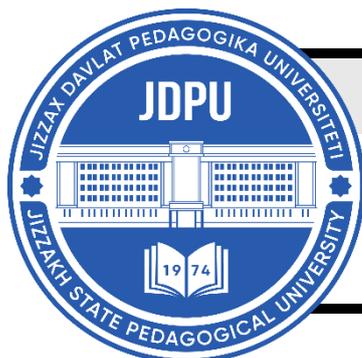


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DEVELOPMENT OF THE “POOMSEE” DIRECTION IN THE SPORT OF TAEKWONDO WT AND ATTRACTING ATHLETES TO THIS DIRECTION

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ABOUT ARTICLE

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Abstract: Following article is regarding the direction of “Poomsee” in Taekwondo WT and the reason why this direction was not taken place in the program of Olympics, in which countries it developed and not in some countries, for what reasons this direction didn't develop and what caused this, what factors are needed to be paid attention and what are the requirements for this to be the direction among the Global extent, how athletes are attracted to this type of direction. Following is the statement about the ways how athletes are more attracted to this type of direction, whereas promoting it in towns, cities and regions as well as in sport-specified schools, colleges and lyceums. Furthermore, here is the statement in terms of the strengthen of intrigue in the biggest prestigious competitions by appealing young generation and the expanding young experienced and qualified athletes in terms of the direction of “Poomsee”.

INTRODUCTION

As we all know, Taekwondo WT sport is divided into “kyorugi” and “poomsee”. Currently, mainly “kyorugi”, i.e. sparring, is developing widely, because of this, many young athletes are widely attracted to this direction. Our goal is to promote the “poomsee” style to the society as well as sparing.

Taekwondo (Korean: “tae” – foot, “kwon” – food, “do” – road, that is, the way of movement of the legs and arms) means a type of sports wrestling. Taekwondo is recognized

as the art of fighting without using weapons. Translated from Korean, it means “the road made with bare feet and hands”. And the legs have a special, place, they are more involved in blocking and striking than the hands. [1,12] The main principles of Korean martial arts are high spirituality, conscience, endurance and determination. Be aware that in 2017, the World Taekwondo Federation (WTF) changed its name to World Taekwondo (WT). This has led to a little confusion regarding WTF versus WT forms but they are the same thing. The forms were not changed. The organization simply changed its name in order to avoid the negative connotation associated with “WTF”. [3,13]

What is the difference between “kyorugi” and “poomsee” in the sport of Taekwondo WT? And what does it consist of?

METHODS AND MATERIALS

Sparring. Sparring is where those basic techniques are used against an opponent. Sparring is also the competitive sport aspect of taekwondo. [10]

Poomsee. This is a “form,” or series of movements that is performed to help students learn the basic techniques associated with their particular level of knowledge. [10]

In the “kyorugi” game, 2 people fight for victory based on the established rules. In this fight, male and female athletes will fight in the specified age and weight category. The battle is conducted according to the established rules. [11]

“Poomsee” style is the face of Taekwondo sport. In this direction, all hand and leg kicks, blocks and stances of this sport are taught. A “poomsee” is created based on specific rules from all aggregate actions and situations. To date, “poomsee” is 17. 13 of them will be placed in competitions, and the remaining 4 are new poomsees that have not received much place in the competition program. In this “poomsee” direction, competitions are held among young people designated as “kyorugi”. Only in this direction, the weights are not considered, and male and female athletes show the poomsee selected by the judges in the prescribed order. Athletes of all ages are given poomsees for their age. For example: in the competitions, poomsees of 4-10 are given to youth athletes, and poomsees of 4-11 are given to teenage athletes, and poomsees of 6-13 are used for adults. Poomse is the foundation for the teaching of taekwondo. A poomse or form is a detailed pattern of defense-and-attack motions and techniques used in traditional martial arts. Poomse is useful in developing proper kinetics, mental and physical fortitude. [9]

What is kata in Taekwondo?

Kata is the Japanese word for form. However, Taekwondo is a Korean martial arts style and uses Korean words and terminology. The Korean word for form in Taekwondo is Poomsae. You may also find it spelled as Poomse or Pumsae. [2]

What is poomsae?

Poomsae is the Korean word for Taekwondo form. Taekwondo poomsae can also be spelled as Taekwondo poomse and Taekwondo pumsae. Taekwondo poomsae helps a student to practice offensive and defensive martial arts technique (i.e. kicks and punches) without the need for a partner. Taekwondo students must perform the standardized form movements correctly in Taekwondo poomsae in order to pass belt tests. [4,13]

Poomsae (patterns) are a non-contact and enjoyable part of the martial art that you practice individually. The non-contact setting is perfect for people of all ages and abilities. Poomsae comprises sets of pre-arranged defence and attacking movements that gradually become more complex as you progress your development in Taekwondo. [8]

RESULTS AND DISCUSSIONS

What is a Taekwondo form?

Taekwondo forms are a series of standardized movements that Taekwondo students use in order to practice “offensive” and “defensive” techniques without a partner. Taekwondo students must perform the movements correctly in each form in order to pass belt tests. Beyond helping taekwondo students to practice Taekwondo kicks and strikes, forms are also used to improve a student’s physical conditioning, muscle memory, focus/concentration, balance, etc. [4]

Names of poomsees in Taekwondo WT:

SEQUENCE NUMBER	NAME
1	Il Jang
2	Yi Jang
3	Sam Jang
4	Sa Jang
5	Oh Jang
6	Yuk Jang
7	Chil Jang
8	Phal Jang
9	Koryo
10	Kim Gan
11	Taebaeg
12	Pyongwon
13	Sipjin
14	Jitae
15	Cheonkwon
16	Hansoo
17	Ilyo

The Origin of Poomsae.

The Taekwondo poomsaes are so designed to cope collectively with the outside threats in that society has already developed into an organized group, weakening the

necessity of solitary individual defense measures. For the constituents of community, the practice and transmission of techniques should be convenient and less complicated. In that sense, the poomsae has been gradually systematized through practical experiences together with the help of philosophical and medical sciences. It is believed that in ancient times the poomsae was practiced among the ruling class and the first poomsae pattern appearing in the documents or monuments was around the first century, when Koguryo reined the Han (Korean) race. [5]

Each poom of the poomsae has been inherited through a long history of about 5,000 years, finally as a product of scientific technique formulated on the basis of the traditional national spirit and practical experiments. From the technical viewpoint, the poomsae itself is Taekwondo, and the basic movements are no more than the preliminary actions to reach the poomsae. The Kyorugi is a practical application of the poomsae and the Taekwondo spirit is manifested not in an abstract mental philosophy expressed in the documents but in the actions of poomsae. Then, what is the Taekwondo poomsae? The poomsae is the style of conduct which expresses directly or indirectly mental and physical refinements as well as the principles of offense and defense resulting from cultivation of Taekwondo spirit and techniques. [2]

The poomsae is a series of movements for offense and defense techniques which can be practiced and trained, even without presence of an instructor, in accordance with the fixed patterns. Therefore, the poomsae has the merits, by its practice, to make the trainee enhance the Kyorugi techniques and applied techniques including special techniques which can hardly be practiced by the training of each separate basic movement alone. The poomsae can be trained along the imaginary or drawn poomsae line, which marks the position of foot and the line direction to move along. [4]

Types of Poomsae Line.

Taegeuk poomsae (1-8)

This consists of 8 patterns symbolizing the 8 divination signs(bars) in the Oriental science of divination, and it is generally expressed by the Chinese character, meaning a king.

Koryo poomsae the shape of the Chinese character, meaning a learned man.

Keumgang poomsae the Chinese character, meaning a mountain (Mt. Diamond)

Taebaek poomsae the Chinese character, meaning an artisan.

Pyongwon poomsae the Chinese character, meaning one.

Sipjin poomsae the Chinese character, meaning ten.

Jitae poomsae the shape of a Korean vowel, sounding "oh"

Chonkwon poomsae the shape of a Korean vowel, sounding "wu"

Hansu poomsae the Chinese character, meaning water.

Ilyo poomsae the shape of a reversed swastika sign.

Taegeuk Il Jang (1)

Taegeuk 1 Jang represents the symbol of "Keon", one of the 8 Kwaes (divination signs), which means the heaven and "yang". As the "Keon" symbolizes the beginning of the creation of all things in the universe, so does the Taegeuk 1 jang in the training of Taekwondo. This poomsae is characterized by its easiness in practicing, largely consisting of walking and basic actions, such as arae-makki, momtongmakki, momtong-jireugi and apchagi. The 8th Kup-grade trainees practice this poomsae. [3]

Taegeuk Ii Jang (2)

Taegeuk 2 Jang symbolizes the "Tae", one of the 8 divination signs, which signifies the inner firmness and the outer softness. An introduction of the olguljireugi is a new development of Taegeuk poomsae. The apchagi actions appear more frequently than in Taegeuk 1 Jang. The 7th Kup-grade trainees practice this poomsae. [3]

Taegeuk Sam Jang (3)

Taegeuk 3 Jang symbolizes the "Ree", one of the 8 divination signs, which represents "hot and bright". This is to encourage the trainees to harbor a sense of justice and ardor for training. A successful accomplishment of this poomsae will give the trainees a promotion to a blue belter. New actions are sonnal mokchigi, sonnal makki and the dwitkubi stance. This poomsae is characterized by successive makki and jireugi, chagi and continued jireugi. Emphasis is laid on the counterattacks against the opponent's attack. The 6th Kup-grade trainees can practice this poomsae. [3]

Taegeuk Sa Jang (4)

Taegeuk 4 Jang symbolizes the "Jin", one of the 8 divination signs, which represents the thunder meaning great power and dignity. New techniques are sonnal momtongmakki, pyonsonkkeutzireugi, jebipoom mokchigi, yopchagi, momtong bakkatmakki, deungjumeok olgupalchigi. It is characterized by various movements in preparation for the kyorugi and lots of dwitkubi seogi cases. The 5th Kup-grade trainees practice this poomsae. [3]

Taegeuk Oh Jang (5)

Taegeuk 5 Jang symbolizes the "Son", one of the 8 divination signs, which represents the wind, meaning both mighty force and calmness according to its strength and weakness. New movements are mejumeok naeryochigi, palkup dollyo-chigi, palkup pyojeokchigi and such stances as kkoaseogi, wenseogi and oreunseogi. This is characterized by the

successive makki such as araemakki and momtongmakki and also the chigi by tumbling after jumping. The 4th Kup grade trainees practice this poomsae. [3]

Taegeuk Yuk Jang (6)

Taegeuk 6 Jang symbolizes the "Kam", one of the 8 divination signs, which represents water, meaning incessant flow and softness. New movements are hansonnal olgul bitureo makki, dollyo-chagi, olgul bakkat-makki, arae hecho makki, and batangson momtong-makki. One should be careful to make the kicking foot land on the ground correctly after dollyo-chagi and to lower the hand by a palm's length at the time of delivering a batangson momtong-makki lower than in the palmok-makki. This is practiced by the 3rd Kup-graders. [3]

Taegeuk Chil Jang (7)

Taegeuk 7 Jang symbolizes the "Kan", one of the 8 divination signs, which represents the mountain, meaning ponderosity and firmness. New movements are sonnal araemakki, batangson kodureomakki, bojumeok kawimakki, mureupchigi, momtong hechomakki, dujumeok jeochu jireugi, arae otkoreo makki, deungjumeok bakkat chigi, pyojeok-chagi, yop-jireugi and such stances as beomseogi and juchumseogi. Smooth connection of movement is important for training. The 2nd Kup-graders practice this poomsae. [3]

Taegeuk Pal Jang (8)

Taegeuk 8 Jang symbolizes the "Kon", one of the 8 divination signs, which represents "Yin" and earth, meaning the root and settlement and also the beginning and the end. This is the last of the 8 Taegeuk poomsaes, which may enable the trainees to undergo the Dan (black belt) promotion test. New movements are dubal dangseong apchagi, momtong kodureo bakkatmakki, arae kodureo makki, twiochagi, and palkup dollyochigi. Emphasis must be laid on the accuracy of stepping and the difference between jumping-over kick and dubal-dangsong (alternate jumping kick in the air). The 1st Kup-grade trainees practice this poomsae. [3]

Taegeuk is a symbol representing the principles of the cosmos creation and the norms of human life. The circumference of the Taegeuk mark symbolizes infinity and the two parts, red and blue, inside the circle symbolize yin (negative) and yang (positive), which look like rotating all the time. Therefore, Taegeuk is the light which is the unified core of the cosmos and human life and its boundlessness signifies energy and the source of life. The yin and yang represents the development of the cosmos and human life and the oneness of symmetrical halves, such as negative and positive, hardness and softness, and materials and anti-materials. The eight bar-signs (called kwae) outside the circle are so arranged to go along with the Taegeuk in an orderly system. One bar means the yang and two bars the yin,

both representing the creation of harmonization with the basic principles of all cosmos phenomena. The Taegeuk, infinity and yin-yang are the three elements constituting the philosophical trinity as mentioned in the Samil Sinko, the Scripture of Korean race. [4]

Training in the poomsee direction is very different from kyorugi. Poomsee requires more willpower, endurance, patience, tenacity and flexibility. In kyorugi, the qualities of speed, dexterity, strength and flexibility should be well developed. That's why they are so different from each other. In the poomsee direction, first of all, it is necessary to run well to warm up the body. After the body is warmed up, it will be improved. Resting position should be done separately for the head, back and legs separately. After a good warm-up, general physical training exercises are performed, which move light muscles and legs. And if you need to work on the legs, it will open well and it will be necessary to work a little harder on the legs. After that, you can easily do special physical exercises. I would like to say one more thing that it is better to use 100-150 grams of grust during training. Then it can give a good result, but it is not always possible to use the starch. It is better to use according to the download. Special physical training begins first of all with stances and movements and kicks can be performed together with the stance. Then we can focus on the leg conditions, that is, on the kicks. After completing these exercises, we can move on to poomsee movements. While performing poomsee movements, attention should be focused on one point. When we can concentrate, we can confidently perform every movement in poomsee without difficulty. So it is very important that we focus.

In accordance with the decision PQ-127 of the President of the Republic of Uzbekistan dated February 14, 2022 "On accelerating preparations for the successful participation of Uzbek athletes in the next summer and winter Olympic and Paralympic Games", as well as taekwondo (Measures have been developed in order to popularize WT as an Olympic sport, improve the system of selecting athletes among young people, and ensure that our national teams achieve high results in prestigious sports competitions. In particular, to improve breathing, memory and concentration, to train the vestibular apparatus, by raising interest in taekwondo "Poomsae" among preschool children, and in the future, the Korean International Cooperation Agency in preschool educational organizations in cooperation with (KOICA), measures were developed for the implementation of appropriate measures for the launch of the "Kids Taekwondo" project. [6]

The Pumsee route is an attractive route. Therefore, it is not an exaggeration to say that those who practice this direction show the face of Taekwondo. In order for us to develop this direction widely, first of all, we need to increase the number of sufficiently qualified trainers in this direction. We need to organize separate clubs in every district, province, city and

specialized sports schools, colleges and lyceums in order to widely promote the direction of "pumsee". Then the number of athletes can increase and this direction can develop as widely as "kyorugi". In addition, we have to hold competitions on "Pumsee". That's when the interest of athletes can increase.

Currently, the "Pumsee" direction has developed in most countries. Developed countries include; **Korea, Japan, Jordan, China, Russia, Turkey, Thailand, Australia, Iran and America**. The reason why Poomsee did not develop its direction is that it did not get a place in the Olympic program. That is, it is not included in the Olympic program. If we can develop pumsee in all countries, it can certainly take a place in the Olympic program. I must emphasize that the number of competitions in this direction should be increased. Through this, we can increase competition and strengthen the development of friendship between countries.

Ranking points across the WTF Poomsae Competitions will be allocated as follows:

Rank	G-1	G-2	G-4	G-8
1 st placed contestant	10	20	40	80
2 nd placed contestant	6	12	24	48
3 rd placed contestant	3.60	7.20	14.40	28.80
5 th placed contestant	2.16	4.32	8.64	17.28
9 th placed contestant	1.51	3.02	6.05	12.10
17 th placed contestant	1.06	2.12	4.23	8.47
33 rd placed contestant	0.74	1.48	2.96	5.93
65 th placed contestant	0.52	1.04	2.07	4.15

The WTF has worked hard to develop poomsee taekwondo in recent years and the introduction of the World Rankings reflects the global growth of the sport with more athletes, from more countries participating than ever before.

WTF President Chungwon Choue said: "World Rankings are integral to developing the quality of competitions as they ensure that the very best athletes compete against one and other. They bring a new dynamic and an added sense of drama to the competitions as every World Ranking point an athlete earns could be vital in the future. We are delighted that we have grown poomsee taekwondo around the world to an elite level where we can now introduce World Rankings." [7]

CONCLUSION

The purpose of development of this direction is to form Taekwondo not only sparring, but also the way of showing the art of Taekwondo, i.e. "Pumsee" in the life of the society. It is correct to say that poomsee is the main direction that will cause the history of taekwondo for thousands of years and the development of this sport until the future. Because of this, to

introduce our country and people to the world. The goal of developing the Poomsee course is to increase the interest of young and experienced athletes who have been engaged in this course for years. Increasing the number of qualified coaches and athletes in this field in all countries. Including increasing the ranks of our compatriot athletes in the World, Asian and Olympic arenas. Establishing a healthy lifestyle. Why the poomsee direction encourages a person to calm down both mentally and physically. It further increases the quality of human will, helps to strengthen the level of endurance and strengthen the fortitude. The main goal is to have a positive effect on the education of our children. It will help them to contribute to the development of the society as a well-educated and stable person in the future.

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