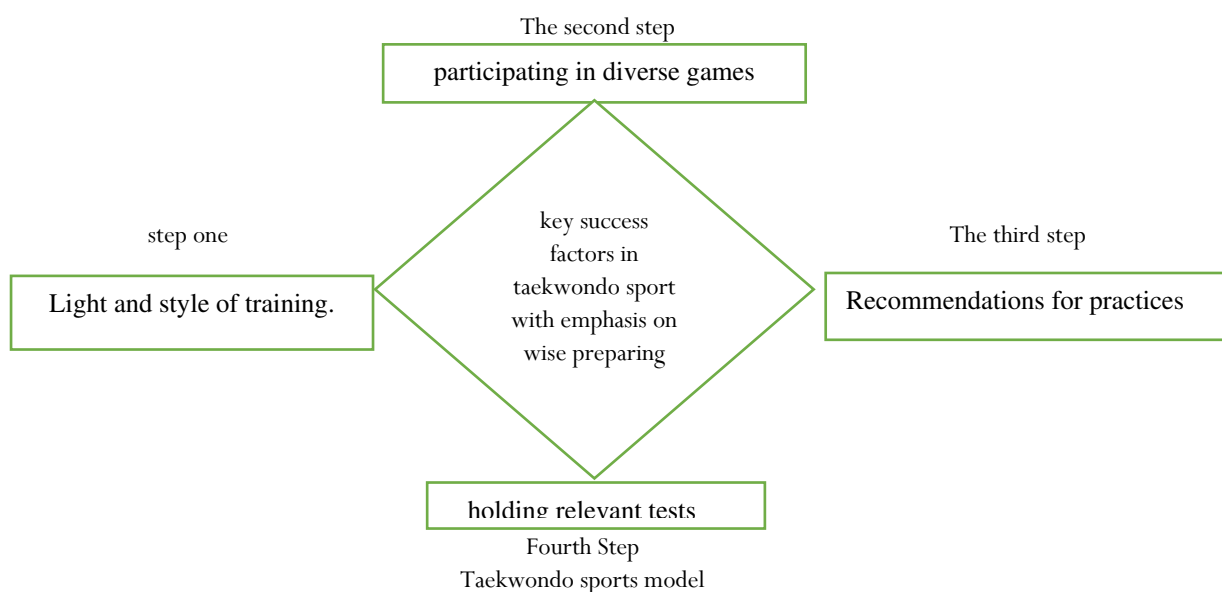
The Table of general groups, Sub and central codes extracted from all interviews in careful preparation

Row	Code	Category (main factor)	main concept
1	Using a proper training system that fits the field of Taekwondo		
2	Using continuous and consistent exercises		
3	Increasing physical fitness		
4	Separation and segregation of athletes from each other based on their physical capabilities		
5	Paying attention to the mural and relaxation of Taekwondo players		
6	Performing deceptive and unpredictable movements		
7	Using a training opponent who is similar to a real opponent		
8	Monitoring and controlling the athlete's training		
9	Complete familiarity of the athlete with the rules of refereeing	Light and style of training.	
10	Using discipline		
11	The spirit of fighting in competitions		
12	Emphasis on practice and the use of technical and tactical skills		
13	Applying the highest technical indicators for selecting athletes		Prudent preparation
14	Putting an athlete in a situation similar to the real competition		
15	Holding free competitions		
16	Participating in overseas competitions		

17	Holding a tournament		
18	Focusing on the country's junior competitions		participating in diverse games
19	Simulating the competition hall with the original location		
20	Performing national championships		
21	Holding school competitions		
22	Holding sports and student festivals		
23	Controlling and evaluating competitions		
24	Exercising in the weather matching for the location of competition		
25	Creating an appropriate training space		
26	Unifying the style of training and education of clubs in the country		Recommendations for practices
27	Using South Korean professors and the International Taekwondo Center		
28	Getting information on the South Korean national team's trainings		
29	Using the Federation Belt Test to find elite		Holding related tests
30	Performing physical fitness tests		
31	Performing special taekwondo tests		

Careful preparation Includes style and manner of exercises, Participate in various competitions ,Exercise recommendations and related tests. The success of national teams is in terms of mental and physical, nutritional, technical and managerial factors. In the world today, experts and sports experts seek to use scientific findings to make the best of their professional athletes. so that they can achieve success in the hard national, global and Olympics. It seems to be exploiting the best practices that are accompanied by the preservation of the health and health of athletes in different ages categories, one of the most important principles is that its observance in heroic and professional sports is escaped.

Taekwondo sports model with emphasis on careful preparation ^[7]



Conclusion

This model is a suitable and indigenous framework for studies in this field and can be used as a prelude to the success of taekwondo in the Islamic Republic of Iran. Steps at these levels include: The first step is the style and method of exercise, which includes the use of a proper training system appropriate to the field of Taekwondo, the use of continuous training, increasing physical fitness, separation and separation of athletes from each other based on physical capabilities, attention to mood. And the taekwondo player rests, performs deception and unpredictable movements, uses a training opponent similar to the real opponent, monitors and controls the athlete's training, the athlete's complete familiarity with refereeing rules, using discipline, fighting spirit in competitions, emphasizing training and using skills. Technique and tactics are the application of the highest technical indicators for the selection of athletes, placing the athlete in a situation similar to competitions. The second step is to participate in various competitions and include holding free competitions, participating in international competitions, holding tournament tournaments, focusing on the country's junior competitions, simulating the competition hall with the main venue of the national championships, holding school competitions, holding sports festivals and Student and controlling and evaluating competitions. The third step is to recommend training and practice in a climate appropriate to the venue, creating a suitable training space, uniformizing the style of training and training of clubs in the country, using South Korean professors and the International Taekwondo Center (Cookie One), earning Information on the South Korean national team's training method is considered. The fourth step is to conduct related tests, including the use of the Federation Belt test for elite training, physical fitness testing, and special taekwondo tests. In fact, the first step in the style and method of exercise training, in the model of key factors of success in Taekwondo sports with emphasis on deliberate preparation has a special place. The model of success in physical exercises in Taekwondo sports actually includes the measures of careful preparation of Taekwondo sports in the Islamic Republic of Iran.

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