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*Translation: Aleksandra Figas - Dziecielska - Translogos; Foto. [www.tkd.lewart.pl](http://www.tkd.lewart.pl)*

# Teaching Methods used in the Taekwon-do Training Process



## ***The objective of the research***

Learning about the methods of movement teaching (Taekwon-do movements) and distinguishing the groups of factors which determine the choice of methods in the men's and women's training practice.

# Research material

Table 1. The characteristics of the examinees (n=30)

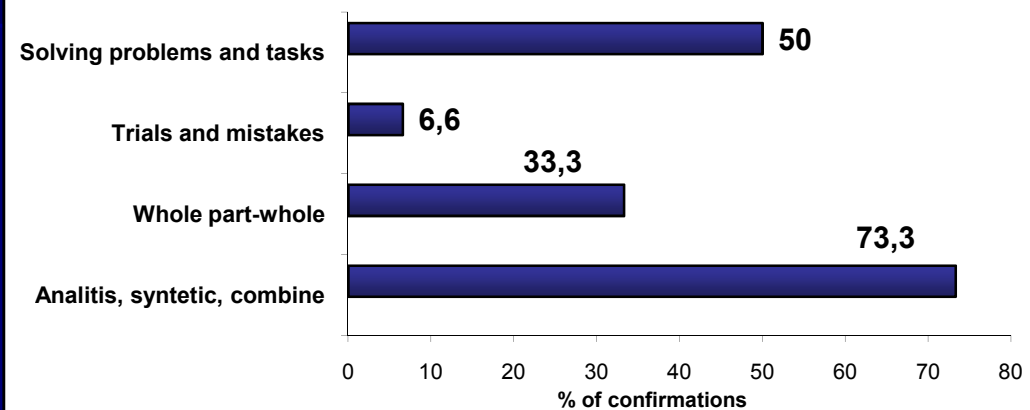
Statistic	Age (years)	Training experience (years)	Skills level (points)
<b>x ± Sd</b>	32 ± 6,9	10,5 ± 7,3	81,1 ± 18,2
<b>Me</b>	30,5	8,5	84
<b>V (%)</b>	22,2	74,1	22,3

# Research metods

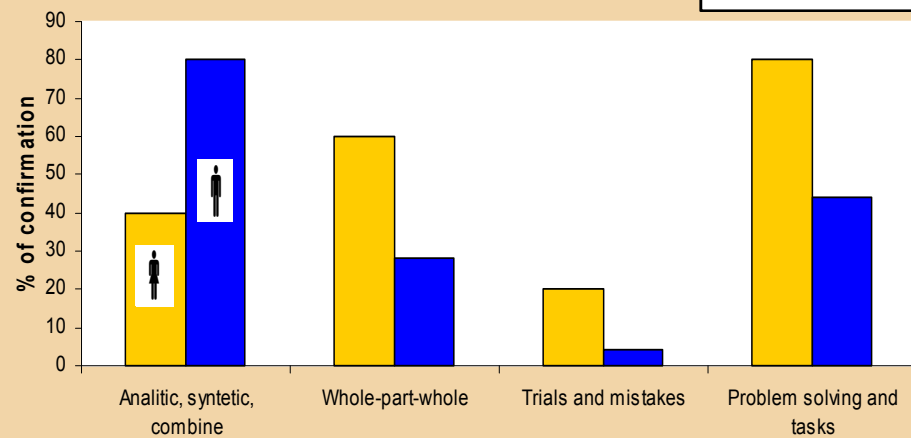
1. *The questionnaire (14 semi-open, open-ended and closed questions) – prepared by the author*

# The results of the research

## 1. Methods used by teaching Taekwon-do movements

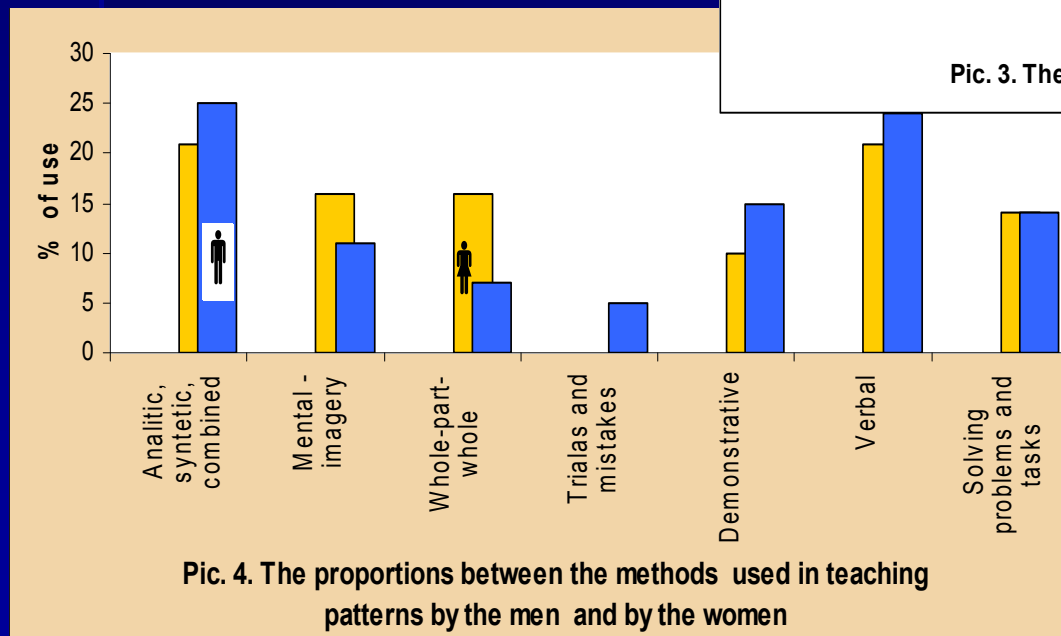
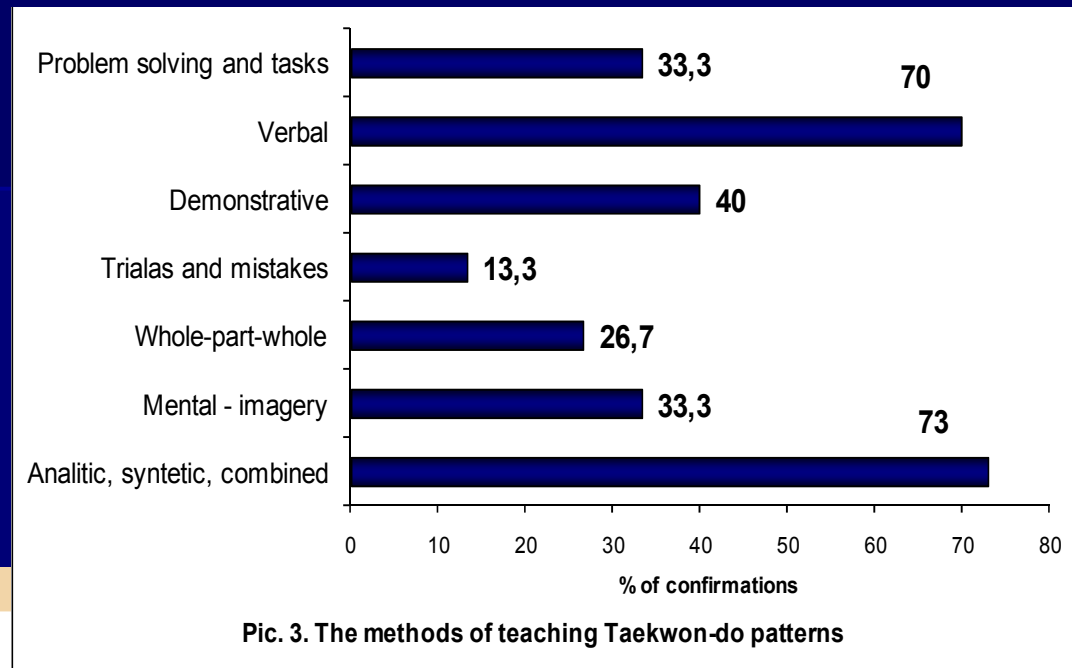


**Pic. 1. The chart of using the movement teaching methods in Taekwon-do teaching process**

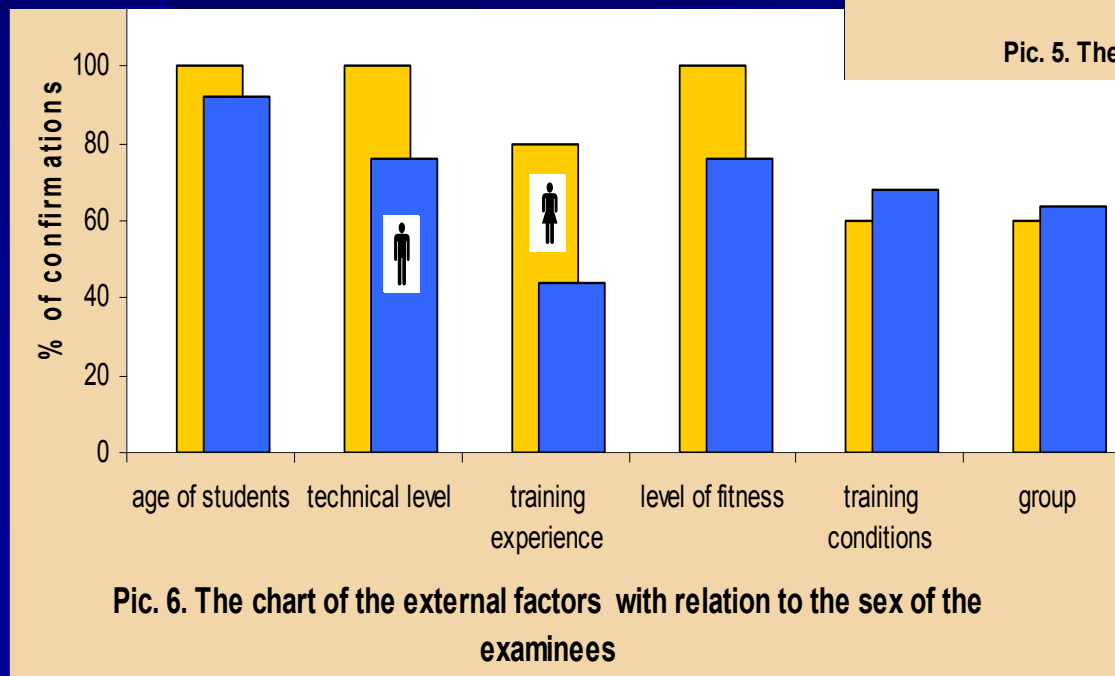
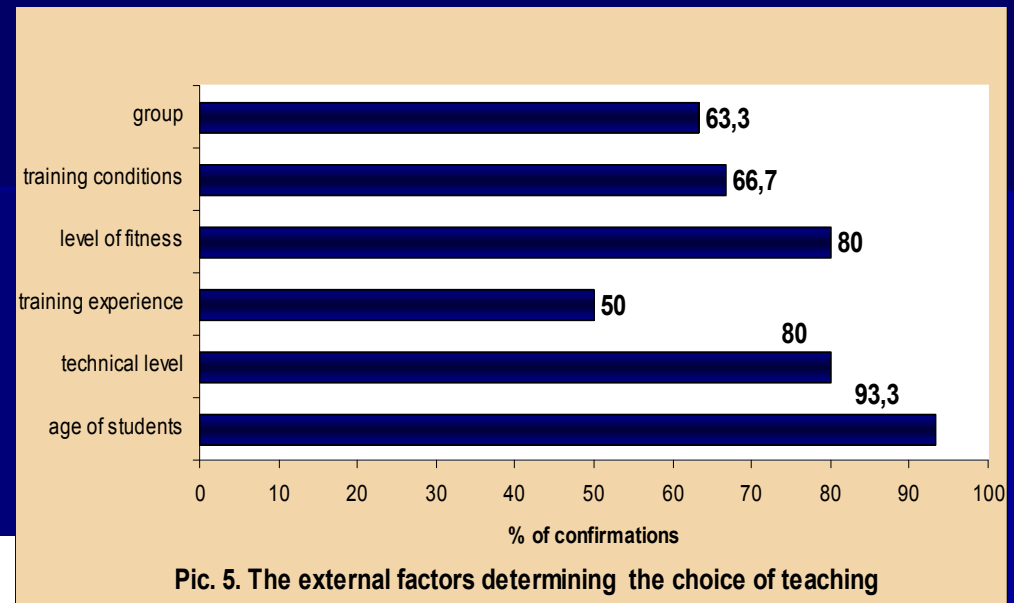


**Pic. 2. The methods of movement teaching used by the men and by the women**

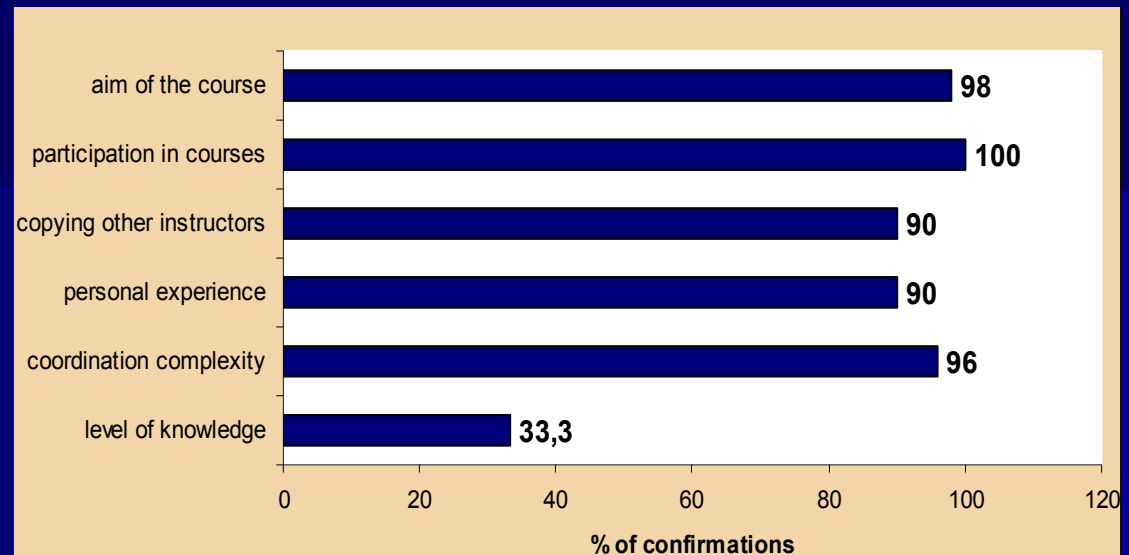
## 2. Methods used by teaching the formalized patterns



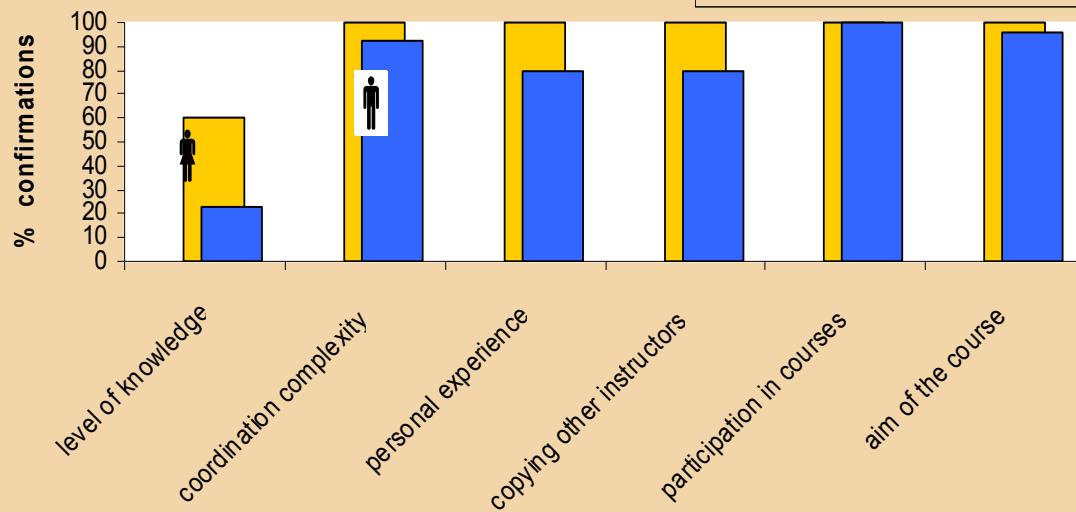
### 3. The external factors determining the choice of teaching methods



## 4. The internal factors determining the choice of teaching methods



Pic. 7. The internal factors determining the choice of teaching methods



Pic. 8. The chart of the external factors with relation to the sex of the examinees



# *Conclusions*

1. Two methods are most frequently used by taekwon-do instructors in movement teaching :  
An analytic, a synthetic, a combined and a problem solving and task method.
2. The problem solving and task method is definitely used more frequently by the women whereas the men tend to use the synthetic, analytic and combined method more frequently.
3. The verbal methods as well as the analytic, synthetic and combined method are the leading methods used in teaching patterns.
4. The biggest differences occurred between the men and the women were related to how frequently the "whole-part-whole" method was used.

5. The choice of the teaching method was determined by some of the external factors including the age of the students, the level of their fitness and of the technical skills
6. The biggest difference between the men and the women in terms of the choice of a teaching method occurred when the years of training experience were taken into account.
7. The leading internal factors which determined the choice of the methods in teaching Taekwon-do movements (techniques) were as follows: the participation in different courses of professional training, the purpose of that particular training (sports-, utility-, leisure) and the coordination complexity (the level of difficulty) of the taught element.
8. The greatest differences between both sexes in terms of the external factors determining the choice of the teaching method were related to the instructor's individual knowledge and to copying other instructors in one's work as well as to the instructor's personal experience.