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## A Narrative Study on the Preparation Period for the Performance Improvement of the Winner of TAEKWONDO Demonstration Competitions

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### Abstract

*This study examines the empirical meaning of the winners of the breaking events at taekwondo demonstration competitions through these narratives, identifies the psychological characteristics of the winners through the psychological technology model of Vealey(1988), and captures the stories in the winning experiences. The purpose is to share ways to improve the performance and to provide the necessary information for the psychological training of the field leaders and athletes through the psychological characteristics of the elite athletes of the taekwondo demonstration competitions.*

*Participants for the narrative research were selected through the purposed sampling, and four athletes who had won the championship in the last three years were selected and interviewed from the Taekwondo Hanmadang competition and university president's flag competitions organized by the Korea National Sport University and Yongin University.*

*First, in the preparation for the competition, the basic techniques were repeated practice, strategic composition, basic physical strength, diet control, and protective mats. Basic techniques included self-efficacy, and psychological techniques included stress management, image training through relaxation, motor-sensory image training, inner mental training, and leadership, encouragement, conditioning, and communication.*

*Second, in the stories of the competition venue, repeated practice appeared as a basic technique among psychological techniques. Self-efficacy and sports confidence were shown as basic skills, and during the practice process, mental image training, subjective goals, cognitive strategies, internal mental training, self-talk, and objective goals were shown as psychological techniques. Interpersonal orientation was a facilitation technique, and performance technique included adaptation to the environmental factors, strategic analysis, and focus.*

**[Keywords]** Taekwondo, Demonstration, Competition, Narrative, Breaking

## 1. Introduction

With the founding of the Kukkiwon Demonstration Team in 1974, taekwondo demonstration played a significant role in promoting and disseminating taekwondo not only in Korea but also around the world. And since Taekwondo Hanmadang, the first taekwondo demonstration competition, in 1992, the taekwondo demonstration began to draw attention every year, and it has now become a culture beyond just a means of promoting taekwondo. As a result, many exhibition competitions began to take place, including the KTA Breaking King Competition in 2009 and the President's Flag competitions of various universities. Quantitative increases in demonstration competitions have led to an increase in the number of taekwondo trainees and studios[1].

Currently, taekwondo demonstration events are directly related to the university entrance exam depending on the organization responsible for the competition and the revitalization of the competition, increasing the number of athletes participating in taekwondo demonstration competitions, and the difficulty of the technology performed has rapidly heightened. Kim JS [2] said that the technical difficulty of the participants has improved significantly through many changes in competition rules and is similar to gymnastics and figure skating. Breaking (such as pine board) demonstration should capture free expression based on the principle of attack that taekwondo kicks, and participants make efforts and passion because their proficiency in natural movements and skills is important. It is just as hard work as a mason grinding and polishing numerous stones to make a single work of art. Both physical and psychological strength, technology, and skills play a major role in perfecting these high-level skills [3][4]. Therefore, demonstration competition participants will have to do their best to improve their performance through steady training for their physical and psychological strength and skills.

The research on the performance in taekwondo demonstration events so far includes a study on the failure factors of the technical performance [5], a study on the performance level by events [8], and a study on the slump of the demonstration team members [6], and studies on the psychological perspectives have also been conducted consistently [7][8][9]. Psychological skills are a part of sports science, which has recently been considered important for improving performance. This study aims to identify the empirical meaning of the winners applying a narrative approach among qualitative research methods and to understand the psychology of the preparation process for taekwondo demonstration competitions. Narrative analysis is a method that emphasizes the various opinions of the results found through the narrative exploration method from [10], where researchers collect narratives about events that occurred and present them as new narratives through researchers' unique interpretations [11].

Accordingly, this study examines the empirical meaning of the winners of the breaking events at taekwondo demonstration competitions through these narratives, identifies the psychological characteristics of the winners through the psychological technology model of Vealey [12], and captures the stories in the winning experiences. The purpose is to share ways to improve the performance and to provide the necessary information for the psychological training of the field leaders and athletes through the psychological characteristics of the elite athletes of the taekwondo demonstration competitions.

## 2. Research Method

### 2.1. Research participants

Participants for the narrative research were selected through the purposed sampling, and four athletes who had won the championship in the last three years were selected and interviewed from the Taekwondo Hanmadang competition and university president's flag competitions organized by the Korea National Sport University and Yongin University.

**Table 1.** Research participants.

Name	Age	Education	Level of dan	Career
Participant a	28	Graduate school student	5	Winner of world taekwondo hanmadang breaking event (2018)

Participant b	25	College student	5	Winner of world taekwondo hanmadang breaking event (2017)
Participant c	20	College student	4	Winner of the taekwondo demonstration event organized by Korea National Sport University (2018)
Participant d	20	College student	4	Winner of the taekwondo demonstration event organized by Yongin University (2018)

## 2.2. Material collection and research process

In this study, due to the close personal contact between researchers and research participants, the researchers considered the following issues to be cautious about a number of ethical issues that may arise in the course of the study.

First, the research participants were fully explained in the process of selecting a research participant, and the consent was obtained and the consent of the research participant was signed.

Second, the researchers made efforts to protect the personal information of the research participants, used aliases, and kept the contents of personal information among the collected data confidential.

The researchers mainly used interviews with research participants to collect data and supplemented the contents of interviews by collecting various literature related to research topics.

For efficient data collection, the research needs, research problems, interview questionnaires, and protocols were set up in advance based on the areas that were not clearly addressed after understanding the concept of breaking competitions presented in the preceding study and the researchers' assumptions.

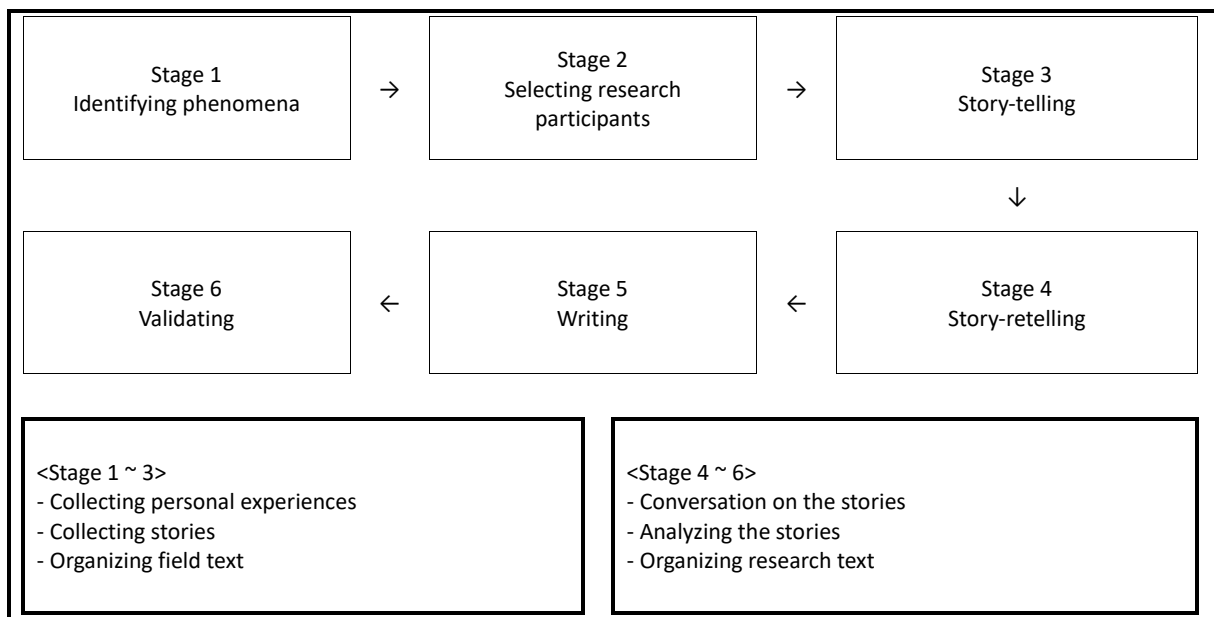
After conducting the interview, a group of experts with Ph.D.s in related fields verified the necessity of research and the validity of research questions, and the interview protocol and final questionnaires were organized. The contents are as shown in <Table 2>.

**Table 2.** Interview protocol.

Protocol	Questions
Training process	<ul style="list-style-type: none"> <li>- Training starting process</li> <li>- One's unique strategy</li> <li>- The average amount of training per day, training method</li> <li>- Setting goals</li> <li>- Solving problems during training</li> <li>- Worries while training</li> <li>- Teamwork during training</li> <li>- Staying in shape</li> </ul>
A day before the competition	<ul style="list-style-type: none"> <li>- Psychological training for the competition</li> <li>- Psychological training for the skills</li> <li>- How to control one's condition</li> <li>- Self-control and management</li> <li>- Emotional control</li> <li>- Daily routine</li> </ul>

The day of the preliminary round of the competition	<ul style="list-style-type: none"> <li>- Overcoming possible mistakes during the competition</li> <li>- How to overcome the pressure and anxiety to advance to the final</li> <li>- Spectators</li> <li>- Overcoming failures during rehearsals</li> <li>- Psychological conditions just before the event</li> <li>- Overcoming pressure, tension</li> <li>- Daily routine</li> </ul>
The day of the final of the competition	<ul style="list-style-type: none"> <li>- Anxiety about technical mistakes</li> <li>- Anxiety about winning</li> <li>- Psychological conditions just before the event</li> </ul>

**Figure 1.** Research process.



### 2.3. Data analysis

Data analysis corresponds to "organizing research texts." Depending on how much the participants in the study represent themselves, the subject story of the researcher can appear, or it can be a study that appears from the perspective of the participants. The process of analysis and interpretation is as follows.

First, the researchers have read the collected text[13] emphasized and planned the research topic, the purpose of the study, and the direction of analysis and interpretation.

Second, while reading the field text, the researchers summarized each of the important contents of the research participants according to the purpose of the research, categorizing and organizing them with the contents.

Third, the researchers analyzed specific factors related to the participants' performance by identifying key factors among the important contents of the research participants and separating the psychological skill and psychological method from the training process through the psychological technology model from Vealey[12].

### 3. Research Results

This study attempted psychological analysis and interpretation of the experience of winning the breaking event at taekwondo demonstration competition using the narrative research method, and the result was as follows.

#### 3.1. Winners' preparation process before the competition

**Table 3.** Preparing for the competition.

Participants	Category	Subcategory	Key ideas
A	Winner's training strategy	Repeated training	I try to improve my confidence psychologically through repeated training and practice.
	Problems and countermeasures during the training	Prevention of injury based on basic physical strength	I exercise including physical and weight training to prevent injury.
	Self-management in everyday life	Self-management through diet control	I care a lot about what I eat, so I try not to eat instant food or flour based food as much as possible and try to have a balanced diet.
	The importance of teamwork	Leadership	Rather than worrying about mistakes, we talk a lot like, "Just think you'll succeed no matter what."
	Image training	Stress management	I can't sleep often when I imagine myself participating in the competition.
B	Emotional control	Self-efficacy through repeated training	I think I'm relieving tension and anxiety through repeated practice on the work I've prepared.
	Winner's training strategy	Strategic component	I organize my breaking routine considering psychological and physical factors.
	Problems and countermeasures during the training	Prevention of injury with protective mats	I always use protective mats to prevent possible injury when I perform dangerous techniques.
	Self-management in everyday life	Self-management through diet control	I think I always gained strength by eating meat(protein).
	The importance of teamwork	Encouragement	We tried to boost the team spirit and morale by encouraging each other and saying that we're doing well.

	Image training	Motion sensory image training for success	We imagine that we're delighted after successfully performing the skills that we've been anxious and worried about.
	Emotional control	Relieve anxiety through internal mental training in the course of practice	I try to relieve anxiety by imagining myself pulling off a much better performance than I have practiced so far and through image training.
	Winner's training strategy	Strategic component	I practice breaking routines that I can do fast at the start and spend a lot of time on high-level new technologies at the end.
	Problems and countermeasures during the training	Image training through rest	I take a short break for about 30 minutes and sometimes take a day or two for a break, keep doing the image training, and try to solve the problem after the break.
	Self-management in everyday life	Unique ways to control one's condition	I think I get enough sleep to create the best condition.
	The importance of teamwork	Communication	I'm trying to polish my skills by talking to my colleagues about the problems I have.
C	Image training	Motion sensory image training for success or failure	I'm thinking about winning, and also the worst performance I've ever had.
	Emotional control	Relieve anxiety through internal mental training in the course of practice	When I watch a video of a successful performance, I feel relaxed and think I can do well in the competition.
D	Winner's training strategy	Strategic component	I increase the performance level by placing the skills of which I'm confident and then placing high-skill kicks in the end.

Problems and countermeasures during the training	Prevention of injury based on basic physical strength	I'm doing a lot of muscle exercises that are necessary for the performance.
Self-management in everyday life	Unique ways to control one's condition	I keep in shape with washing with warm water, massage, and stretching.
The importance of teamwork	Communication	I try to make up for my shortcomings as much as possible by communicating with my colleagues.
Image training	Motion sensory image training for success or failure	I do image training by repeatedly thinking about the image when I succeed and fail.
Emotional control	Relieve anxiety through internal mental training in the course of practice	I do the image training by watching the performance video and telling myself "I will not make the same mistake tomorrow."

### 3.2. Winner's preparation for the day of the competitions

**Table 4.** Participants' stories at the venue.

Participants	Category	Subcategory	Key ideas
A	Overcoming anxiety about technical failure during the rehearsal on the day of the competition	Adaptation to environmental factors	Since the performance might fluctuate depending on the circumstances at the venue, I try to adapt to them as soon as possible to find psychological stability.
	Overcoming anxiety about mistakes during the performance (preliminary round)	Overcoming anxiety through strategic analysis	I try to overcome the anxiety by analyzing the preliminary round and compensate for the shortcomings.

	Overcoming anxiety about mistakes during the performance (final)	Mental image training through the training process	I usually do image training while watching videos that I practiced before performing.
	Overcoming the spectator pressure	Sports confidence	I've been doing my best since the preliminaries so that the players around me can think, "You've prepared a lot and you have that much confidence!"
	Psychological state just before the Performance (preliminary round)	Focus to overcome anxiety	I don't think about anything else and try to focus on the situation as much as possible.
	Psychological state just before the performance(final)	Performance with subjective goals	I go in with the thought of doing my best so that I don't regret it.
	Overcoming anxiety about technical failure during the rehearsal on the day of the competition	Repeated practice and internal mental training	I practice my skills until I succeed and imagine that I succeeded at the end before entering the competition.
	Overcoming anxiety about mistakes during the performance (preliminary round)	Overcoming anxiety through interpersonal orientation	When I get anxious, I talk to people around me a lot and try not to think about the mistakes.
B	Overcoming anxiety about mistakes during the performance(final)	Sensory internal mental image training	When I feel anxious, I think about the feelings that I had when I did well when practicing.
	Overcoming the spectator pressure	Sports confidence	I tend to enjoy the eyes of the spectators. Because I have confidence in my skills, it wasn't that hard to have spectators.
	Psychological state just before the Performance (preliminary round)	Self-efficacy to overcome state anxiety	I'm nervous but I try to enjoy it as much as I can. I want to show them what I've been working hard on, and I think I can do well.
	Psychological state just before the performance(final)	Self-efficacy through self-talk	Just before the competition, I go like, "This is it! It's fun! Let's go!"

	Overcoming anxiety about technical failure during the rehearsal on the day of the competition	Repeated practice and internal mental training	I'm trying to find a space in the competition venue and overcome the anxiety by repeating image training and technical training.
	Overcoming anxiety about mistakes during the performance (preliminary round)	Positive thinking with self-talk	"Let's just do what we've practiced!" and "Let's not worry about other participants!" make me less mistake-prone.
C	Overcoming anxiety about mistakes during the performance(final)	Sensory internal mental image training	I think about the skills that I practiced and successful situations.
	Overcoming the spectator pressure	Selective focus	If I think about myself and my team, I can't feel the eyes of people around me, thus getting rid of the anxiety.
	Psychological state just before the Performance (preliminary round)	Performance with objective goals	I'm just going to show them what I've practiced and try not to think about doing super well.
	Psychological state just before the performance(final)	Performance with subjective goals	I think about performing without regret, thinking that the training to prepare for the competition was done through the competition.
	Overcoming anxiety about technical failure during the rehearsal on the day of the competition	Interpersonal orientation of social cohesion	I ask the team members about the cause of the failure and try to solve the problem through a conversation.
D	Overcoming anxiety about mistakes during the performance (preliminary round)	Self-efficacy in the preliminary round	I try to go through the preliminary round relaxed.

Overcoming anxiety about mistakes during the performance(final)	Interpersonal orientation of social cohesion	I tend to get rid of my anxiety when I hear compliments and encouragement from coaches and team members.
Overcoming the spectator pressure	Interpersonal orientation of social cohesion	I think the words of encouragement from the coach and team members may have helped to overcome the anxiety.
Psychological state just before the Performance (preliminary round)	Performance with objective goals	I keep thinking that I should do my best.
Psychological state just before the performance(final)	Overcoming anxiety with self-talk	I enter the competition, thinking, "If I do the same as I did in the preliminaries, I will win."

## 4. Discussion

This study conducted a narrative study on the winning experience of the athletes who won taekwondo demonstration competitions. By organizing the winning experience of the participants, as shown in the research process, the participants' experience is understood in context, and based on the psychological technology model of Vealey[12], the common psychological characteristics of the winning experience of the taekwondo demonstration competition are explored and the discussion of the analyzed results is as follows.

### 4.1. Factors for performance levels presented by winners' narratives in the preparation of the competitions

The breaking event of the taekwondo demonstration competition has a time limit of 50 to 60 seconds, which requires all of the skills to be showcased within a given time, and the performance is scored according to how perfectly one expresses one's skills. The participants prepare strategically and train repeatedly for the skills to be presented in the competition, and these players' strategic composition and repeated practice were applied as strategies to improve confidence and to maintain the physical and psychological stability. These results were similar to those in the study by Lee YJ[14] that repeated practice becomes a habitual behavior and one needs to consciously train until one reaches a point where the skills are performed unconsciously.

Injuries are major problems in the study participants' training sessions. They try to prevent injuries with protective mats, training for basic physical strength, taking a break, and conducting image training on problems. It is the basic technique of psychological techniques to use protective mats and to train basic physical strength along with conducting image training to cope with injuries. Using protective mats is to minimize the impact on joints during high-level technical training. The basic techniques were applied as a strategy to solve their problems while taking a rest by conducting image training on the problems that the participants themselves recognized. A study by Kim HJ[15] showed the highest frequency of image training in cognitive areas as a

way to improve the condition of high school gymnasts before the competitions, which was similar to the results of previous studies.

Due to the nature of the taekwondo demonstration, aerial movements are carried out, so problems with injuries and conditioning are required. Research participants were practicing self-control in their private lives to prevent injuries and keep in shape, which included diet, warm water, stretching, massage, and sleep to lessen the fatigue.

Diet from the self-management methods is a basic technique among psychological techniques, and participants' unique way of conditioning is a facilitation technique among psychological techniques, and these results coincide with the results of the study of Kim JS[9] that managing the lack of nutrition as an intervention strategy to demonstrate the best performance of the national demonstration team and that life control plays an important factor in conditioning.

Taekwondo demonstration competitions require teamwork among team members. Research participants showed leadership by leading team members according to their respective positions, communicating problems with team members and encouraging each other, and maintaining good relationships with one another. The leadership, communication, and encouragement all affect the improvement of teamwork as facilitation technique among psychological skills, and these results are similar to the research by Kim JS[9] that showed that the team's high sense of belonging and the teamwork was always important when performing demonstrations.

Contradictory results showed that participants in the study may relieve anxiety or on the contrary may feel anxious through image training. Some research participants felt stressed when doing image training on the eve of the competition and applied stress management as a strategy to maintain psychological stability. These results are in part consistent with previous studies done by Lee YC[16] showing that gymnasts suffered sleep deprivation, physical degradation, and anxiety due to the strain on the competition. In contrast to these results, other participants were conducting image training for success in pulling off high skill moves, motor-sensory image training to imagine success and failure, and image training for these successes, which were applied as a confidence-boosting strategy as a psychological technique. These results are similar to studies of Cho EJ & Park BY[17] showing that positive images block negative thoughts about mistakes and help improve concentration and that individual mental images of perfect performance increase confidence when performing in the actual competition.

The anxiety that participants feel in the events is competition anxiety. It depends on how the external stimuli are accepted and how the internal factors accept the stimuli. The participants minimized anxiety with improved confidence through repeated practice and emotional control by watching what they did well. The self-efficacy of these participants is a basic skill among psychological skills, and the relaxation of anxiety through mental training during the practice process was being used as a method of controlling their emotions. These results showed that technical strength and skill understanding factors affect performance level in the study of Kang IP[18] on the taekwondo Poomsae(forms) performance determinants, showing that confidence has increased through repeated training by research participants. A study by Kim JS[9] is also similar in that it found that members of the national team continue to imagine when performance went well as a positive thinking factor.

#### **4.2. Factors for performance levels presented by winners' narratives at the competition venue**

Most of the athletes participating in the taekwondo demonstration competition visit the venue from dawn to practice. Research participants adapted to environmental factors as a way to overcome technical failures during rehearsals on the day of the competition, minimized anxiety through repetitive practice, internal mental training, and asking team members about their problems. Adapting to environmental factors is a performance technique among psychological

technologies, and repeated and mental training is a basic technique, and interpersonal orientation that solves problems through team members is a facilitation technology, and participants are applying these methods widely. These results are a "Jeon MW[19]" study of obstacles and countermeasures affecting performance. Psychological obstacles in the competition environment are the schedule, the way the competition is conducted, the facilities, the clothing, and the adaptation to the competition venue, and the countermeasures are the focus, physical relaxation, adaptation, and conditioning. It is in line with this study in that the hindrance to social support include expectations from other people, coaches, and oneself, and countermeasures like advice work effectively.

At the breaking event, the anxiety of athletes competing in the competition is very high because small mistakes may determine the result. As a way to overcome anxiety about mistakes during the competition, participants were analyzing them according to the characteristics of the competition and dealing with them strategically in a spontaneous manner and minimizing the thoughts on the mistakes through conversation with acquaintances they meet at the competition. They tend not to care about the surroundings, tried to have positive thoughts, and had high confidence in the preliminary round. The strategic analysis of these participants showed that it was a performance technique among psychological techniques as a way to cope with anxiety. The interpersonal orientation to meet acquaintances and overcome anxiety is facilitation technique, positive thinking through self-talk is psychological technique, and self-efficacy based on high level of confidence is applied by participants as a strategy to solve these problems. These results showed that autosuggestion accounted for the largest portion of the psychological techniques mentioned by Jeon MW[19]. In terms of the size of the event, the more highly skilled competitors there were, the more nervous they became, and as a countermeasure, it was mentioned to become not too focused on winning or losing. For the research participants, who are taekwondo practitioners, it is believed that a combination of obstacles that occur inside an individual and external factors played a role.

In sporting events, the presence of spectators can promote or inhibit athletes' performance. About 1,500 athletes participate every year in the taekwondo competition events by Korea National Sport University and Yongin University, and about 5,000 athletes from 60 countries around the world participate in the World Taekwondo Hanmadang competition. The research participants confidently showed their trained skills based on the sheer amount of practice, and because of the nature of the demonstration, they enjoyed the eyes of the spectators while also improving their confidence and emphasized the teamwork and focused on the performance without paying attention to the crowd. They also overcame anxiety through advice from the coaches, increased confidence through repeated practice, and enjoyed the attention from others, which constitutes sports confidence that is considered a basic technique of psychological techniques. A study by Kim SO & Kim HP[20] reported that the presence of spectators in sports events may either promote or inhibit athletes' performance.

The most anxious moment during the competition is the moment just before the event. The participants in the preliminary round were confident that they would focus on the situation as much as possible, thought that they would do well on the skills they practiced, and meditated on their goals with the thought of showing as much as they practiced as a way to overcome their psychological anxiety. Focusing on the situation as much as possible to overcome anxiety is a performance technique of the psychological techniques, the self-efficacy based on the confidence of one's practiced skills is a psychological technique of the psychological techniques, and the performance with objective goals is a psychological technique, which all helped the participants overcome psychological anxiety just before the preliminary round.

To overcome anxiety, the participants in the final were found to have engaged in the competition with a subjective idea that they would devote all their energy to the last minute, thinking about hard training just before the competition and positively converted the anxiety about the

final through a determination to perform the same mind as in the preliminary round. These are psychological techniques that the participants used just before the final match to positively transform and overcome anxiety through subjective goals that encouraged them to the last minute, thinking about hard training. The results are consistent with a study by Jeon MW [13] that showed that a total of 17 countermeasures were used to cope with the situation, including change of mind, confidence, breath control, image training, autosuggestion, ordinary state of mind, focus, advice, positive thinking, tactical action, training, practice, temporary treatment, physical stimulation, adaptation, and conditioning, and the athletes' know-how was accumulated depending on various situation and experience.

## 5. Conclusion

This study aimed to understand the performance factors and direction of the taekwondo breaking event of the demonstration competition contained in the narratives of the winners, and the conclusion of the study was as follows.

First, in the preparation for the competition, the basic techniques were repeated practice, strategic composition, basic physical strength, diet control, and protective mats. Basic techniques included self-efficacy, and psychological techniques included stress management, image training through relaxation, motor-sensory image training, inner mental training, and leadership, encouragement, conditioning, and communication.

Second, in the stories of the competition venue, repeated practice appeared as a basic technique among psychological techniques. Self-efficacy and sports confidence were shown as basic skills, and during the practice process, mental image training, subjective goals, cognitive strategies, internal mental training, self-talk, and objective goals were shown as psychological techniques. Interpersonal orientation was a facilitation technique, and performance technique included adaptation to the environmental factors, strategic analysis, and focus.

The winners indicated through this study that it was time to think positively and reflect on themselves. It is expected that this research would affect the development of taekwondo demonstration competitions and decided that only if these studies continued would it help improve the performance of athletes who perform taekwondo demonstrations.

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## 7. Contribution

### 7.1. Authors contribution

	Initial name	Contribution
Lead Author	KHT	-Set of concepts <input checked="" type="checkbox"/> -Design <input checked="" type="checkbox"/> -Getting results <input checked="" type="checkbox"/> -Analysis <input checked="" type="checkbox"/> -Make a significant contribution to collection <input checked="" type="checkbox"/> -Final approval of the paper <input checked="" type="checkbox"/> -Corresponding <input checked="" type="checkbox"/> -Play a decisive role in modification <input checked="" type="checkbox"/>
Corresponding Author*	SHC	-Significant contributions to concepts, designs, practices, analysis and interpretation of data <input checked="" type="checkbox"/> -Participants in Drafting and Revising Papers <input checked="" type="checkbox"/> -Someone who can explain all aspects of the paper <input checked="" type="checkbox"/>

### 7.2. Authors profile

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#### Research field

- A Narrative Study on the Preparation Period for the Performance Improvement of the Winner of Taekwondo Demonstration Competitions, *Kinesiology*, 5(1) (2020).

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#### Research field

- Comparison of Kinetic Characteristics of COM and Retroversion Angle between National Taekwondo Demonstration Team Members and College Taekwondo Demonstration Team Members when Perform Jumping Break, *Taekwondo Journal of Kukkiwon*, 8(3) (2017).

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#### Major career

- 2014~2017. Korea University, Researcher

- 2018~present. Kyungmin University, Professor