

THE LEVEL OF BRAVERY VERSUS THE RESULT OF SPARRING IN TAEKWON-DO (METHODOLOGICAL ASPECT)

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INTRODUCTION

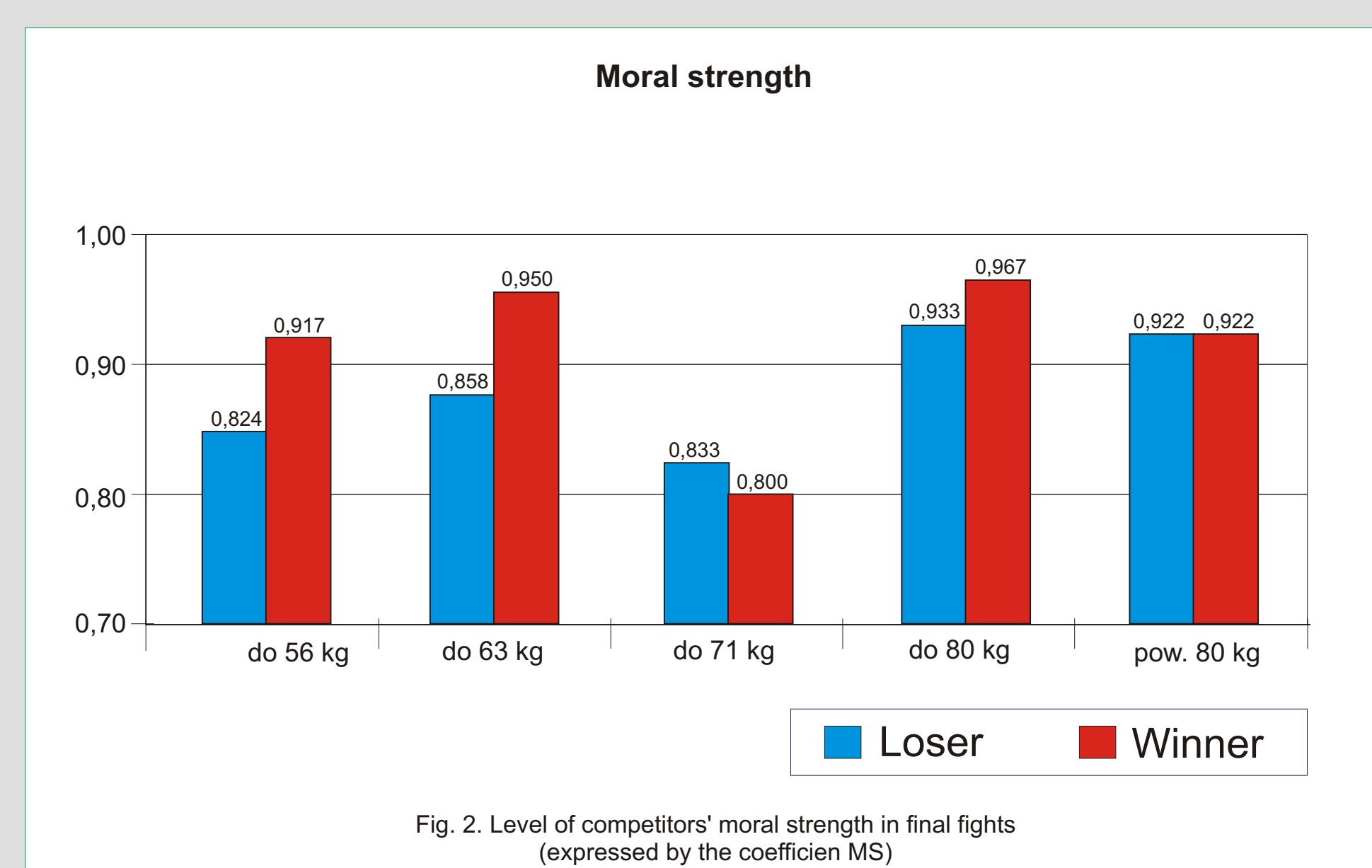
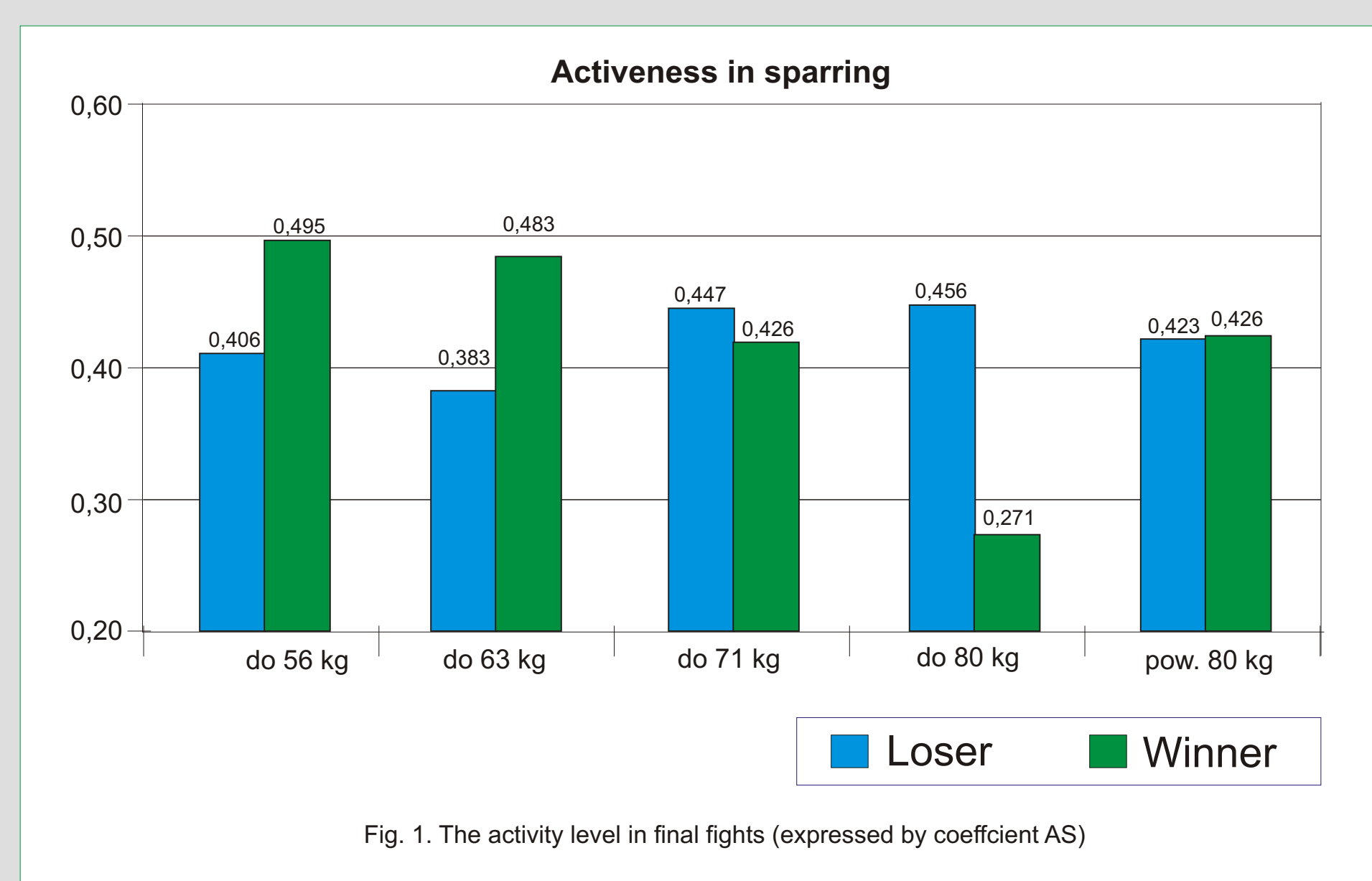
The aim of this study was to work out the indexes that could help to determine the level of bravery of competitors who take part in taekwon-do sparring. Those indexes were to be used to assess the level of bravery of finalists taking part in the International Competition that was held in the year 2006 in Warsaw.

MATERIALS AND METHODS

The group of 10 subjects (finalists) who fought in 5 weight categories was taken into consideration. After the indexes had been worked out, the direct secondary observation was carried out (by means of video) and the result of it was written down in special report sheets.

RESULTS

In the first part of the study there were two indexes worked out: "activeness in sparring" and "moral strength". In the second part bravery was measured. The results revealed that two winners of sparring and three defeated finalists presented medium level of bravery whereas two defeated and three winners presented high level of bravery. The level of "activeness in sparring" ranged from 0.274 to 0.495 points, and "moral strength" from 0.8 to 0.967 (fig.1& fig.2)



CONCLUSIONS

The results and their interpretation indicate that the high and medium level of bravery presented by finalists may be a determining factor of success in taekwon-do sparring. However, significant diversification of the values of the two variables that make up the level of bravery and limited data require more study of the subject.

REFERENCES

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