

Learning of the basic position in Taekwondo. Didactic strategy for its teaching

El aprendizaje de las posturas básicas en el Taekwondo. Estrategia didáctica para su enseñanza

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ABSTRACT

The objective of this research is to develop a didactic strategy for teaching basic postures in Taekwondo to 1st year economics students at Syracuse University in New York State. During the investigation, shortcomings were detected in said process that support the procedures to establish the strategy. The research uses scientific methods such as analysis and synthesis, logical history, interviews, document analysis, structural functional system that allowed the construction of the proposed didactic strategy; with the characterization of the sample, he provided approaches with didactic indicators based on the methodological foundations of the process of teaching the sport that was the subject of study.

Keywords: Didactic strategy; Taekwondo; Basic postures; Teaching-learning

RESUMEN

La presente investigación tiene como objetivo la elaboración de una Estrategia didáctica para la enseñanza de las posturas básicas en el Taekwondo de los estudiantes del 1er año de Economía de la Universidad de Syracuse en el Estado de New York. Durante la investigación fueron detectadas insuficiencias en dicho proceso que sustentan los procedimientos para establecer la estrategia. En la investigación se utilizan los métodos científicos como análisis y síntesis, el histórico lógico, entrevistas, análisis de documentos, sistémico funcional

estructural que permitieron la construcción de la estrategia didáctica propuesta; con la caracterización de la muestra aportó enfoques con indicadores didácticos sustentados en los fundamentos metodológicos del proceso de la enseñanza del deporte motivo de estudio.

Palabras clave: Estrategia didáctica; Taekwondo; Posturas básicas; Enseñanza-aprendizaje

INTRODUCTION

The transformations of the environment that are typical of what has been called the knowledge society, also requires those educational institutions to become organizations for the production of knowledge. The search for successful teaching methods that provide the student with the development of investigative competences in the teaching-learning process in such a universalization is the main challenge, while recognizing that the teaching-educational process has a labor nature because this is the fundamental path of satisfaction of the needs and transformation of man.

The teaching and learning of sport requires organization and planning on the part of the coach, who must shape the activities, and think about the most appropriate methodologies and resources so that the contents can be communicated to the practitioners in the most effective way possible. These contents constitute the essential knowledge, skills and attitudes that a Taekwondo practitioner must master in order to achieve a competent performance in this sport.

It is appropriate that the teacher continue taking steps aimed at the teacher where the learning of the students is potentiated and these, through the learning strategies, can understand and learn the study material, and emulate the current didactic strategies that allow the development of investigative competences. The didactic strategy is defined as an action plan where activities and techniques are organized in a logical and systematic way to work on contents of significant importance. (Bixio, 2000).

The essence of any strategy is to promote change, to move from the current state to a desired one. The strategies allow the subject of management to unify the systemic diversity to achieve the declared end. The teacher does not administer

the educational teaching process but rather directs it; his didactic-methodological work has to be strategically planned to achieve the end.

The strategy must be of a fundamental nature, of implementation and evaluation to establish the goals achieved, by virtue of the proposed objective and the satisfaction of the needs that generated it. This can be verifiable only through the success of the one who teaches from the success of the one who learns. The proposed didactic strategy must require a delimitation of problems, schedule resources, have alternative plans, create organizational structures, create attitudes of staff flexible enough to adapt to change in the event that it occurs, as stated by (Coll,1991) in the written documentation of the Subject Models, Methodologies and Education Strategies.

From the theoretical point of view, every strategy basically consists of two moments: an immediate one, consisting of the appropriation by the student of a concrete learning; and another, mediate, called to comply with the training and development of the abilities, skills and competencies anticipated in it as a training objective. These two dimensions do not develop mechanically but dialectically, because although they are different temporal entities, they influence each other.

METHODS

For the development of the research, we worked with the total of the students (18) of the 1st year of the Economics Degree, who begin the practice of Taekwondo at the Gymnasium of the University of Syracuse, in the State of New York.

In a first stage, the main trends and characteristics of the strategies were determined, with this objective a study was carried out of the contents of the documents related to the Physical Education program and the aspects concerning the indicators to be taken into account for this process.

Teachers, Heads of courses and Taekwondo specialists were interviewed to collect the criteria related to the conceptions and knowledge they possess about the characteristics of the programs and the teaching of basic postures.

In addition, critical opinion and collective construction workshops were held to socialize the contributions of the research, which served to enrich the foundation and structure of the same.

In a second stage, the information obtained was processed in order to determine characteristics, results, look for relationships between components and draw partial and final conclusions, in addition to establishing the internal links, the logical order and the main characteristics derived from the analysis of the phenomena, related to the teaching-learning process of the basic positions in Taekwondo.

RESULTS

The strategy was developed from the logic or succession of the procedures to follow, as well as the determination of the recursion and the hierarchy of the system, the synergy between its components, its entropy, homeostasis and its autopoiesis, in a way that allows modeling and construction of the definitive system that provides a solution to the improvement of the strategy for teaching-learning of the basic postures in Taekwondo in economics students. To this end, the following indicators were prepared for evaluation:

Chart N°1.

Dimension	Indicators
Position: - Ap kubi sogui. - Chuchum sogui.	Planning Function: <i>The trainer will plan the organization forms in correspondence with the students' characteristics.</i>
	Objectives: <i>Derive the objectives of the organization form in function of teach and the result of the diagnosis, guarantees the progressive rise of the postural abilities.</i>
	Content: Actions directed to the development of postural abilities.
	Methods, aids and task: Determine the relation with for what?, the What? And the Who? In correspondence with the method and aids potentials, so that reach a good combination between the called productive methods (make possible the content application in new situations) and the reproductive ones (to center in the fixation, repetition of the actions).
	Implementation and control of the evaluation: Organize the work according to the demand of the task presented and the development level catch up that it made in individual form.
	Motivation: Affective ties with the task to develop oriented by the trainer and the aptitude for its solution.
	Flexibility: Adaptation manner to the changes that are generate in the position according to the same, making to use new variants in the pedagogical process that stimulate to consolidate the abilities and it's self-advance.
	Counselor and educative function: The teacher and the students are going to dominate the knowledge related with the integral pedagogical diagnose of each phase, delimiting the actual state in

	function of the debility, strength, threat and actual opportunities in each one of them.
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Source: Own elaboration

Table N° 1. Test to validate the basic positions.

Measurement	Validity	Reliability	S	Evaluation according to Satziorski (1989).
Development level of the basic positions.	0.90	0.92	0.34	Excelent
Effectiveness of the movement	0.92	0.95	0.33	Excelent
The movement fluidity	0.92	0.95	0.34	Excelent

Source: Own elaboration

Table N° 2. Information of the statics basic position ap kubi sogui.

Groups	Test	foot	A	B	C	D	E	F	Total	Corr.
Control	Initial	Right	20	20	20	20	20	20	120	Low
		Left.								
	Final	Right	03	06	04	05	04	04	26	Half
		Left.								
Exp.	Initial	Right	20	20	20	20	20	20	120	Low
		Left								
	Final	Right	00	03	01	00	00	02	06	High

Source: Own elaboration

Tabla N° 3. Information of the statics basic position chuchum sogui.

Groups	Test	Feet	A	B	C	D	E	F	Total	Corr.
Control	Initial	Right	20	20	20	20	20	20	120	Low
		Left.								
	Final	Right	04	04	04	04	03	05	24	Half
		Left								
Exp.	Initial	Right	20	20	20	20	20	20	120	Low
		Left								
	Final	Right	00	01	02	02	00	03	08	High

Source: Own elaboration

DISCUSSION

This research is distinguished by the development of a strategy that reveals the internal and integrative relationships between the theoretical and categorical components of the distribution and interconnection of the process, an aspect that

distinguishes it from others, enriching the theory of teaching-learning in the sport of Taekwondo. Another element to take into account are the indicators, aspects and characteristics to develop the postural skills of the Ap kubi sogui and Chuchun sogui in the base link of Taekwondo as operationalization and implementation.

The consultation of several investigations related to the subject under study also allowed to clarify elements to take into account for this proposal, they address the teaching of basic positions through key procedures from Physical Education, from this assertion elements that are applicable to the sample are assumed object of this investigation.

The repetitive practice of technical movements and sports experience bring as a result the improvement in the coordination performance of the technique Delignières et al. (1998), having its maximum development of the Díaz-Barriga y Hernández (2010) ages, considered as the stage of intense development or I criticize this capacity that intervenes in the repetitiveness of technical movements Antón y López (1988), Bustamante (2007). Research on learning the basic postures in the initiation of Taekwondo has been of great interest, where different authors have related the levels of coordination in technical execution and its effectiveness Benjumea et al. (2017), Silva (2003) and the levels of coordination with the learning of the technique and its improvement Garbolewski and Starosta (2013).

The basic postures can be improved through practice, be it one sport, several or through any physical activity Cvetkovic et al. (2011); Hodges, Hayes, Horn & Williams (2005), are closely related to the development of the technical skills of the sport in question.

According to Briñones (2016), this posture should not be a concomitant so that a subject without nervous alterations does not comply with the established requirements, since the interaction, and the proper functioning between the central nervous system and the skeletal muscles during the adoption of Body postures allow the individual to create security schemes in himself. These results can be explained by an improvement in the Da Silva technique (2003); Garbolewski and Starosta (2013). However, when performing the statistical comparison between

groups, it was found that there are no significant differences ($p = 0.180$). Similarly, the results of the study can be explained by the possible adaptations of the Central Nervous System (CNS) and an improvement in muscle coordination related to the technique of postures in this sport.

The result of the research supports the hypothesis that the Didactic Strategy in learning the basic postures of Taekwondo improves the results than the traditional form, a result that may be associated with the improvement in technical coordination and its repetition with various information to the child taekwondoca, a result that coincides with Cortéz (2013), an increase associated with the Da Silva (2003) level of coordination is possible.

The analysis of the theoretical-methodological foundations exposed on the General System Theory allowed to establish the structural bases between each of the components of the proposed strategy and methodological treatment, providing indicators according to the characteristics of the students and strategies previously used in other studies.

The proposed didactic strategy constitutes a daily work tool that allows coaches and specialists to improve the teaching process in the base link from the efficient control and evaluation of the technical skills of the postures, attending to the individual needs of the group, as well as the characteristics and functions of this process.

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