

Application Strategies of Multiple Teaching Methods in Taekwondo Training

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Abstract. Taekwondo is a competitive sport rising from the Korean Peninsula, and now it has developed into a global activity. Because of its strong professionalism, it has been popularized in colleges and universities. The main teaching content is self-defense and fighting training, so that students can not only learn Taekwondo skills, but also cultivate Taekwondo spirit. At present, there are still some problems in Taekwondo teaching. According to the current development, it is urgent to enhance the teaching level and quality. Taekwondo competition is a fast-paced, high-intensity competition, which requires athletes to have a certain foundation in intelligence, technology and physical fitness. Therefore, based on the analysis of the purpose, significance of Taekwondo training, and the existing problems in Taekwondo training, we put forward new media teaching method, curriculum resource utilization method, decomposition training method, happy sports teaching method, situational teaching method, and other teaching methods so as to increase the quality of Taekwondo teaching.

Keywords: Teaching method, Taekwondo training, Application.

1. Introduction

With the full implementation of quality education and the gradual deepening of the new curriculum reform, colleges and universities not only attach importance to improving the teaching ability of cultural courses, but also require students to have strong physical quality. Physical education teachers should actively try various teaching methods, which can not only increase students' physical quality, but also encourage students to devote themselves to learning. Nowadays, most of the Taekwondo Teaching still adopts the traditional teaching methods and content, which is difficult to meet students' psychological needs of seeking interest and knowledge. Colleges and universities need to establish a harmonious teaching atmosphere. [1] Therefore, taekwondo teachers should take the initiative to explore new teaching content and teaching methods to deal with the shortcomings in teaching. Diversified teaching methods allow students to master their skills and knowledge while fully embodying their main role.

2. The Purpose and Significance of Taekwondo Training

2.1 The Purpose of Taekwondo Training

(1) Enhance technical capabilities

First of all, the technical learning ability of athletes is the ability to recognize and imitate technical actions. Scientific training can enhance the cognitive depth and learning efficiency, which has an important relationship with the intellectual and physical ability of athletes. Secondly, the technical completion ability of athletes refers to the level of technical completion in fatigue state, high intensity and confrontation. The physical ability of athletes has a great relationship with the quality of actions made in various states such as pain and fatigue. Finally, the ability of athletes to use technology refers to the ability of athletes to select and apply the right technology and tactics in combination with the analysis of competitors and competition conditions on the field. Taekwondo is a kind of antagonistic event which shows the intellectual ability of athletes with the help of their technical ability.

(2) Improve intellectual ability

First of all, general intellectual ability, including ability of language, imagination, memory, observation. Observation ability includes not only observing opponents and competitions on the field, but also observing various off-site information, such as time progress, score on the field, opponent coach, own coach, etc., so as to obtain more information. Memory is the ability of memorizing information in and out of the field. It can be divided into long-term memory and short-term memory. Secondly, special intelligence ability, including psychological regulation ability, muscle adaptability, sense and perception ability, concentration ability and so on. The focus includes the ability of perception, the conversion of attention, the distribution of attention, the degree of concentration and the breadth of attention. In Taekwondo competition, athletes' ability of psychological adjustment and muscle adaptability in time and space is the key to competition.

2.2 The Significance of Taekwondo Training

First, strengthen your physical fitness. Taekwondo sports have strong combat effectiveness, and each action incorporates elements such as fighting strength, speed, and technology. Therefore, when learning and training Taekwondo, students can effectively increase their physical strength and speed, shape their body, increase their body's muscle density, improve cardiopulmonary function, and significantly the original physical fitness.

Secondly, cultivate students' spiritual morality and ideological quality. Taekwondo pays great attention to Taekwondo etiquette. The traditional Confucianism embodies the sports spirit of mutual respect, modesty and rationality in Taekwondo, so the sport is also particularly suitable for students to learn and train.

Finally, develop excellent social skills. Students from different regions communicate with each other and correctly recognize their own strengths and weaknesses when practicing Taekwondo. This process can help students form a healthy and positive attitude and good personality, at the same time lay a solid foundation for them to successfully enter the society.

3. Problems in Taekwondo Teaching

3.1 Insufficient Teaching Hours

Competitive Taekwondo is a complex and comprehensive system. The basic offensive techniques include positive boxing, push kicking, back spinning, hook kicking, side kicking, down splitting, cross kicking, front kicking, etc.; defense includes close defense, dodge defense, block defense, etc.; footwork includes jumping, changing, withdrawing, up stepping, sliding forward and backward, etc.; tactics include counter attack, defensive counter attack, head on, continuous attack, direct attack, etc.. Taekwondo belongs to a kind of combat event, which takes "use" as the teaching value and effect, and has applications in mobile target, fixed kicking and competitive practice. At present, many colleges and universities arrange 60 classes for Taekwondo. In the limited class hours, most students have difficulties in "learning", let alone the proficiency in "application". [2] This leads some students to think that taekwondo is lack of attack and defense value, and it is "flower boxing embroidered legs", and they don't have a clear understanding of Taekwondo and its teaching effect.

3.2 Non-specific Target of Teaching Content

Taekwondo is not just a competition. In fact, it not only involves the same field of confrontation, fighting content, showing the nature of bodybuilding projects such as breaking and character, but also has the content of ideological education and behavior norms of martial arts. Students who like challenges, are active and have sports foundation prefer acrobatics and competitive exercises, while female students prefer self-defense and character. At present, although some colleges and universities add the content of Taekwondo in the physical education teaching, and include Taekwondo in the compulsory content of physical education, they do not set up the teaching content

according to the characteristics of different students. [3] With reduced learning enthusiasm, students find it difficult to take Taekwondo as their hobbies and habits, so it is difficult to promote the sport.

3.3 Insufficient Attention, Outdated Model

The main body of Taekwondo teaching is athletics, usually practice exercises. At this stage, colleges and students do not pay enough attention to this course. As a whole, although colleges and universities have repeatedly advocated that students exercise regularly, they have not taken fundamental strategies and have not increased their attention to physical education courses. Standardizing and scientifically setting the practice teaching and philosophy teaching of the Taekwondo course have caused different students to have different attitudes towards it. In addition, the teaching mode of Taekwondo sports application is difficult for students to understand, master and effectively apply offensive and defensive techniques scientifically and skillfully. In this case, students may not be able to carry out reasonable attacks, and it is difficult to defend effectively. If there is a problem with the teaching organization, it will cause injury accidents, which will adversely affect the teaching work and the students themselves.

3.4 Insufficient Teachers

Teachers are an important factor to improve the quality of Taekwondo teaching. Excellent teachers can guarantee the development and progress of students. However, in terms of the actual situation of Taekwondo Teaching at this stage, some problems are exposed: firstly, the number of full-time teachers or college Taekwondo education is insufficient, which is difficult to meet the current needs of Taekwondo Teaching; secondly, a large number of Taekwondo teachers come from other sports majors who change their careers as Taekwondo teachers, without in-depth understanding of Taekwondo knowledge; finally, many young teachers do not have rich teaching experience, which leads to a fact that the teaching quality can not be improved. Most teachers "despise theory and pay attention to technology" in teaching. Although students can master sports skills, they do not understand the sports spirit contained in Taekwondo, which has a negative impact on the cultivation of students' spiritual quality.

4. Application of Diversified Teaching Methods in Taekwondo Training

4.1 New Media Teaching Method

First of all, teaching methods are diversified through the new media technology. With the application of new media tools, some scientific teaching methods and models can be integrated into Taekwondo training. For example, new media tools are used to introduce cultural background and explain theoretical knowledge, so as to effectively change the boring and dull way of explanation. Through multimedia tools, you can create scenarios and explain in various forms with the support of audio and video resources; you can make use of new media technologies such as smart phones to let students record their own action completion, and then find the action problems through playback, and carry out targeted training.

In the second place, the teaching content is increased through new media resources. In order to effectively satisfy the needs of students to acquire knowledge, teachers employ new media resources to fully develop school-based teaching materials, increase various types of knowledge content, establish a dynamic, systematic teaching resource system. Because Taekwondo has certain performance, regular exchange and teaching exhibition of Taekwondo can effectively stimulate students' enthusiasm for learning Taekwondo.

In addition, rich media resources are scientifically integrated to guide students to search and understand their own knowledge of Taekwondo, including various competition information, athlete information, etc. While browsing and recognizing Taekwondo, students expand their vision and increase their knowledge.

4.2 Curriculum Resource Utilization Method

For one thing, develop the human resources of Taekwondo. In the process of Taekwondo teaching, students' talent, skills, experience, physical strength, physical quality and other aspects are very different. Therefore, when teachers choose teaching content, they should arrange it according to the specific situation of students. Teachers are the leaders and participants in the innovation and reform of teaching methods. Because any innovation and reform not only have a positive effect, but also have difficulties in avoiding some disadvantages and deficiencies, leading to teachers' more cautious use of new teaching methods in their teaching process.

For another, develop the material resources of Taekwondo. Taekwondo has many kinds of material resources. Through reasonable utilization, students' professional level and training efficiency can be fully enhanced. Today, with the increase of teaching resources and the development of science and technology, the full development of material resources of Taekwondo has a particularly positive role in promoting the increase of Taekwondo teaching methods. For example, the balancer, Swiss ball and other equipment help to increase the core strength of students, and enhance the interest of learning; through watching the domestic and foreign Taekwondo video, it can improve students' knowledge and understanding of Taekwondo sports; through the joint organization of some competitions between schools, students' training can be increased efficiency. We should not only increase the amount of funds to build infrastructure equipment, but also pay attention to the protection and maintenance of facilities.

4.3 Decomposition Training Method

Simple decomposition method: this training method is to refine the training content into different parts, learning one by one, and then learning as a whole. For example, in the teaching of cross kick, it is divided into three parts, i.e. "spring in", "turn in" and "knee lifting". The students learn all three parts respectively, and then practice the whole technique. In teaching, teachers not only let students practice in groups, but also teach students according to their aptitude according to their physical quality and acceptance ability.

Progressive decomposition method: this teaching method will refine the training content into different parts. First, learn the first part, let the students master the second part, and then learn the first and second parts of the comprehensive training. After all the students have mastered it, they should study the third part in order, then train the first two three parts comprehensively. For example, in the teaching of cross kicking, students should first learn and train "lifting the knee", next train "turning", and comprehensively practice "turning" and "lifting the knee", then train "rebound", and finally comprehensively train three movements.

Forward decomposition method: this teaching method refines the training contents into different parts, first learning the first part, and then learning the second section of the first part after the students are able to master it; after all understanding and mastering, then learning the third section of the first two parts, and so on until the whole master. For example, in the teaching of cross kick, first learn and train "knee lifting", then learn "knee lifting" and "turning", and then learn "knee lifting", "turning" and "spring receiving" after students master all the two movements. Through this method, we can build a scientific and reasonable dynamic stereotype.

4.4 Happy Sports Teaching Method

Teachers should actively carry out happy teaching in Taekwondo teaching to enhance students' enthusiasm and autonomy in learning Taekwondo, and improve students' physical quality. In order to ensure the orderly and happy teaching, teachers should arrange time scientifically and consider time and place comprehensively. First of all, teachers should establish a happy and relaxed learning environment for students, organize interesting and targeted teaching activities and game activities, so that students can experience the joy of learning and training Taekwondo, for example, combining Taekwondo voice with technical actions in the training, letting students expand their momentum and release pressure through shouting. In addition, teachers should actively change the single and traditional teaching mode and apply theoretical knowledge in practical operation. For example,

when applying new elements in Taekwondo teaching, teachers can make students jump goats, run snakes and other activities in preparation activities and special auxiliary exercises, so as to arouse students' enthusiasm for learning, so as to better carry out Taekwondo learning.

4.5 Situational Teaching Method

In Taekwondo teaching, teachers should actively combine practical activities with theoretical knowledge, enhance the practical nature of Taekwondo Teaching and training, and achieve the ultimate goal of strengthening students' physique. Teachers can set up simulated real-world situations, so that students can improve their sense of achievement through real-world activities, and focus more on the fighting. In the practice of situational teaching, every student is required to understand and master the tactical knowledge, use helmets, protective equipment and other teaching equipment correctly, and then carry out practical activities. Carry out competitive Taekwondo teaching activities to enhance students' awareness of competition. Teachers play the role of referees. They should actively encourage and guide students to recognize attack and defense skills, realize the strategy and antagonism of Taekwondo, know how to protect themselves through this situational activity, and get a sense of achievement in scoring and defense. In the actual combat situation activities, teachers can provide some small gifts, let the excellent students get spiritual and material rewards, enhance the students' independence and enthusiasm for Taekwondo training, and reduce their psychological resistance and fear of Taekwondo activities.

5. Conclusion

The core of the study and training of Taekwondo is to cultivate the intellectual, technical and physical abilities of Taekwondo athletes. Physical ability is the lower limit of competitive level, while intellectual ability is the upper limit of competitive level. In training, we should continue to develop in-depth sustainable training in light of the characteristics of training comprehensiveness, training procedure, training individuality and training competition, so as to help students develop the advanced technology and have strong winning ability in competition. Taekwondo training is of great significance for physical fitness, ideological quality, good character and intelligence. However, at present, there are some deficiencies in teaching methods, teaching contents, teachers and teaching input in Taekwondo training, which need to be remedied by diversified teaching methods to promote the continuous development of teaching.

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