

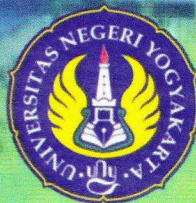
# Proceeding

## INTERNATIONAL CONFERENCE ON SPORT

GOR UNY, Saturday, 12<sup>th</sup> DECEMBER 2009

Theme

The Development Of Sport Culture  
To be Indonesian Civilization



Faculty Of Sport Science  
Yogyakarta State University



ISORY DIY



Ministry of Youth and Sport  
Republic of Indonesia



Indonesian Sport  
Deans Forum



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## **TAEKWONDO: A PRACTICAL SELF DEFENSE FOR MAINTENING AND EMPOWERING SOCIOCULTURAL NORMS**

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### **ABSTRACT**

*Taekwondo is a modern martial art which is rooted in the Korean traditional martial art. Taekwondo consist of three words: 'tae' mean feet/ destroying trough kicking tecnique; 'kwon' mean hand/ hit and defend with the hand tecnique; 'do' mean art/ way of self disciplining. So, if it taken in a simple way, Taekwondo means the art or way of self disciplining/ the martial art which is use the bare foot and hand techniques. Viewing from those definition it is describe that Taekwondo is proper martial art to taken, especially for those who need a safety using bare hand. In a Taekwondo, it is not only trained physically, but also emphasize on mental and ethic. Ethically, Taekwondo customizes its member to always respect each other, not only to the coach and fellows, but also to the gym. Respecting the gym means giving a lesson to the Taekwondoin to be responsible to their house of living and the environment. It means that people who participate and involve will get the ability to defense themself and also receive many lessons of ethics and norms applied in their community.*

**Keywords:** *Taekwondo, Self defense, Empowerement, Sociocultural community*

### **INTRODUCTION**

Martial art is an hard sport, indeed a lot of people consider that by learn martial art, someone will have tough characters. Martial art is same as other sports. Today, martial arts become basic need of human life. This encourage by the significant numbers of criminal on the street and family (Andrey Korotayev, 2004). Beyond of it learning, martial arts are encouraged to protect our selves from any annoyance. Nowadays, the situation is unpredictable where the safe areas and as well as the job does not always go home the day or the evening. These economic problems led many people to looking for work that can not determine when they should go home, but the rules of the workplace to be maintained. Job that requires to come home at night not only done by men, but the women are also the same. These conditions make the martial sport as the choice to do. Learning martial art do not need to participate in the clubs that should be determined by the time all these hours. However, learning martial art is very flexible now, people who want to learn martial can determine their own time, of course with different consequences in the general practice but because of the need for safety to be the main factor, then the financial is not a problem anymore. Today, Taekwondo is one of the popular martial art, evidenced by the number of emerging best clubs in Jogjakarta, or even in Indonesia. In Yogyakarta, it reached more than 100 places listed Taekwondo training in Taekwondo pengprof DIY. It showed the that Taekwondo is a growing popular martial art. Taekwondo teaches about sparring, poomsae (a style), practical martial arts, demonstration techniques and ethics. Taekwondo is a modern martial sport that rooted in the traditional Korean martial arts. Tae Kwon Do which consists of 3 words: tae means feet / destroy the kick technique, kwon means hands / hit and defend themselves with hand techniques, as well as do the means of art / how to discipline himself ([http://www.Taekwondo-indonesia.com / profile-Taekwondo.php](http://www.Taekwondo-indonesia.com/profile-Taekwondo.php)). Shortly, Tae Kwon Do means art or way of disciplining himself / martial art that uses techniques bare feet and hands. View of these definitions describe that Taekwondo is a suitable martial sport for work at, especially for those who need to secure theirselves with empty hands.

To learn tae kwon, we do not have to like people who join the club general public. It means if people want to learn tae kwon do, they just have to follow formal rules applied, but depending on the agreement of two parties bekah. However, people who do not follow the formal rules also do not have the right to participate in official activities as well. Moreover, It is doesn't matter if theneed is just a sport and the martial art itself. Learning practical tae kwon do is not like an athlete who practice to follow the championship, but learning practical tae kwon do will be directed at things that can protect itself from interference from outside. Of course, this exercise will focus on certain parts intended paralyzing opponent. Learning martial arts tae kwon do will make people know which parts are fatal if attacked. By knowing, it will appear two very important things to note: 1. With out weak points of a person then we can paralyze people who try to attack us, it's easier to dodge and break the attack launched from bullies, 2. We'll be more careful to take the offensive in those parts of the weak, because it can be fatal. By seeing the effect, learning a martial art will reduce the number of people who died or was seriously injured by accident. This means that the knowledge of the body parts are weak when attacked by the people will do if it will attack the control section. In addition, more people are learning martial arts and it will reduce the number of fights, because they had often fought, and they know that if they fight, they will be hurt. That is why martial arts are very important to learn and good for anyone



whether old, young, children, women, so on. That old man and a woman have to feel that they need self-defense, besides it can increase your confidence, it can also make people who would to attack are not freely launched.

### **TAEKWONDO AS A MARTIAL ARTS**

Taekwondo as a sport and martial sport should develop both of them, why? because not everyone who joined Taekwondo wants to be an athlete, even there are also people who want to be athlete or just want to defence their selves, recreation, and socialization. So, Taekwondo should always develop into four, so that people who wish to join Taekwondo channeled. People who want to be an athletes will practice in accordance with the purpose of an athlete, someone who just wants to defense theirselves, they will practice in accordance with its function is that of how to defend yourself, attack and cripple, a man of leisure with pleasure with the possible accessories and pass the time, and the like socialization because they want to get the community and good relationships.

Taekwondo martial arts not only just how to deal with opponents that will disrupt or attack, but more green than that all of that learning martial arts is to minimize the wrong people to do a blow or attack on a fatal part. Why so? because by learning martial arts, it will be taught the parts of the body weak, and if attacked by a landslide could be fatal. Maybe not so problematic if the attack was a bad person who intentionally attacked us, and interfere with our salvation. But it would be very dangerous if done on people who are actually not a bad person, or maybe a joke.

Consider some events of teenagers fighting or the beating of a student who made his own only because of a misunderstanding, but instead have been fatal. This happens because people do not know who hit that part of it is very dangerous if attacked hard. If people know it's hitting a dangerous area may not be hit hard, as long as that knowledge in the can from learning martial arts. However, in the martial arts training not only be dodged and attacked in parts of the body's weak, but also give a responsibility, ethics and norms in social life. Besides, learning self-defense only to protect themselves was also taught to be humble person, so that way no one will be arrogant and rude. Yeon Hwan Park and Tom Seabourne (1997) described several principles of practical self defense according shown as follows.

Do not look for the enemy, this is the principle of self-defense for the main actors Taekwondo or practical self-defense exercise. There are no rules, although there is no rule but whatever happens in the field or the way, don't attack people who are already weak. Although the villain in the street would never think of the rules. Avoid too close to strangers is suspicious, because people can just carry a weapon and no member of our chance to escape. Do not easily intimidated just by looking at the big body, tattooed or loud voice, because it is the beginning of the annoying weapon, hope the victim would be frightened and give up. Always ready, because we realize that emotion must be ready to fight, but keep in mind that criminals of all cheating, so be wary. Know the environment, it means we have to know, is there anything, the extent of how, where roads are safe to run away if forced or attacked. Weak point of the body, meaning the body look weak point closest and easily reached if you start being attacked, so that could paralyze rapidly. For example knees and genitals that if we use the kick, but if our hands should be able to reach your opponent's able to reach your opponent's nose and eyes (<http://senyumanhati.multiply.com/journal/item/18>)

### **ETHICS AND RULES OF TAEKWONDO MARTIAL ARTS**

Talk about the social life, studying tae kwon do is a small community filled with the norms and rules. Learning martial arts tae kwon do with exercise, although countered and hit but can sstidak carelessly spoken and behave. Taekwondo requires on its members to follow all the rules that apply. In sociology, according to Letitia Baldrige (2003) manners are the unenforced standards of conduct which show the actor that you are proper, polite, and refined. They are like laws in that they codify or set a standard for human behavior, but they are unlike laws in that there is no formal system for punishing transgressions, other than social disapproval. They are a kind of norm. What is considered "mannerly" is highly susceptible to change with time, geographical location, social stratum, occasion, and other factors. That manners matter is evidenced by the fact that large books have been written on the subject, advice columns frequently deal with questions of mannerly behavior, and that schools have existed for the sole purpose of teaching manners. A lady is a term frequently used for a woman who follows.

### **Rules applied in Taekwondo**

#### ***The Greeting***

There are twotypes of greetings in Taekwondo; the standing greeting (bow) & the kneeling greeting. Rendering standing greeting when a superior enters room. Rendering kneeling greeting and after standing greeting, if the superior sits the floor. The standing greeting stars with the feet together. Arme to the side, fingers curled toward the legs so that the indexs fingers are touching the thumb. Back straight, head and eyes to the front. To render a greeting with a bow: the back bent forward 15



degreed; head bent forward 45 degrees. After the bow, return to the standing position. To reender sitting greeting: by moving to the kneeling position, knees together, move the arm to the front & bent forward, place head on hands, then returns to the kneeling position.

### ***Teacher, Student Formalities During Training***

Before to each training session, saluting flags with a low respectful bow. After saluting the flag, the lower ranking students must greet their superiors in order of rank, first the school master, the teacher, & then the individuals with a higher level of proficiency then oneself. During the training session, a student's behavior shall have control and show high level of courtesy. Student uniforms will at all times be in serviceable condition. Uniforms will not to be worn in public except when training session. Students should always use words implying respect & honor an speaking too absolutely necessary. It is important for the student to use discretion when speaking during the superior. The superiors do not have to be so careful in their selection of words when speaking to students of lesser rank. While practitioner's of Taekwondo are in uniform, the symbol of rank within the system takes precedence over respect for elders. However, when not in uniform, respect for age takes precedence over rank.

### ***Wearing The Uniform***

Uniform neatness and cleanliness are of the utmost importance. During the training session if an individual's uniform is to become out of place, he is to stop momentarily and turn so that others will not be able to see, then adjust the uniform. After the adjustments made, he returns to the practice.

### ***Home and Social Behavior***

While in the home, at work, or while at social functions, it is important for the student to demonstrate high morale standard and to show appropriate respect and consideration to others.

### ***Etiquette in Speech***

High level of speech should always imply while speaking. The back should be straight, & general attitude should be formal. The choice of word is important, being words of courtesy and respect. The voice should not be loud, & abusive words are not be tolerated. The student should be careful not to spit while speaking. The individual should not lose his integrity, wit, or sense of humor. The speaker should ensure to use the correct title for the person he is speaking too. Listening is essential & shows respect. It is not appropriate to stare or interrupt. It to touch the individual you are speaking to, & it is not correct to use hand gestures.

### ***Appearance***

In social situations, it is important to be conscious of appearance. The type, fitting, & style of clothes should be conservative. During ceremonies & other formal occasions, the student of Taekwondo should always wear the appropriate attire. The shined shoes & a well-groomed appearance should be evident. In keeping with the rules of appearance, good habits result.

### ***The Seating Arrangement While in Cars***

The designated driver for a formal, occasion always opens the car door for the superior. However, in the rear seat, the lower ranking individual gets into the car first. So as to allow the superior to depart the vehicle first once they have reached their destination.

### ***Speaking On the Phone***

When calling someone, it is appropriate to state your name first, then asks "to whom you wish to speak" when answering the telephone, state your name, then request the nature of the call. All conversations kept brief & to the point. It is important to have a note pad near the telephone in case there is a need to copy urgent messages.

### ***Table Manners***

When at the dinner table, all guest wait until the senior gives the signal to begin any course by picking up their silver-ware. When in small groups, all must be served, before eating can not commence. However, at very large gatherings or parties, the guests began eating when given their plates, so the food does not get cold. Keep conversation's general at a small table. At a long table it's ok to break the conversations up into two groups or more if feasible. At a business lunch or dinner, the guests wait for the host to star the business discussion. Do not put a elbows on the table when earthling, but it is appropriate to put elbows on the table when in conversations between courses. Sit straight in the chair and do not blow on hot foot for cooling.

### ***Introductions***

Introductions governed by three basic rules, & can be implemented in most situations. Introduce a male to a female, introduce an adult to a much older one of the same sex, & introduce the lower rank to the higher rank. Their introduction should be brief & not wordy or awkward. The host always shakes the hands of the guests upon arrival & departure. Female always have the choice to shake hands or not. Males should always shake hands with other males to whom being introduced, unless it is awkward to do so, for example leaning across others while seated at the dinner table.

### ***Visiting***

Prior to visiting some one, an appointment should be made. Do not so up uninvited. Make it a point never to visit on holidays or sandays, early in the morning, ale at night, at meal time or day of



inclement weather, unless specifically invited. Make the visit short, remember that you are a guest, thank the host (ess) before departing, it is a Korean custom to bring a gift when visiting someone's home. The gift may only be: fruit, drink, flowers ect..., or something to show your gratitude to be an invited guest.

### **Guiding a Higher Ranking Person**

When guiding a higher ranking person, walk to front with slightly bent forward posture; this shows respect. At meeting be attentive to the needs of the superior, for example if he should need a pen or pad of paper. If not escorting a superior's family, sit with a superior, always walk to the rear, open doors for the superior, and be attentive to the needs as previously mentioned.

### **Seating Arrangements at Ceremonies**

While at formal ceremonies; the seat of honor is to the right of the chairperson, then the next highest position is to their left. At social gatherings, with a speaker present, the highest ranking person has an opportunity to speak after the speaker. The highest ranking person will leave a crowded room first when the ceremony is over, followed by the others in order of rank. This means there is a ranking between the members begin from the oldest one to the youngest. This teaches the members to respect each other, moreover with their mentors.

### **Drinking and Smoking**

It is the privilege of the individual to drink as much as he or she wants in private. Showing the effects of too much to drink in public is totally unacceptable because in one way or another a drunk is always a problem. Never smoke in any place of worship or a religious ceremony out of doors; while in court, during the playing of the national anthem; or during the raising or lowering of the national flag. When greeting someone, remove cigarette from your mouth.

### **Behavior of The Instructors**

The Taekwondo instructor (s) is to set the example their students to follow. Instructors help their students to find solutions to their problems. Instructors should refrain from speaking to their students as though giving order, but is to be humble and sincere. Instructors are to avoid violence and the appearance of a pleasure seeker. Instructors should live a clean & productive life free of drug and alcohol. They should involve themselves in community functions, practice justice and selflessness.

### **Behavior During Social Events**

In the event of social activities seating at head table will include not just the senior belt but customs apply to most Taekwondo social events. If you have any questions or doubts on proper also spouses. Recognize spouses & parents of senior belts with the same respect. Most Korean mannerisms please contact your instructor or myself. If you are attending a social event especially were Korean instructors are to be present, ask questions before. Many of our norms maybe conceived in the wrong manner. As long as it seems you are making an honest effort. Most Koreans are honored in making an on the spot corrections. Bottom line is to be have with self respect for you represent not only yourself but your dojang (<http://www.chaehooksung.com/public/etiquette.pdf>).

The most valuable assets in Taekwondo are the rules of etiquette, the rules that gauge a practitioner's behavior and the attitude deep within his/her heart. All Taekwondo practitioners must be able to apply their etiquette while they were practice and outside the dojang. The blue print of Taekwondo philosophy as self defense fostering people to do better manners on their life, this means there will be good norms applied by them. The practice of Tae Kwon Do is a dangerous art which can lend easily to violence if not balanced by the appropriate mental conditioning. By adhering to the traditional etiquette of Tae Kwon Do, we learn the respect, humility, and self-control needed to utilize our skills for honorable purposes. Just as with our physical skills, these mental skills can only be mastered by practicing them consistently. You should utilize our time of meditation before and after class to focus your mind so that you may better train your body.

## **CONCLUSION**

Martial arts is something that must be owned by anyone, whether male, female, young and old. This is because the number of crimes that often occur in the streets and environment of our schools and homes. Learning martial arts is important to protect ourselves at any time if there is interference. Learning martial arts are not just kicking and punching it but there are some things to be done, among others, is not seeking umsu, there are no rules, do not easily intimidated, always prepared, know the environment, a weak point of the body. While studying martial arts as a precaution against evil, but someone who learns martial arts should also be humble, this is proven by the rules and norms are applied in practice tae kwon do martial arts, so that even an expert martial but also the community social life well lived. Remember, the body and mind only function properly when used together.

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