

The level of technical training as a factor differentiating professional activities taekwondo coach

Zbigniew Bujak¹, Jerzy Miler², Stefan Litwiniuk¹

¹ Faculty of Physical Education and Sport in the Biała Podlaska, J.Piłsudski UPE Warsaw, Poland

² The State College of Computer Science and Business Administration in Lomza, Institute of Physical Education, Poland

Key words: coach, professional activities, taekwondo

Summary

Introduction. All actions in combat sports coach can focus in 20 professional activities. They are necessary for the proper implementation of the training. Aim of this study was to evaluate the impact of the level of technical training on the perception of professional activities coach ITF taekwondo.

Material and methods. The studies included 107 instructors and trainers taekwondo ITF version. Student buy-degree holders was 33, I-III dan championship 69 and IV-VII dan 5 people. Last seen respondents ranged from 3 to 31 years. The study used a questionnaire survey.

Results. The biggest differences in the hierarchy of professional activities has been a trainer for the organization of sports camps, among holders of advanced degrees and student-level I-III and carry out recruitment and selection among the least advanced and the coaches level IV to VII. Among the holders of a buy experienced four major professional activities cluster systems, with the holders of I-III five circuits, while in group IV-VII, the four complexes, bringing together different professional activities.

Conclusions. The level of technical training of trainers varies taekwondo in terms of importance they attach to various professional activities, and the most important are: directing the preparation of technical, physical and tactical athletes who supplemented by directing the preparation of volitional sporting successes provide in taekwondo ITF. Structure professional activities deemed most important, allows classified taekwondo ITF as a sport version of the fight.

Introduction

Martial arts and self-defense and were cemented his place in the general human culture of the twenty-first century. Some of them (boxing, judo, taekwondo, fencing, wrestling) has the status of the Olympic disciplines. Others claim to this group (e.g. ju-jitsu, karate, kickboxing) or as the ITF taekwondo try to join in the Olympic games, proposing modifications to rules, or to broaden the fight WTF competition for competition systems of formal and special techniques [1].

Sports mode arts self-defense resulted in increased levels of combat sports and interest in scientific evidence [2], but the devaluation of the importance of training and technical degrees. The results of the competition has become the main criterion for evaluating the effectiveness of training and skills trainers. Searching for the best solutions in martial arts training, the study also include the preparation of the training staff to the profession, and among the already employed, their competence. In this term means the acquired traits and abilities of people for the accomplishment of tasks or the ability to perform work in accordance with required standards. At the

level of competence is affected by the external environment in which a person functions and spheres of culture and values of life which it does [3].

Problems of the profession of coaching, social roles and training of personnel engaged in, among others: Gleeson [4], Tumanian [5], Żukowski [6], Greg and Janssen [7], Martens [8], Januszewski and Sterkowicz [9], Sas-Nowosielski [10], Perkowski [11].

All areas of job coach can concentrate operations in 20 professional trainer. Their hierarchy and connection in a group, to the conclusion about the level of vocational training staff and its professionalism. The aim of the study was to evaluate the impact of the level of technical training on the perception of professional activities coach ITF taekwondo.

Material and methods

The study included 107 Polish trainers taekwondo. Patients were divided into groups with the level of technical sophistication (Table 1).

The study used a questionnaire survey, containing a list of 20 activities of a coach (Tab. 2) and statistical calculations (descriptive statistics, cluster analysis using Ward) [12].

Holders of IV-VII dan the most important professional activities received: directing the preparation of tactical (rank 1) and technical (rank 2) and to carry out recruitment and selection training groups (rank 3). While too little considered

Table 1. Characteristics of surveyed trainers taekwondo ITF

Group respondent	Number of respondents (n)	Age of respondent (years, x±sd)	Last seen (years, x±sd)	Internship training ¹ (years, x±sd)	Level of training ² (point, x±sd)
1 kup	33	26,1±7,39	8,3±3,96	1,8±1,40	40,2±7,36
I – III dan	69	26,7±6,47	12,2±4,83	4,9±5,4	63,3±9,4
IV – VII dan	5	39,2±7,26	23,2±6,57	16,8±7,8	100±0,0
Subjects including	107	27,1±7,26	11,5±5,60	5,1±6,11	58±16,53

Explanation: ¹ time job as an instructor or trainer; ² two converted by the scale developed in taekwondo (Bujak 2000)

Table 2. Group of questions addressed to respondents (for: Sterkowicz et al 2001)

Assess each of the following 20 professional activities of a Taekwon-do instructor using the following scale: 1. Very important, 2. Important, 3. Less important, 4. Unimportant
<ol style="list-style-type: none"> 1. Supervising general fitness 2. Supervising tactical training 3. Supervising technical training 4. Supervising volitional condition of competitors 5. Supervising theoretical training of competitors 6. Instructing the students during the competition 7. Supervising the training process and the condition of the competitor's body 8. Supervising the progress of the students' school education 9. Organization of competitions and umpiring 10. Organization of sports camps 11. Organization of educational activities in a group 12. Organization of regeneration and leisure 13. Planning the competitors' preparation process 14. Improving the competitors' personal conduct 15. Scientific and methodology research 16. Preparing documentation and reporting 17. Recruitment and selection for training classes 18. Training of instructors and umpires 19. Problem solving in terms of training organization 20. First aid

Results

Given the level of training, treatment groups differed statistically ($p \leq 0.05$) length of the internship training and working time as taekwondo coach.

The greatest variation in the hierarchy of professional activities has been a trainer for the organization of sports camps, among holders of advanced degrees and student-level I-III dan and carry out recruitment and selection between the least and advanced level coaches dan IV-VII (Fig. 1).

Holders of degrees of student work as the most important in directing the coach saw the physical preparation (rank 1) and tactical (rank 2). The least important is the work of research and scientific methodology (rank 20) and supervision of progress in school education (rank 19).

Among the holders of I-III dan most important activities were the organization of sports camps (rank 1) and directing the technical preparation (rank 2). Contest judging organization and taekwondo (rank 20) and carrying out research into the scientific-methodological (rank 19) were classified as least important in practice coaching.

important: the supervision of the progress of pupils in school education (rank 20) and record-keeping and reporting (rank 19).

Using cluster analysis method of Ward, distinguished complexes naturally related professional activities among respondents coach. Holders of a buy is characterized by the occurrence of four main activities of a cluster system (figure 2), the holders of I-III dan five groups (Figure 3), but also the most advanced four groups (Figure 4). Despite similar numbers, separated complexes concentrate various professional activities.

The first group of activities, among the holders of degrees preparing students formed the control individuals. Analysis of the structure of the second complex shows that are also important: managing the tactical preparation, organization process of renewal and relaxation, directing the preparation of technical, training and process control of the athlete's body, record keeping and reporting and solving organizational problems associated with training (Figure 2).

Taxonomic analysis of expression of holders of I-III dan showed that in addition to directing the preparation of the physical (the first group of operations) to important include:

managing the tactical and technical preparation, planning the process of preparing the players and control the training process and the condition of the athlete's body (Fig. 3).

Among the most advanced (IV to VII dan) was the first system one step (direct physical preparation), and the composition of the second form: directing the preparation of tactical, technical and volitional competitors (Figure 4).

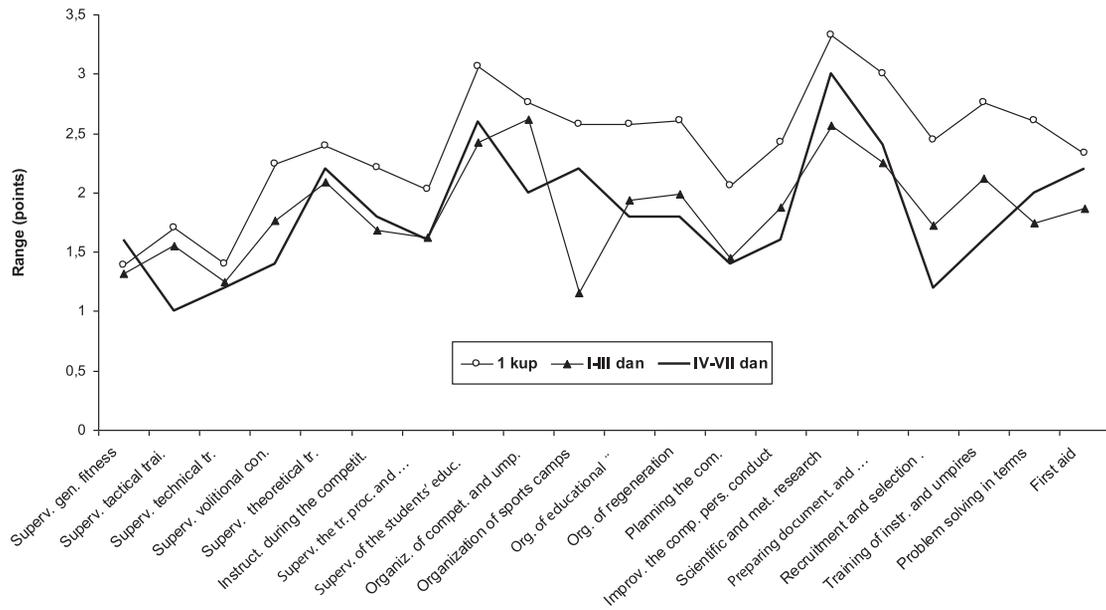


Fig. 1. Structure of the validity of the 20 activities of a coach taekwondo in the opinions of various groups of advancement

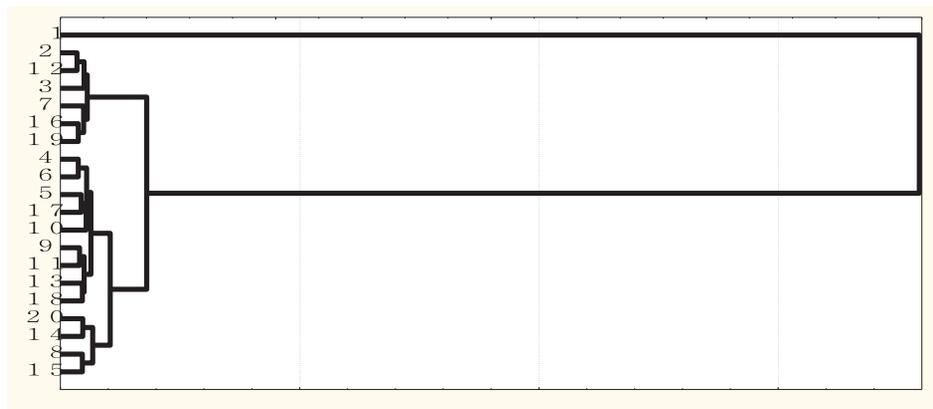


Fig. 2. Dendrogram coach professional activities taekwondo in group 1 buy (designation of professional activities as a Tab. 2)

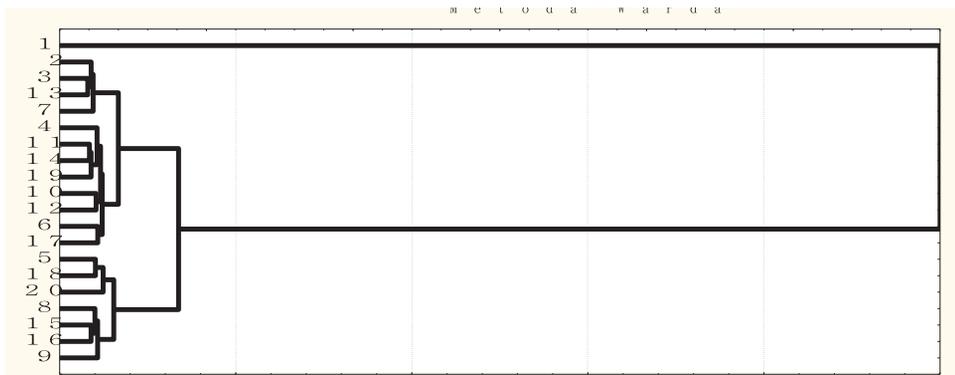


Fig. 3. Dendrogram coach professional activities taekwondo in the group I-III dan (designation of professional activities as a Fig. 2)

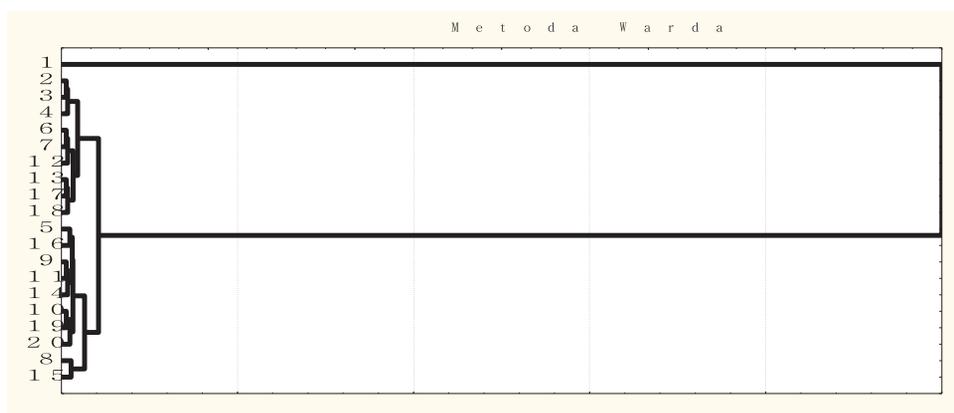


Fig. 4. Dendrogram coach professional activities taekwondo in the group IV-VII dan (designation of professional activities as a Tab. 2)

Discussion

Comparing the results of studies carried out its own with Judo [13], there are some notable similarities in the structure of the major professional activities. Judokas, the most important in the work of the coach acknowledged, among others directing the preparation of technical-tactical (rank 2), and directing the preparation of the physical (rank 3). Among the trainers taekwondo in any treatment group repeated the preparation of the technical management of the players, having a rank of 2 or 3. Similar trends occurred among trainers stocks [14], where he was managing the technical preparation of rank 1, rank second and tactical. Similarly, their professional activities are strong ju-jitsu instructors, the most careful management of technical and tactical preparation (rank 1) and physical (rank 2) [15].

Taxonomic analysis of the views of trainers taekwondo, focusing activities according to the setting of similarity showed a similar number of systems and their constituent activities like judo [13] and ju-jitsu [15]. It reiterates the importance of technical and tactical preparation in taekwondo, judo and ju-jitsu.

Analysis of our own experience, observations and content of colloquial speech (official and backstage) often shows a duality of behavior, conduct and attitudes of coaches and instructors. The inadequacies of both the selection of the profession (optimistically assuming that some form of selection function) and the acquisition of rights and improvement workshop, focusing on a particularly acute in the area of sports and fighting. Studies allow to know the specifics of the environment, particularly in teaching (the effective transfer of knowledge and skills), training (improving the efficiency of the players) and features motivational, disciplinary, managerial and administrative, advertising, consulting and information, research and student [4].

Given the level of experience coaching athletes and sporting achievements, the most important professional activities

coach taekwondo, should be targeting the four areas of preparation: physical, technical, tactical, and volitional. This aspect of the training should be given special attention when preparing coaching staff. Low rank activities such as: increasing the personal culture of players, the organization of educational work in the group progress and supervision of pupils in school education, can locate taekwondo ITF version more in the direction of sport martial arts than self-defense. You can see the inconsistency of Polish trainers in the confrontation with the assumptions of Choi Hong Hi (founder of taekwondo) [16] and raises eyebrows in the context of the status of Olympic Taekwondo, WTF version.

Conclusion

1. Dominant professional activities ITF taekwondo coach, are directing the preparation of technical, physical and tactical fighters.
2. The three most important professional activities combine coaching with other, forming complexes that include: the organization of the process of renewal and relaxation, control of training process and the state of the athlete's body, record keeping and reporting and solving organizational problems related to training and preparing volitional control riders.
3. The level of technical training (buy / dan) differentiates trainers taekwondo in terms of importance they attach to various professional activities in the training work.
4. Directing the preparation of appropriate physical, technical, tactical and volitional ensures success in sport ITF taekwondo.
5. Structure professional activities deemed most important, allows classified taekwondo ITF version as more of a sport than a martial art of self-defense.

References

1. Łoboda T. Quadrathlon Taekwon-do ITF. Lublin: ITF; 2010.
2. Pieter W, Heijmans J. Scientific Coaching for Olympic Taekwondo. Oxford: Meyer & Meyer Sport; 2000.
3. Spencer L, Spencer S. Competence At Work. Models for Superior Performance. New York: Wiley; 1993.
4. Gleeson G. The Coach in Action. Leeds: WLP; 1984.
5. Tumanian GS. O nowom kompleksie uczebnych discipline dlja kafiedr KF wypuskajuszczich trienierow-priepodawatielej po widu sporta. Teorija i Praktika Fiziczeskoj Kultury 1985; 12: 36-9.
6. Żukowski R. Zawód i praca trenera. Warszawa: SAR „SPAR”; 1989.
7. Greg D, Janssen J. The seven secrets of successful coaches. Winning the Mental Game. Phoenix; 2001.
8. Martens R. Successful Coaching. America's best-selling coach's guide. Illinois: Human Kinetics; 2004.
9. Januszewski J, Sterkowicz S. Ranga czynności zawodowych jako podstawa analizy programów kształcenia kadr instruktorskich. Kraków: Rocznik Naukowy nr 25 AWF; 1992.
10. Sas-Nowosielski K. O niektórych społeczno-pedagogicznych aspektach roli trenera. Sport Wyczynowy 2008; 1-3: 69-81.
11. Perkowski K. Doskonalenie kompetencji zawodowych trenerów sportu wyczynowego w Polsce. Warszawa: AWF; 2009.
12. Hand D, Mannila H, Smyth P. Principles of Data Mining. Massachusetts: MIT Press; 2001.
13. Sterkowicz S. Czynności zawodowe trenera judo. W: Sterkowicz S. (red.) Czynności zawodowe trenera w sportach walki. Kraków: Zeszyty Naukowe nr 22 AWF; 1999. p. 5-8.
14. Sterkowicz S, Biskup L, Ambroży T. Czynności zawodowe trenera w zapasach i gimnastyce. W: Sterkowicz S. (red.) Czynności zawodowe trenera i problemy badawcze w sportach walki. Kraków: Zeszyty Naukowe nr 38 AWF; 2001. p. 7-16.
15. Sterkowicz S. Ju-jitsu. Wybrane aspekty sztuki walki obronnej. Kraków: AWF; 1998.
16. Choi H.H. Taekwon-do and I. Canada: ITF; 2000.

Address for correspondence:

Zbigniew Bujak
Wydział Wychowania Fizycznego i Sportu, AWF Biała Podlaska
ul. Akademicka 2, 21-500 Biała Podlaska, Poland
phone: +48 (22) 834-67-72, e-mail: jcsma@medsport.pl

Received: 22.04.2012

Accepted: 13.07.2012