

## **Research on the Development and Service Supply of Taekwondo Sports Associations in Colleges and Universities**

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**Abstract:** Taekwondo is known as the world's first combat sport. With its strong exotic cultural characteristics and high ornamental value and practicality, Taekwondo has won more and more people's favor. As a fashionable sport, Taekwondo stands out in many sports with its unique charm and gains popularity among many college students. In addition to regular sports, Taekwondo has entered the campus as a new type of sports events. At present, Taekwondo has been included in the competitions for college students in China, which has further stimulated the enthusiasm of college students to learn it. The author conducted a survey of some colleges and universities in Heilongjiang Province, analyzed the development of Taekwondo in Hubei Province, and put forward corresponding suggestions and countermeasures to promote the vigorous development of Taekwondo in Heilongjiang Province.

### **1. Introduction**

Taekwondo was introduced in China in 1990s. In just two decades, with the outstanding achievements of Chinese Taekwondo athletes on the field, the popular Taekwondo has also achieved rapid development. Taekwondo clubs or gyms have appeared like mushrooms after rain. Practicing Taekwondo has been popular among the public as a new type of fashionable sports, and the popularity of Taekwondo has brought new opportunities for the development of Taekwondo professionals in the new era. In recent years, the sports colleges in Heilongjiang Province have gradually regarded Taekwondo as one of the major courses for students. Its teaching and training objectives are to train teachers at all levels and to cultivate composite social sports service people. Therefore, Taekwondo curriculum resource is a brand-new concept. It is related to the needs and value orientation of the society, students and teachers. The richness of its own material structure is directly related to the development of this course in colleges and universities.

### **2. Research Object and Method**

#### **2.1 Research object.**

The research object of this paper is the Taekwondo associations in major universities in Wuhan, which focuses on the analysis of Taekwondo club in China University of Geosciences (Wuhan).

#### **2.2 Research method.**

(1) Literature data. The author collected literature related to the research of this subject through library and Internet search, and with consulting a large number of books, magazines, newspapers and periodicals of related disciplines. (2) Questionnaire survey. A total of 50 questionnaires were distributed during the survey. 50 were recovered with 40 valid ones. The effective recovery rate was 80%. There were 24 male students and 16 female students who participated in the survey. (3) Interview. Through interview with the instructors, club managers and coaches of the Taekwondo associations in major universities in Heilongjiang Province, we will understand the development of Taekwondo associations.

### **3. Results and Analysis**

#### **3.1 The skill is simple, and poomsae and actual combat cannot be developed at the same time.**

The imbalance between the development of Taekwondo poomsae and actual combat is an important problem facing the development of Taekwondo associations in major universities. The reasons for the development imbalance can be summarized as follows: we can know that Qiqihar University has achieved quite good results in poomsae competitions for many consecutive years based on the achievements in many national college student Taekwondo tournaments, but it has gained very little in actual combat.

#### **3.2 The level of the coach cannot meet the needs of the association development.**

Rich athlete experience and coaching time have laid a solid foundation and condition for the training and development of Taekwondo coaches' innovative ability. A case study of Qiqihar University shows that as the association develops faster, most of higher-level coaches graduate and the number of qualified coaches is increasingly decreasing. Many coaches basically just follow the previous coach's training method. With the lack of innovation and theoretical knowledge, these coaches cannot implement new teaching programs in accordance with the new teaching requirements, so that the technical skills of association members cannot keep up with new technical requirements. What's worse is that some coaches do not try to improve their own level, and make mistakes in the teaching process, which affects the team's training enthusiasm.

#### **3.3 Site facilities and training equipment are insufficient.**

A case study of Qiqihar University shows that due to the large number of association members and limited sites, members' daily training can only be carried out outdoors, and occasionally they have an opportunity to enter the gym to take training. In addition, due to the large number of members, the foot targets used in class are basically eliminated after the training of the school team. This has greatly reduced the enthusiasm of the members. Therefore, after the member assessment period, less than half of members stay in the association. As the association grows and develops, the expansion of the reserve team members directly leads to a shortened service life of the training equipment, and the site facilities no longer meet the needs of the team members.

#### **3.4 The poor physical fitness of the members affects the mastery of skills.**

Most of the members who enter the Taekwondo associations are cultural students. They have not received formal physical training in the initial stage of entering the association. Therefore, there is no good physical quality for them to guarantee the training. When learning Taekwondo, they master the technical skills slowly. Some students cannot do the movements accurately and cannot master skills well in learning Taekwondo because of bad physical coordination, body flexibility and individual differences.

#### **3.5 It is easy for members with poor psychological quality to flinch when they encounter training difficulties.**

Nowadays, college students are mostly like flowers in the greenhouse. They cannot bear and endure hardships, do not have good psychological quality and are prone to negative psychology when encountering setbacks. When some students learn Taekwondo, they are afraid of hurting. They do not practice according to the requirements of the coach, which leads to the failure of the expected learning effect. The investigation of the Taekwondo Association of Qihar University finds that about 20% of the team members in the existing first team and the second team have experienced the idea of withdrawing the association. The poor psychological quality and negative attitude towards difficulties is one of the reasons for this phenomenon.

#### **4. Countermeasures for the Development of Taekwondo Sports Associations in Colleges and Universities**

##### **4.1 To increase the poomsae or actual combat training, and strive to coordinate the development of poomsae and actual combat.**

Some colleges and universities greatly emphasize the poomsae and pay little attention to the actual combat. To deal with this problem, we must first improve training. The coaches of Taekwondo associations in schools represented by Qiqihar University are basically good at poomsae and bad at actual combat. In order to improve the actual combat level of the association, it is necessary to hire an actual combat coach to impress the players with his own level and increase the player's interest in actual combat. Secondly, in view of the shortcomings of the players' physical quality, the associations can select a group of players who are better in physical or mental quality, and take them as key training objects to break the bottleneck and to improve the internal training institutions of the association.

##### **4.2 To strengthen the coach team and improve their level.**

In learning Taekwondo, most college students are beginners. They generally learn Taekwondo by imitating the movements of coaches. The level of coaches directly affects the teaching effect. The questionnaire shows that a large number of players have raised their expectations for coaches outside school. They hope that the association can introduce some professional coaches or regularly train the student coaches to improve the professional level of the coaches to increase students' interest. The coach's action demonstrations can not only stimulate the players' desire to learn, but also guide the members of the association to conduct more training.

##### **4.3 To increase financial support and increase investment in facilities and equipment in schools.**

Taekwondo training equipment has a certain service life. It must be replaced regularly to ensure the effective training of Taekwondo. The membership fees paid by the members of the association cannot meet the funding requirements of the equipment. Therefore, on the basis of better results of the college Taekwondo associations, the association can apply to the relevant department in the school to increase financial support for the Taekwondo association to meet the needs of the association and increase equipment investment. The association can also add a little more budget to reward the best performing members of the semester with clothes and other items to motivate the players and increase their enthusiasm for training. It is necessary to increase the investment in professional equipment and protective equipment, strengthen the construction of professional site for Taekwondo, and strive to allow players to learn in a relaxing and comfortable teaching environment, so that players can develop a good habit from passive learning to active learning.

##### **4.4 To develop team members' physical and exercise psychological quality.**

Taekwondo is a sport with fierce confrontation. Students with good physical quality can better learn Taekwondo skills. In the usual teaching, coaches can help students embrace boring physical fitness exercises, strengthen special quality exercises, and organically combine various special quality training with the physical fitness of the students. The method should be used throughout the teaching. They can tell students that Taekwondo needs a strong will which can be trained through actual combat. The conditional combat to the formal combat training can train students' psychological quality to meet technical requirements with good mastery of skills. To improve students' capacity can enhance their psychological endurance and advance their psychological quality. In teaching Taekwondo, players can participate in the entire teaching process to develop their leadership and organization skills to prepare for the growth of the next batch of coaches.

#### **4.5 To appropriately increase the theoretical class and strengthen the theoretical study of Taekwondo.**

According to the survey, more than half of the teammates believe that it is necessary for the association to regularly establish Taekwondo theory classes. Theoretical knowledge is the guide for students to master the knowledge of sports skills and exercise. Through theoretical study, students can understand the basic skills of Taekwondo and the principles of fitness and defense. In the true sense, students can master the basic knowledge of Taekwondo and sports training culture. We can increase the information of Taekwondo competitions, referee laws and scientific research on Taekwondo, enrich students' theoretical knowledge and stimulate students' enthusiasm for participating in physical exercise.

#### **5. Summary**

With collecting and sorting out the data, summarizing and analyzing the development of Taekwondo associations in major colleges and universities in Wuhan over the years, this paper analyzed the problems existing in the development of Taekwondo associations in major colleges and universities and found the basic methods to solve these problems. The author also proposed expectations for the development of Taekwondo associations in major colleges and universities. For the measures that are conducive to the development of Taekwondo associations, the relevant responsible departments of the schools, the instructors of the major associations and the management level of the associations should vigorously adopt them, try to eliminate difficulties and make the development of the associations flourish.

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