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THE GENESIS OF TAEKWONDO AROUND THE WORLD

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ABSTRACT

Taekwondo is a martial art from Korea that has grown into a popular sport worldwide. This article looks at how taekwondo started and spread globally. We explore important historical events, cultural influences, and the role of international groups. The study shows how taekwondo combines tradition and modernity and its impact on global sports and culture.

KEYWORDS

Taekwondo, martial arts, Korean history, global sports, cultural heritage, World Taekwondo Federation (WTF), Olympic Games.

INTRODUCTION

Taekwondo is an ancient Korean martial art known for its kicks and fast moves. This article examines how taekwondo started and became a popular sport worldwide. By looking at its history and cultural importance, we can understand its role in international sports and cultural exchange. This article aims to explain the history of taekwondo, how it developed,

and how it spread around the world, highlighting its importance in culture and sports.

Main Part. Taekwondo's roots go back to ancient Korean martial arts like Taekkyon and Subak. Taekkyon, from the Goguryeo Dynasty (37 BCE–668 CE), focused on smooth and rhythmic foot techniques. Subak, from the Joseon Dynasty (1392–1910), was more

about combat with hand strikes and defense. These early arts were the foundation of taekwondo.

During Japan's occupation of Korea (1910–1945), Korean martial arts were suppressed, and Japanese martial arts, like karate, influenced Korean practices. After Korea's liberation in 1945, traditional martial arts regained interest, leading to the development of taekwondo.

In the 1950s, General Choi Hong Hi was crucial in developing taekwondo. He combined Taekkyon, Subak, and karate elements to create a structured system of moves and forms, naming it "taekwondo" in 1955. "The name "taekwondo" means "foot," "fist," and "way," showing a balance of physical and mental training. Taekwondo is a Korean martial art that's well known among the general population worldwide. The word "Taekwondo" consists of three parts: "tae", meaning foot, "kwon", meaning fist or hand, and "do", meaning way." [1]

The World Taekwondo Federation (WTF) was founded in 1973 to promote and regulate taekwondo globally. The WTF set standard rules, helping taekwondo become part of international competitions. This was a big step in making taekwondo a global sport. "The first time that Taekwondo became a demonstration sport was on September 17, 1988, at Seoul Olympics, the catalyst that promoted the sport globally. On September 4, 1994, Taekwondo became an official

Olympic sport at the 103rd IOC Assembly in Paris. Six years later, at the Summer Olympics in Sydney, Taekwondo became a full medal sport. Interestingly enough, the rules of Taekwondo are regulated by World Taekwondo Federation and not by an external organization like most other Olympic sports." [3] Taekwondo's inclusion in the Olympic Games was a major achievement. It was a demonstration sport at the 1988 Seoul Olympics and became an official sport in the 2000 Sydney Olympics. This raised taekwondo's profile and attracted practitioners and fans worldwide.

Taekwondo uses a belt system to show a practitioner's level. Beginners start with a white belt, and as they improve, they move up to yellow, green, blue, red, and black belts. Black belts have multiple degrees, indicating higher skill levels.

Poomsae are patterns of movements that taekwondo practitioners perform. Each form consists of a series of techniques, including kicks, punches, and blocks, performed in a set sequence. Practicing poomsae helps students develop their skills and understand the principles of taekwondo.

Kyorugi is the sport aspect of taekwondo where practitioners spar with each other. Matches are usually three rounds, and points are scored by landing kicks and punches on the opponent's torso and head. Protective gear is worn to prevent injuries.

Taekwondo rules have evolved to ensure fair and safe competition. The WTF set the standard rules for poomsae and sparring, including the scoring system and protective gear requirements. These rules are regularly updated to improve the sport.

Many taekwondo athletes have gained international fame. Some of the most notable include, Hadi Saei from Iran, a two-time Olympic gold medalist, Steven Lopez from the United States, a two-time Olympic gold medalist, Jade Jones from the United Kingdom, a two-time Olympic gold medalist, Nikita Glasnovic from Croatia, an Olympic medalist and many others

Taekwondo is popular globally because of its dynamic techniques, focus on discipline, and cultural appeal. Many countries have included taekwondo in schools, military training, and community programs. Taekwondo also helps with cultural diplomacy, promoting international cooperation through events and exchanges.

In the U.S., taekwondo became popular in the 1960s and 1970s, thanks to Korean masters who opened schools nationwide. The United States Taekwondo Association (USTA), founded in 1971, helped standardize and promote the sport in the country.

In Europe, taekwondo spread quickly in the 1970s and 1980s. Countries like Germany, France, and the UK set up national federations and hosted international

events. European practitioners have excelled in taekwondo, helping its growth and popularity.

In Uzbekistan, taekwondo started to develop in 1989. During the Soviet era, the ITF Taekwondo Club “PATRIOT” was founded on November 25, 1989, led by A. Shubsky and L. S. Khasanov. After Uzbekistan gained independence in 1991, the club "Lotus" officially became the National Association of Taekwondo (ITF) of the Republic of Uzbekistan. By 1991, about 3,000 athletes were practicing taekwondo in Uzbekistan, with around 30 sections across the country. Early international class sports masters included E. Li, P. A. Usmanov, N. Tolipov, I. Hegai, and E. Kan, while international judges comprised A. O. Shubsky, Y. Li, L. S. Khasanov, Halilov, M. Mirzakhonov, Y. Li, U. Mukkarramov, and R. E. Ergasheva. Taekwondo is a versatile sport and self-defense method with deep historical roots and few contraindications. It enhances individual capabilities, perceptive and motor systems, attention, and physical health, improving oxygen exchange in the lungs and heart, and developing coordination essential for any sport or physical work. Taekwondo training fosters sensitivity, quick thinking, and self-discipline, providing support for the insecure, defenseless, and physically weak while instilling a spirit of cooperation and mutual respect. Currently, around 60,000 athletes practice taekwondo across Uzbekistan. [4]

World Taekwondo (WT) is the International Federation (IF) that governs the sport of Taekwondo and is a member of the Association of Summer Olympic International Federations (ASOIF) and the International Paralympic Committee (IPC). WT oversees the most inclusive and accessible combat sport, blending the values of ancient Asian heritage with those of a global elite sport. Taekwondo is built on a foundation that mixes traditional and modern elements, with values recognized by practitioners and partners such as pleasure, self-surpassing, perseverance, moral and physical strength, and respect for others. The vision of WT is "Taekwondo For All," and its mission is to develop and grow Taekwondo worldwide, from grassroots to elite levels, providing opportunities for everyone to play, watch, and enjoy the sport regardless of age, gender, religion, ethnicity, or ability. The values of WT include inclusiveness, leadership, respect, tolerance, excellence, and integrity. WT is responsible for the development, growth, and administration of Taekwondo globally, with strategic priorities outlined in its Sustainability Strategy to guide annual planning and activities for its headquarters and stakeholders. [2]

Scientific Researches of Taekwondo. The impact of taekwondo on various aspects of physical and psychological health has been the subject of extensive research. He Xianzhu (2015) explored how taekwondo influences the comprehensive development of health

school girls in Beihai City, highlighting its benefits in physical education and overall well-being. [5] Cingoz et al. (2018) examined the relationship between hand preference and success in taekwondo and karate, noting significant gender differences in. [6] Xia et al. (2020) conducted a case study on the psychological impact of taekwondo training on handicapped athletes, finding that it significantly improved their mental health and social integration. [7]

Falco et al. (2012) analyzed matches in a university taekwondo championship, providing insights into the tactical and technical aspects of the sport at the collegiate level. [8] Rabiei et al. (2017) investigated the effects of functional training on taekwondo players with mechanical low back pain, showing improvements in pain management, function. [9] Finally, Julvanichpong et al. (2022) evaluated the effect of a psychological skills training package on the mental readiness of taekwondo athletes, demonstrating its effectiveness in enhancing mental preparedness and competitive performance. [10]

These studies collectively underscore the multifaceted benefits of taekwondo training, ranging from physical health improvements to psychological and social enhancements, highlighting the sport's value across diverse populations and settings.

RESULTS

This study shows taekwondo's unique ability to adapt and grow in different contexts.

Taekwondo started from old Korean martial arts like Taekkyon and Subak. It mixed with Japanese martial arts during Korea's occupation by Japan. In the 1950s, General Choi Hong Hi created modern taekwondo by blending these styles. This shows how taekwondo has kept its traditions but also adapted and changed over time.

Taekwondo has helped people from different countries understand and cooperate with each other. Demonstrations and competitions around the world have introduced taekwondo and Korean culture to many people. Schools and community programs in various countries now include taekwondo, promoting cultural exchange and respect.

These points show how taekwondo has kept its traditional roots while becoming a modern, global sport. It helps promote cultural exchange and international cooperation.

CONCLUSION

Taekwondo's journey from ancient Korea to a global phenomenon shows how martial arts can cross cultural and geographical boundaries. By keeping its traditional roots and embracing modernity, taekwondo has become a symbol of cultural heritage and international

unity. As taekwondo continues to grow, it will play an important role in global sports and cultural exchange.

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