

## Exploring the organic harmony of the Modern Pentathlon of sports

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## [Abstract]

What sports have in common is that they must use their bodies to play and lead to victory. The use of the body differs in many ways depending on the event, which part should be used as the focus.

The commonality of all sports is that sports can achieve the best results by using and using parts of the body in harmony. The use of strength or muscles varies depending on the type of sport or the type of sport, so the use of the body or the results of athletic events also varies. Sports are premised on the organic use of the body, but the implications of sports can be found in that the degree of organic use does not apply equally to all sports. Sports demand organic balance and flexibility. Depending on the type of sport, you can explore which organic harmony produces more effective effects and find out which events are more beneficial to the human body.

This study aimed to find out whether the organic harmony of the body actively contributes to the development of sports and a healthy mental culture. In this study, we proposed the hypothesis that the modern Pentathlon will induce the most desirable organic harmony as a global Olympic sport, and tried to verify that the hypothesis is valid and verifiable. In order to do this study, I tried to find out the organic viewpoints centered on the Miletos school, re-examine the meaning of the modern Pentathlon of games as an Olympic event, and conduct organic harmony and exploration of the modern Pentathlon of games in terms of sports.

▶ **Key words:** Modern Pentathlon, organic inquiry, sports performance, organic harmony

## [요 약]

스포츠의 공통점은 신체를 사용하여 경기를 진행하며 승리를 이끌어 내야 하는 경기이다. 신체의 사용은 종목에 따라 어느 부분을 중점적으로 사용해야 하는지는 여러 면에서 차이가 있다. 모든 스포츠의 공통점은 신체의 부분을 조화롭게 사용하고 활용해야 최고의 성과를 낼 수 있는 것이 스포츠이다. 스포츠의 종류나 종목에 따라 힘이나 근육의 사용이 달라지므로 신체의 사용이나 운동경기의 결과 또한 달라진다. 스포츠는 신체의 유기적 사용을 전제로 하고 있으나 그 유기적 사용의 정도가 모든 종목에 동일하게 적용하지 않는다는 측면에서 스포츠의 시사점을 찾을 수 있다. 스포츠는 신체의 유기적 조화와 유연성을 요구 하고 있다. 스포츠의 종류에 따라 어떤 유기적 조화가 보다 효율적인 효과를 가져 오는지를 탐구할 수 있으며 어떤 종목이 인체에 더 유익한지를 찾아 낼 수 있다. 본 연구는 이러한 관점에서 신체의 유기적 조화가 스포츠를 발전시키고 건전한 정신문화에 적극적으로 기여하는지를 찾아보았다. 본 연구에서는 세계 올림픽 스포츠 종목으로서 근대 5종이 가장 바람직한 유기적 조화를 유도할 것이라는 가설을 제시하고 그 가설이 유효하고 증명 가능한지를 검증해보았다. 그리고 본 연구를 하기 위해 밀레토스 학파를 중심으로 유기적 관점을 알아보고 올림픽 경기종목으로 근대 5종 경기의 의미를 재조명하고 스포츠 측면에서 근대5종 경기의 유기적 조화와 탐구를 하여보았다.

▶ **주제어:** 근대5종 경기, 유기적 탐구, 스포츠 성과, 유기적 조화

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## I. Introduction

There are many types of sports in sports. All sports have something in common. It is playing with the body. Sports can only be exercised with the best balance. Sports are premised on the organic use of the body. Sports vary depending on the part or type of body used. As such, all sports are different according to the organic harmony.

In this way, the direction of the muscles and powers used varies depending on the sport. For example, ping-pong or sprinter can achieve extreme explosive power by organically harmonizing from tip to toe. The table tennis player's end point of the organic harmony should result in the movement of the hand holding the racket, and the athlete must result in the movement of the tiptoe to spur the ground.

However, in the case of 'Modern Pentathlon', which determines the final ranking by comprehensively evaluating the results of the five events, due to the characteristics of the complex competition, the human movement that perfectly combines the defects of each event and the organic harmony of the human body (Human Movement) Requires the most ideal harmony.

The Modern Pentathlon are composed of athletics, swimming, shooting, fencing, and equestrian events. It seems to be composed of distinct sports, such as dynamic movement, static movement, competition with machines, competition with adults and animals, etc. It may, but is not, in fact (Han Doryung, 2009). From the point of view of exercise physiology or kinematics, 'athletics' and 'swimming' use very similar muscles, the land uses the muscles corresponding to gravity, and the swim uses the muscles using buoyancy and propulsion. Even in a combine event that combines 'shooting' with athletics, dynamic athletics and static shooting combine to create harmony, and 'fencing' is a match with opponents, and 'riding' is a match with a horse, making harmony like a body. It is a game that must be accomplished.

All sports (especially Modern Pentathlon) require organic harmony of the human body, but research on how organically harmonious this organic harmony is to the human body is still insufficient. Based on the thoughts of the modern Olympics, where the five modern games were considered the best athletics, the purpose of this study was to clarify the rationale of what 'organic harmony' brings to sports. Under the hypothesis of inducing the most ideal organic harmony.

This study attempted to re-examine the organic viewpoints understood in ancient Western philosophy, centering on the Miletos school, to find out the meaning of the Modern Pentathlon of games at that time, and to find out whether the organic harmony pursued by the modern 5 types is in line. Today, I tried to analyze the principle of the Modern Pentathlon and discuss how the five categories gathered in the upper category to which each event belongs to create an organic harmony.

In order to interpret the above subjects, this study used the perspective of the academic exploration methodology called hypothesis deduction, and in traditional philosophy, it accepts 'relations of ideas' and 'matters of fact' and strongly distinguishes them. Follow the theory of D. Hume (1779).

This is because sports-related research is largely related to the 'problem of fact', so it was judged that it is meaningful to apply the 'problem of fact', which is widely accepted in other academic fields, to physical education through academic research methods. to be. In other words, this study suggests a very unique research method that combines physiological research with philosophical acceptance, and the researcher expects that the combination being attempted here can contribute to the development of physical education, and the five modern organic methods through hypothesis deduction. I tried to look closely at the meaning of harmony.

## II. Organicism in sports

### 1. Miletos School<sup>2)</sup>

The ancient Olympic Games<sup>3)</sup> were held every four years from BC776 to AD393. Looking at this way of thinking can help you understand how they thought about sports. Sports activities at the time were based on thinking in animism, which means being interpreted as "material has life", meaning that everything moves like a living creature. Such a traditional way of thinking had a great influence on Greek philosophy.

Philosophers of the Miletos School include Thales, Anaximandros, and Anaximenes, who are thought to have been active for about 100 years from about 150 years after the start of the ancient Olympics. Since the Olympic Games, which began in BC776, first appeared in the modern Pentathlon at the 18th games in BC708, it would be said that examining the mind set of the Miletos school is very helpful in understanding ancient sports.

Miletus' Thales, Anaximandros, and Anaximenes are famous for saying that the source of all things is water and air. Water is a translation of 'hydor', but Thales used 'to hygron' together with 'hydor'.

In Greek, 'to hygron' means 'flowing'. Infinite sperm is a translation of 'to apeiron', meaning 'to have no specific shape'.

They are very similar to each other, regardless of what they think of the source material. Wedberg (1982) puts the Miletos mind set in common and summarizes what they are inferring as follows. Objects come out of the ultimate reality and return to the ultimate reality. Everything is part of the ultimate reality. Ultimate reality is the original form and may appear as another object. The ultimate reality can be anything given the conditions. Ultimate reality fills the entire universe. All phenomena in the universe are fundamentally

similar. What has not been explained can be explained by comparing what is known.

Natural phenomena are determined by laws. Matter is eternal. The universe has no beginning or end in time. The world is not created by divine beings, it is the result of long evolution.

Of course, Weedberg didn't use the expression "organic harmony." However, in this study, he interprets that the idea of the Miletos school, which he summarized, can be summarized with the expression "organic harmony."

Thales says that all things come out of 'water' and all things can go back to 'water' or change to another form. This has the same meaning as the word that the whole universe is organically connected through 'water'. Thus, the school of Miletus can say that all things and the universe of the world exist in organic harmony.

### 2. Greek philosopher

The Miletos' thinking had widespread influence throughout Greece. The philosophers with the same thoughts can be said to have focused on harmony with Parmenides, and Heracleitos on change. Democritus, which showed a modern epitome, tried to show that objects are created and destroyed by the sum or division of the elements around four elements.

The natural philosophers of Greece have different conclusions, but they all have in common that, as seen through the philosophy of the Miletos, they all see the whole universe of things and the world as an organic perspective. The idea of all of these is that matter changes. However, it does not change spontaneously, but changes harmoniously through organic mediation.

Parmenides had a unique thinking system. He refused to change and, from the point of view of organic harmony, seems to have the same mind set

2) The Milesian School is an early Pre-Socratic school of philosophy founded in the 6th Century B.C. in the Ionian town of Miletus (a Greek colony on the Aegean coast of Anatolia in modern Turkey). ... The Milesians were also more focused on nature than on reason and thought like the later Ionians.

3) The Olympic Games are normally held every four years, alternating between the Summer and Winter Games every two years in the four-year period. Their creation was inspired by the ancient Olympic Games (Ancient Greek: Ὀλυμπιακοί Αγῶνες), which were held in Olympia, Greece, from the 8th century BC to the 4th century AD.

as other Greek philosophers. Parmenides argued that the universe is one and there is no distinction between them. Therefore, Parmenides can be said to be an extreme, organic harmony.

Socrates<sup>4)</sup> are those who have turned the attention of philosophers into humans. Socrates did not write. We can only know about Socrates in Plato's book. There are cases in which it is difficult to judge whether Socrates' claim in Plato's book is really Socrates' or Plato's.

However, it is clear that organic harmony is still emphasized in Plato's thinking system. According to Plato, the real world is a virtual world, and the world of Idea is the real world, and many ideas exist through the best idea of good idea.

Even in Aristoteles' private system, things change through the organic connection of the four causes, and eventually the theory concludes that all things return to their original position.

The concept of 'organic harmony' was dominant in the Greek system of thinking. When a part of the world changes, organically, another object or another part of the world changes. That change will eventually harmonize across the board. 'Cosmos', which means the universe, means 'space', but it also means 'harmony'. Their language itself is in harmony with the universe.

### III. The ancient Pentathlon and Modern Pentathlon as a sport games

#### 1. Ancient Pentathlon<sup>5)</sup> as a sport games

It may seem rather strange to tie several events together to form one event, but it would have been very natural for the Greeks. It is a late feeling that the first mixed event was created in the 18th tournament after the Olympics began.

In 766 BC, only one short-distance event was conducted at the first Olympics. Since then, the number of events has gradually increased, and there have been records of 19 events in history.

Unlike the modern Pentathlon the ancient Pentathlon games were not a combination of other events conducted separately. The Pentathlon ancient species consisted of five types: long jump, race, discus, javelin and wrestling, among which long jump, discus, and javelin were not implemented as individual events.

The ancient Pentathlon were a mixture of these events, which have been in effect since the 18th convention in 708 BC and were one of the most consistently practiced events throughout the Olympics.

Lim Oh-seop (1994) summarizes the progress of five ancient games as follows: A person who cannot jump a certain area is eliminated by running the area. If you pass the jump, you throw a javelin. The top four runners in the javelin run. People who run 1st to 3rd in a run throw a disc.

The 1st and 2nd place of the discus is wrestling. Regarding the winners of the Ancient Pentathlon games, Gardiner (1995) said that he was the "best player among all the winners of the ancient Olympic Games." Aristotle writes in his rhetoric:

The excellence of the body is health that can move the body freely without becoming ill. Many people talk about health, but they don't celebrate it. Because to be healthy, you have to refrain from and refrain from many things.

Being strong is the power to make others move at will. So you have to be able to push, pull, lift, turn and pinch. Excellent in size means that your height or weight outweighs the average person. The physical excellence of the body consists of size, strength and agility. Agility implies strength. Anyone who can step faster and farther forward in

4) Socrates was a Greek philosopher from Athens who is credited as one of the founders of Western philosophy, and as being the first moral philosopher of the ...

5) The Ancient Olympic pentathlon (Greek: πένταθλον) was an athletic contest at the Ancient Olympic Games, and other Panhellenic Games of Ancient Greece. The name derives from Greek, combining the words pente (five) and athlon (competition).

a certain way in the future is great at running.

Anyone who can grab and pinch is suitable for wrestling. Boxing is great for anyone who can drive you to feed your opponent the right bang. Those who are good at wrestling and boxing are great at Pancratium. However, the one who does all this well is a modern Pentathlon.

Above, Aristotle shows how he is looking at the ancient Pentathlon player. In order to show excellence in each event, it is necessary to have the skills appropriate for the event and to hone skills.

However, if you combine such qualities and skills and harmonize organically in one person, you will be said to be a great modern Pentathlon athlete. All of the above quotes are said to be the best of all good bodies, which means that the body of a modern Pentathlon athlete is the best.

As an example of the most ideal case, there are modern Pentathlon athletes, so it is correct to understand that from the physical point of view, the modern Pentathlon athlete is claiming to be the most ideal person.

In this regard, Lim Oh-seop (1994) would have been a modern Pentathlon ideal method of perfecting the body in a harmonious and complex mix of several events.

Hyun-Sang Park and Eun-Sup Shin (1983), from ancient Greece's well-known physical education leaders and teachers, in light of their experience, training a single event uses only certain muscles of the body, so that the body's harmonious development and balance. They pointed out that they were aware of the fact that they could not reach the ideal physical perfection they had pursued.

## 2. Modern Pentathlon<sup>6)</sup> as a sport games

The Greeks' view of Ancient Pentathlon is closely related to the birth of Ancient Pentathlon. In the ancient Greek mind set, we can see that organic

harmony is melted in their minds.

Modern Pentathlon is a game created by Baron Qubertin's transformation to match the modern Pentathlon type, and was created by Baron Qubertin, aiming at developing human beings who are mentally and physically harmonious, and is a representative game that has developed into Olympic sports. And helped them to grow as a person with a balance of mind and body, and helped their future be in harmony. (Korea Modern Pentathlon Federation, 2014).

Modern Pentathlon says that one athlete can play five different sports with different physiques and technical requirements with great physical and mental skills. Did. (Physical Science Research Institute, 2010).

In the phrase that introduces modern Pentathlon, the expressions "harmony" or "complete human" appear. In the sport after the Industrial Revolution, one sport was divided into other sub-events, and a culture in which one athlete focused on his specialty rather than participating in many sub-sports began to appear.

However, modern Pentathlon conducts 5 events in 5 different places a day, which adversely affect the player's nerves and muscle tissue, requiring players to exercise physically and mentally with high fitness and function. Ida (Choi Jae-geun, 2012). As a sport, modern Pentathlon wanted to see what features different stocks have and how they create organic harmony.

## IV. Characteristics and harmony of Modern Pentathlon

### 1. Athletics (running)<sup>7)</sup>

Running is the only event held during the first Ancient Olympic Games. At that time, running was

6) The modern pentathlon is an Olympic sport that comprises five different events; fencing (one-touch épée), freestyle swimming (200 m), equestrian show jumping (15 jumps), and a final combined event of pistol shooting and cross country running (3200 m).

7) Running, footracing over a variety of distances and courses and numbering among the most popular sports in nearly all times and places. Modern competitive running ranges from sprints (dashes), with their emphasis on continuous high speed, to grueling long-distance and marathon races, requiring great endurance.

a short-distance run equivalent to 200m (stadion, 192.27m) from today's point of view. Subsequently, the mid-range race Diaoulos (384.54m in Olympia) and the long-distance Dolly Horse (1346m~4615m) were created.

It has been argued that long-distance racing is a sport created in connection with war. "In the war fought in Arcadia, a messenger sent over a rugged mountain path to Greece, and the road was so rugged that the horses were useless, so the messengers crossed the rough road with their own strength and hurriedly developed into a long-distance race." (Lee Oh-seop, 1994).

After all, running is the oldest sporting event, especially the most important basis of any athletics event. Athletics is composed of running, running, and throwing movements. Since their common denominator is running, it can be said that the representative ness of athletics is running. Long jumps, 3 dan jumps, high jumps, and pole high jumps, which are jump events, also jump or jump high through leaps and bounds. "The leap force is to maximize the force from the help closing, that is, running, through the vertical leap force" (Korea Institute of Sports Science, 2009). Therefore, it is natural that the representative ness of athletics is running. Hur Dae-young and Kim Young-seok (2009) analyze running in more detail as follows.

In order for the foot to push the ground, the thigh muscles must contract and stretch the hip joint. At the same time, a fixatir acts to prevent bending of the knee. Therefore, even if the upper part of the origin of the thigh of the back is contracted, the lower part of the insertion side can be further stretched. The antagonist to the hip joint flexion of the posterior thigh muscle is the rectus femoris, and reciprocal inhibition occurs to allow the posterior thigh muscle to contract.

When the hip joint is well stretched, the already relaxed thigh straight muscles can no longer stretch, so the knee is pulled, resulting in knee

stiffness. Therefore, the upper part of the straight muscle of the thigh is stretched and the lower part is kept short.

In this case, the same movement occurs, avoiding the passive insufficiency and active insufficiency of the posterior thigh muscle and thigh straight muscle, so that both ends of each muscle contract at the same time or do not relax at the same time. . When the Han Chinese end of the working muscle is relaxed, the other end contracts, and the opposite muscle reverses its direction, contracting one end and relaxing the other. Also, "in running, every step you take, stretch muscle contraction occurs in both quadriceps and gastrocnemius muscles." (Timothy Noakes/ Jang Kyung-tae, Jo Hyun-cheol, Jin-soo Jin, and Kyung-du Lee, 2005).

## 2. Swimming<sup>8)</sup>

Swimming can be divided into 5 categories: swimming, water polo, diving, synchronized swimming, and open water. Swimming is a record game using swimming strokes, water polo is a ball game played in water, diving is an acrobatic game, and synchronizing is water It is an item that expresses aesthetically with the human body. The common denominator of these events is swimming.

Swimming is an event in the water, and it is very important to the ability to float easily in water. "What an object can float on depends on its density. Density is mass/volume, mass is related to gravity, and volume is related to buoyancy.

Therefore, the mass acts to settle the object, and the volume acts to float. (Kwon Sun-ok, Kwon Sung-jin, Song Kwang-seop, 2013). The flow of the body in water refers to a continuous movement of the arms and legs using the propulsive force of the body. Various strokes are examples of continuous movement.

The series of motions continued by force is caused by the movements of the arms and legs,

8) Swimming is the self-propulsion of a person through water, usually for recreation, sport, exercise, or survival. Locomotion is achieved through coordinated movement of the limbs, the body, or both.

and when the motions of motion continue to be replaced, a natural flow occurs. Basic backstroke or lateral stroke are examples of bound flow. You must maintain a well-balanced posture of the body, and alternately use skill choices in both floating and bound flows. (Sweetenham & Atkinson, 2003).

The contractile activity of swimming was studied by Karpovich, Miyashida. Park Soon-ho and Jeong Chun-gyu (1997) summarize this as follows. In freestyle, the motions of the arms and legs are shown as 60:40 and 70:30. In the arm motion, when the palm enters the water, when it is obtained and the shoulder is rotated forward, the muscles of the joints, the radial nerve, and the mitral muscle act to act on the muscles of the joint when pulling water.

The pectoralis major muscle of the arm is used, and when the arm is pressed down, the scapula is used. Also, when pushing out the water, the bending of the wrist and fingers should be well angled. When the arm is reverted, the arm is made by contracting the dorsum muscles and the circumferential muscles. The condition of the arm out of the water is that the elbow must be above the fingertips. As the kick starts, the hips, thighs, calves, and ankles move long. The muscles used at this time are the rectus abdominis muscle of the lower back nerve, the fibular nerve of the thigh and the biceps femoris of the tibial nerve, and the gastrocnemius muscle of the tibial nerve.

Swimming is a sport that exercises whole body. "In most cases, exercise on the ground is primarily driven by the muscles of the lower extremities, whereas swimming requires a large movement of the upper extremity. (Jaeho Kim, 2004)

### 3. Shooting<sup>9)</sup>

Shooting is a static game in which the target is hit using a tool. The ancestors of humans survived hunting activities along with harvesting, which is

the origin of today's sports shooting. Some archery uses a bow as a tool to hit the target with tools.

But from today's point of view, the bow is a less efficient and less accurate tool than a gun. Bows are less useful and accurate than guns. In modern sports, shooting using a tool to hit a target is typical. While most sports are dynamic, shooting is a static event. Since shooting requires holding a gun and maintaining a constant posture for a long time, it requires strength and endurance, must overcome the recoil after firing, have the balance and flexibility to return to the correct posture, and have strong strength such as quickness, agility, etc. Stamina is required. (Park Sung-jin, 2006).

The Korea Sports Science Institute (1992) analyzes shooting as follows.

Shooting is a sport that requires strength, endurance, and flexibility. Since the strength is an item that deals with firearms, a lot of strength is required for the athletes in this event. Particularly, in the case of a standard rifle, it is necessary to hold a rifle that is 7 to 8 kg and hold it for 5 to 6 hours.

Endurance is a discipline that is closely related to patience. Sometimes you have to play for a long time. Strong muscle endurance is required due to the nature of having to play with a gun without shaking for a long time. Flexibility can be improved by developing the coordination required in the shooting.

The muscle strength required in the shooting is not a huge amount of power, but must be made to not exceed the exact amount. Even if the muscles of the arm are used, the direction of the force can be said to be different.

### 4. Fencing<sup>10)</sup>

Fencing is a game where you face-to-face. These stocks do not use special tools to attack. Although these sports have established themselves as refined sports events, the fundamental form has a form of

9) Shooting is the act or process of discharging a projectile from a ranged weapon Even the acts of launching/discharging artillery, arrows, darts, grenades, rockets, ...  
Shooting sports · Shooting target · Shooting range · Shooting (disambiguation)

10) Fencing is a group of three related combat sports. The three disciplines in modern fencing are the foil, the épée, and the sabre (also saber); winning points are ...

primitive confrontation. Fencing is the only sport that can represent the modern appearance of interpersonal combat.

Fencing is a dynamic sport that requires a lot of training and requires sharp eyes, a relaxed mind and a well-trained body. In order to perform a fencing game, the legs must move the whole body, and the hands must perform the actions of the sword necessary for attack and defense. You need to learn to move with skills such as forward and retreat, and learn to strike or avoid targets accurately by using attack skills.

Fencers perceive blade sensation, distance, timing and rhythm, and these factors play an important role in their skill and tactics. In addition, physical factors such as speed and attention, balance and endurance, intelligence and emotion also play an important role.

The most important thing when performing attacks, defenses, and all technical moves is to maintain the body's equilibrium (Physical Science Research Institute, 2010b).

Hyo-geun Lee (1997) showed that fencing players had the highest scores in terms of quickness and agility than other speculative sports players. As it is, the improvisation and agility are stated. Therefore, Choi Jong-hwan, Park Chang-sun (2005) argues that wits and agility are the most important factors for fencing players.

Fencing has different stimuli in left and right arms and legs due to differences in asymmetric movements and methods.

The first sign of muscle fatigue to a fencer is the tendency to stretch the lower extremities, causing the body to bend forward and reduce the effectiveness of the fencing motion. In consideration of these points, the fencer should develop the lower leg's femur and antagonism (Lee Geun-bae, 2005).

## 5. Riding<sup>11)</sup>

Horseback riding is an Olympic sport. Horse riding is a game with animals. Horseback riding is a whole body exercise that helps the body to develop properly by means of horses and humans, training the body through horseback riding, and improving body balance and flexibility. (Korean Horse Society, 1999)

The stamina elements of horse riding are wits, equilibrium, and cooperative power. Coordination refers to the relative movement of the body and limbs formed according to the motions to be performed. Human cooperative power is absolutely influenced by the characteristics of organism, environment, and task. Organism includes not only height, weight, and body shape, but also cognitive, emotional, and psychological characteristics (Korea Institute of Physical Science (2010c). Horseback riding exercises help the upper body move to keep the heart, lungs, and stomach healthy, and waist exercises help the body's central axis, the lumbar spine and spine, and strengthen the leg joints, strengthening the thigh and calf muscles, making it a full body workout. have. Nam Byung-gon (2010) refers to eight factors such as strength, muscular endurance, cardiorespiratory endurance, flexibility.

Not many sports adopted in the Olympic Games require eight factors at the same time. Due to the nature of horseback riding, aerobic and anaerobic, endurance and quickness or strength and flexibility are required. Equestrian requires eight factors at the same time. Horse riding requires almost perfect fitness. It is said that if you do not have any of the eight elements, it is difficult to reach the top.

## 6. Organic harmony of Modern Pentathlon

In addition to the Modern Pentathlon, there are three types of triathlon and ten athletics in the complex. However, the triathlon is a game that pursues the characteristic of challenging human

11) When you know that equus is the Latin word for "horse," the meaning of equestrian becomes clear. An equestrian is someone who is involved with horses. You can also use it as an adjective to describe anything having to do with horseback riding.



extremes, and the 10th game is limited to athletics. On the other hand, Modern Pentathlon combines various stocks, which is the basis for this paper's claim that it seeks organic harmony.

If you look at the major events of the Olympics today, there are single and multiple events. Of course, in every sporting event, whether single or multiple, athletes have physical excellence. However, there is a slight difference in the excellence of athletes in single and multiple events. In the case of a single event, special physical abilities or certain skills show excellence, whereas in a complex event such as a Modern Pentathlon event or a 10th event, no particular excellence can bring perfect performance of a complex event. to be.

Physical excellence in a single event can show excellence as long as it has the physical ability and skill specific to the event, but in the case of a complex event, that is, it must have comprehensive excellence to show perfect performance and excellence as a composite event. (Han-Ryeong Han, 2014).

This study is representative of sports related to running, swimming, fencing, shooting, and horseback riding. The Modern Pentathlon athlete must perform all the sports that represent each field. In particular, the combine shows the specificity of the five modern species. In 2009, the International Federation of Modern Pentathlon Species introduced a combine rule.

In the past, the Modern Pentathlon types of events were shooting, fencing, swimming, horseback riding, and land, but they were revised in order of fencing, swimming, horseback riding, and combine (shooting + athletics). (Nam Kyung-wook, 2011). Nam Kyung-wook (2011) The International Modern Five-Class Federation, which faced the crisis of withdrawal from the Olympics, wanted to inspire interest in the media and spectators through the introduction of the complex game, and to change into a thrilling and thrilling game. From the point of view that the modern Pentathlon are organic harmony, different meanings can be found.

The combine consists of unlimited shooting for 20 shooting targets and 3,200m of running. The game starts (20m driving)-shooting (5 shots)-driving (800m)-shooting (5 shots)-driving (800m)-shooting (5 shots)-driving (800m)-shooting (5 shots)-driving (800m) )- Arrive. This is a method of shooting for 50 seconds indefinitely, hitting all targets, and then running again.

Running is an event that requires the ultimate eruption of strength (especially the strength of the lower extremities), which is a combination of shooting for activity, stability, and calmness. In land and swimming, the upper and lower extremities are used. Even if the same upper and lower extremities are used, different muscles are used. Athletics uses the muscles according to the action of kicking the ground, but swimming uses the muscles in a way to lie down on the water and create buoyancy while holding the center.

Modern Pentathlon, even when using the upper and lower extremities, has a significantly different direction or force to use force. Shooting occurs in an extremely stable situation, while the combine shoots in an extremely unstable condition.

The combine is an item that should pursue the external discharging and internal stability of muscle power, which must immediately enter into stabilization of muscle power, immediately following the extreme eruption of muscle power, and organically harmonize the use of muscle power.

In order to be good at Modern Pentathlon, not only must all muscles be well developed, but even the same muscles must be prepared to be used in a variety of ways.

This is what the term "organic harmony" in the human body means in this study. All athletic events must move organically and harmoniously throughout the body in order to perform them well.

Modern Pentathlon is an event that requires organic defense in all directions. Even if it is the same muscle, it must be able to be used dynamically, and at the same time, it must be able to be used dynamically. And, from the perspective

of this organic harmony, the key point of the debate in this study is that the Greek way of thinking that created and viewed the Ancient Pentathlon is melted.

## V. Conclusion

This study discussed the thoughts of the Greeks who created the ancient Olympics and the concept of “organic harmony”. By looking at the people of the Miletos, including Thales, which was first dealt with as a literature study, they confirmed their view of the Ancient Pentathlon at the ancient Olympics, and this study more fundamentally approached the term 'organic harmony', 'organic harmony' I could see that the term is not only about human beings, but also about interest in the universe.

In short, the modern appearance of the ancient Pentathlon game created from the perspective of “organic harmony” is the Modern Pentathlon. Ancient Pentathlon contained detailed events that were not conducted as individual events, but Modern Pentathlon is composed of events that are conducted as separate events in sports. Therefore, this study focused on the fact that each detailed item of Modern Pentathlon is composed of detailed items that are representative of similar items that are conducted individually.

On land, there are main, two, and province, but the basic is running. Swimming can be divided into 5 categories: swimming, water polo, diving, synchronized swimming, and open water, but the basics of swimming are swimming. Shooting represents the movement to hit the target. Fencing is a fighting sport that represents the movement of using weapons to compete. Horseback riding represents a sport that uses other creatures as a means. This study, in order for a single person to perform all of these representatives well, must have an organically harmonious body from the perspective of the ancient Greeks. He claims that the perspective of “organic harmony” is the basis for and existence of Modern Pentathlon.

From this point of view, it is not necessary to group several events that are conducted individually into one. Nothing is better than the perspective of 'organic harmony' presented in this study. If a view of “organic harmony” and another view that could compete with it were presented, we could discuss which of these two views would be more appropriate for viewing and interpreting the Modern Pentathlon.

Therefore, this study did not discuss 'organic harmony' deductively. Therefore, when other researchers evaluate this paper, we should not look at this study in terms of deductive proof. This is because, in fact, the topics covered here are hypotheses and explanations that cannot be deductively demonstrated.

The main subjects of physical education are mostly explorations of facts. Therefore, the main topics should not be explored through a deductive approach. Further discussion of this will be covered in more depth in subsequent studies.

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