

Development trend of taekwondo techniques and tactics from 2017 new rules

Yulan Liu^{1,*}

1 Sports Institute, Jiangxi Normal University, Nanchang, China

**Corresponding Author*

ABSTRACT. *1994 in Paris, France, the 103th session of the International Olympic Committee resolution, taekwondo project included in the 2000 Olympic Games official events. And with Taekwondo into the Olympic Games, the world's taekwondo level gradually increased, forming a taekwondo technology competition situation. The development of Taekwondo skills and tactics has become a common problem in the world. With the 2017 new rules released by the World Taekwondo Union, the development trend of Taekwondo technology and tactics has become a hot spot. So in the daily training athletes not only to the Taekwondo skills and tactics to strengthen, but also to the new rules how to obtain the maximum score of the study, this article is on the Taekwondo technical and tactical Development direction of new rules, hope to be able to provide a trace of the cause of Taekwondo.*

KEYWORDS: *The new rules; Tae kwon do; tactical; The development trend*

1. Introduction

1.1 Research background

Since the official launch of the Taekwondo project in 1995, the competition rules have been formulated for domestic competition needs, to build a better competitive environment, and to ensure the development of athletes. The Chinese Taekwondo Association is based on the latest rules of the world's Taekwondo and the actual needs of domestic competition. In the case, the existing Taekwondo rules are modified.

Part of the conference: Although the Taekwondo in the Rio 2016 Olympic Games has been widely acclaimed by the public, the media and sports circles have complained to many members of the global Taekwondo. Their complaints focused on the use of front kicks and PSS functions (electronic protective gear).

Reasons for rule improvement: First of all, Taekwondo needs more movements, so it is necessary to encourage offense. Second, there are too many pauses in the game. Again, the introduction of PSS and IVR raises the referee's penalty, and even

then, the referee needs further improvement. Finally, Taekwondo needs to be more easily understood by the general public and TV viewers.

With the release of the new rules by the World Taekwondo Federation, the future development of Taekwondo is not limited to competitions but also more aesthetic and appealing to the

1.2 Research purposes and significance

(1) Research purposes

With the implementation of the new rules, the research on Taekwondo techniques and tactics hopes to obtain technical affirmation in the new rules of Taekwondo, to study the new rules of Taekwondo development, to analyze the key points and difficulties of Taekwondo technical scores, and to find out the changes in techniques and tactics.

(2) Research significance

The rules of Taekwondo vary with the reform spirit of many senior Taekwondo scholars in China and the rules of the World Taekwondo Federation. Through the skills and tactics of the Taekwondo competition, domestic Taekwondo scholars have developed many new rules to increase technical difficulty. At the same time, in order to develop the level of Taekwondo skills and tactics in China, the technical and tactical scores of the new rules of Taekwondo have a clear purpose, and provide some valuable opinions on the technical and tactical level of Taekwondo students. The Taekwondo competition is becoming increasingly fierce and exciting. Active attack, continuous attack and high-hardness technology will be the mainstream of Taekwondo technology development in the future. I recognize the larger exploration space. Therefore, this article will discuss some aspects of the future development of Taekwondo skills and tactics.

2. Literature review

2.1 Research on Taekwondo Competition Rules

In 1995, China held the first national Taekwondo Championships. Through the rules, the Taekwondo was transformed from the original dangerous practice into a sports program that is good for health and physical and mental health. From 1995 to now, the rules of Taekwondo have been adjusted by small rules, and there have also been revolutionary adjustments and changes. The constant changes of rules have laid a good foundation for the entry of Taekwondo into sports in China, and also have great development for the future. s help.

From Liu Hongwei's "Analysis of Taekwondo Competition Rules and Judgment Law Analysis", the rules of the past years have been observed. The passwords of referee gestures are constantly simplified. Nowadays, the appearance of protective

gear has also reduced the turnover rate of referees in Taekwondo competitions, and Taekwondo. The competition venue has also changed, from 8m*8m to 12m*12m to 8m*8m to 10m*10m to 8m*8m to the current regular octagon. The octagonal pad has narrowed the site area and reduced the distance between the two sides. Increased the intensity of the game.

The changes in the rules of the Taekwondo competition promoted the development of the Taekwondo competition and improved the competitiveness, fierceness and appreciation, making Taekwondo gradually stable and mature in China's sports.

2.2 Research on Taekwondo Competition Technology

The technique of Taekwondo competition has been continuously improved and revised with the rules of the competition, and it has gradually gained attention. The technique of Taekwondo competition refers to the general name of the technical actions adopted by Taekwondo athletes in the competition. The basic techniques of Taekwondo can be divided into: fighting style (stance posture), pace, boxing, leg method, block, etc. The more technology, the more chances of scoring in the competition, the more the appreciation, the multi-technology also shows the athletes Taekwondo The foundation is solid and can improve the ability to adapt to the situation. Zhao Ping mentioned in the "Comparative Analysis of the Application of Leg Techniques in Chinese and Foreign Taekwondo Events" that the overall level of athletes' leg technique in China is weak, mainly based on a single technical leg method, and the multi-technical ability is lower than that of foreign players. Chinese Taekwondo athletes also need to strengthen multi-technology training to improve the stability of multi-technology levels.

2.3 Research on Taekwondo Competition Tactics

The type of game tactics refers to the situation in which the athletes are complex and changeable in the game field. According to the rules of the game and the various situations, they can adapt to the situation, have judgments, have purpose and anticipate, and always observe their opponent's strategic thinking activities, while the Taekwondo tactics Can be divided into: technical and tactics, the use of fake or imaginary tactics, psychological tactics, destruction tactics, first scoring tactics, defensive counterattack tactics, snatch tactics, physical tactics, rules and tactics, knockdown tactics, physical tactics, language and tactics, random Tactics, pace tactics, superior tactics, special tactics, space tactics, close to score tactics, forced opponents to lose points tactics, etc., and tactical awareness training is the most important part of taekwondo training in the competition.

2.4 Summary

From the above, it can be concluded that the new rules can constantly adapt to

the complicated situation in the game and play a guiding role in the Taekwondo movement. The new rules also motivate the spirit of the athletes to take the initiative to attack. The continuous kicking and rotating techniques occupy the advantage in multi-technical tactics. . China's Taekwondo multi-technology still needs to strengthen the practice. The coaches should organize the training of athletes, develop their own technical and tactical level according to their specialties and hobbies, and carry out effective Taekwondo training. Only by training a solid basic work can they Promote the development of Taekwondo in China.

3. Research objects and research methods

3.1 Research object

Take the 2017 new rules and technical and tactical development as the research object.

3.2 Research methods

(1) Literature Method

Through Chinese search network, Baidu and other search engines, Chinese academic journal network, online search, search for Chinese and foreign literature related concepts, techniques and tactics, new rules revision content, electronic protective gear related literature, etc., to organize and analyze.

(2) Video observation method

Watched the video of 54 games of the 2009 National Games, 32 contests of the 2012 Olympic Games qualifiers, and 15 finals of the 2013 World Taekwondo Championships.

4. Results and analysis

4.1 New rules change background

The reform of the competition rules has an important guiding role in the competitive Taekwondo technology and competition, which makes the Taekwondo movement develop in the direction of “higher, faster and stronger”. The mutual promotion and development of rules and techniques and tactics is also the driving force behind a sport that can sustain its development. The evolution of the rules promotes and stimulates the emergence of new technologies. It is the development of competitive Taekwondo technology in the direction of height, difficulty and comprehensiveness. At the same time, it is aimed at the accuracy and strength of athletes' technical movements, the technique of medium and short distance, the ability of anaerobic and the fast-paced Professional competence raises higher

requirements. The evolution of the rules will lead to a lot of tactical changes, which will prevent misjudgment and misjudgment of non-human factors as much as possible, so that the game will proceed smoothly in a fair and fair atmosphere. The evolution of the rules has greatly increased the contingency and drama of the game.

Taekwondo needs more movement, so it must be encouraged. Second, there are too many pauses in the game. Again, the introduction of PSS and IVR raises the referee's penalty, and even then, the referee needs further improvement. Finally, Taekwondo needs to be more easily understood by the general public and TV viewers. Therefore, the changes in the 2017 new rules are not unfounded.

4.2 Analysis of changes in new rules

4.2.1 Changes to the 2017 new regulations

The new rules will be revised for the venue of the competition, the scores, scoring and announcement of the competition, foul behavior and penalty, foul failure, overtime and superiority judgment, points difference, and video review.

4.2.2 Comparison of changes in rules for 2015-2017

(1) Rule changes (important changes)

1) Changes in the competition area:

In the last 10 years or so, the size of the Taekwondo competition area has changed several times, from 10×10 m to 8×8 m, to the later regular octagon, and the area of the competition area has been reduced, which has reduced the range of activities of athletes. . In a limited space, the athlete's offensive and defensive conversion technology is continuous and the **rhythm is accelerated. Therefore, the intense and ornamental nature of the game has been greatly increased.**

2) Change characteristics of the game score:

In the 2017 competition rules, the scores of hitting the torso technique and the score reduction of the hitting and rotating techniques were re-added. This can increase the suspense of the game, so that the negative game situation is greatly reduced. In the last moment, no one dares to give up the game, so that the game can better demonstrate the sports spirit that does not give up the courage to fight.

3) The penalty for fouling:

The “warning” penalty was removed from the new rules, and all fouls were fined “deducted”. There are not much changes in the new rules for the departure of the boundary line and the fall of the ground and the previous rules, but the penalty for avoiding and delaying the game is strict.

4.2.3 The linkage effect of tactics of Taekwondo competition under the change of new rules

The World Taekwondo Federation officially introduced the new Taekwondo

competition rules on New Year's Day in 2017 and implemented this new rule at the World Taekwondo Championships held in June. The revision of this rule removed the “warning” penalty for fouling. All fouls are subject to a “scoring” penalty. Table 1 is a study of the semi-finals and finals in the 2017 National Championships, and the statistics of the foul behaviors.

Among them, the fifth foul behavior occurred the most, accounting for up to 29%, and according to the relevant research data, it is considered that the proportion of such a large proportion is so large: (1) one athlete is obstructing the opponent's attack and intentionally knee-blocking. (2) For the first use of the new rules, the referee's penalty is very strict. When both players attack at the same time, one side is faster and the offensive action is basically completed, while the other player's action is slightly unsuccessful and is suppressed. In the knee-lifting state, the full action can be kicked out in the future. At this time, it shows the state of blocking the knees to hinder the attack. (3) Since this competition is the first competition after the revision of the new rules, most athletes are accustomed to playing before the rules are revised, and they are used to kicking with the front foot. Test opponents and organize offenses. However, in the new rules, if the opponent's athlete wants to attack while raising the knee and controlling the leg below the waist, it will be “deducted” if it is considered to hinder the opponent's attack and lift the knee to block the fifth foul. There were 28 attempts to attack the opponent's wThis behavior usually occurs when one athlete uses the side kick technique to organize the attack; the other player performs dodge, the attacking athlete has a downward pedaling action when attacking and the foot falls below the opponent's waist, and there is no Have physical contact with the other athlete. This behavior is an act that intentionally attacks the opponent's waist below the waist.

After the new rules of 2017 were released on New Year's Day, the impact on the World Taekwondo Championships held in June was very obvious. The elimination of the “warning” penalty was changed to the penalty system, which increased the intensity of the competition and made the game more changeable. The result of the game cannot be foreseen at the end of the game, and it also embodies the sports spirit of “Dare to fight, never give up”. The penalty for negative competition is also stricter than in previous years. The statistics on the occurrence of the fifth foul behavior are even more obvious. For the strict penalty of the negative game behavior in the game, changing the score from “0.5” to “1” is also full of uncertainty and let the audience You can experience the intense situation when watching the game and make the game more enjoyable.

4.3.1 Technical development direction of Taekwondo under the new rules

The development of the rules is not only compatible with the skills and tactics of Taekwondo athletes, but also the overall development of the technical and tactical level of Taekwondo. The main method of Taekwondo is the leg method. The combination of the leg method and the footwork can be expressed in the competitive leg method.

4.3.2 The tactical development direction of Taekwondo under the new rules

For the trainees, in order to defeat the opponents, the trainees must always be flexible in combining technology and tactics. With good tactics, they will score and win the game in a way that is superior to offensive techniques. This is inseparable from our Taekwondo coaches. Teaching, excellent athletes directly reflect the quality of our coaches. The coaches should give full play to the characteristics of each athlete based on the unique characteristics of each athlete, and try to develop reasonable training methods and means to improve the technical diversity in the game. The coaches also need to act as referees in daily training. Require the student's every movement, know what to do and not to do, in order to reduce the athlete's mistakes, coaches and athletes good training and coordination, in order to slowly adapt to the emergence of the game, to ensure that athletes do not on the field The market, and in the best state to meet the game.

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