

2023 SUMMER

WOMAU

News



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2023 Summer WoMAU News No. 37

WoMAU News aims to be an archive containing valuable information on martial arts and the activities of the World Martial Arts Union (WoMAU) as well as to be a source of both academic knowledge and practical information on Traditional Sports and Games (TSG). By promoting the exchange of knowledge and information on martial arts across the globe, we hope this magazine will help to raise awareness in this field.

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A Newly Created Sport, AI City Sports Road Archery

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World AI City Sports Road Archery Federation (WAI-RAF)

'Road Archery,' an AI (Artificial Intelligence) city sport, is a newly created sport in the 21st century. It combines the long history of archery with AI robots of the Fourth Industrial Revolution, bringing together robots, humans, and bows.

AI is a subfield of computer science that aims to artificially implement human learning, reasoning, and perception abilities. It is also an infrastructure technology in the field of information engineering, which has already caused a great industrial development for humanity and a huge leap towards space for future generations. AI Sports has emerged as an industry alongside future industrial development, but it is also a challenging type of sport that we will encounter in the future.





Road Archery, which promotes AI city sports, is planned to be utilized as a sport that anyone, regardless of age or gender, can participate in freely in urban areas through the combination of traditional archery and AI. AI city sports are also expected to grow as city sports that can be enjoyed freely indoors and on open roads.

As the person in charge of the traditional equestrian martial arts and the World Horseback Archery Federation (WHAF), I often encounter some limitations in promoting Equestrian martial arts and knights in various countries around the world. The biggest obstacle among them was the horse. I wondered what could replace this animal. I also felt the need for AI city sports, where anyone could enjoy activities safely and freely regardless of place. In response to these concerns, I developed Road Archery in May 2015, a new sport that would create great opportunities for future generations.

Urban sports have the advantage of allowing anyone, including teenagers, college students, and the general public, to freely experience and compete in sports in open spaces and tracks instead of confined spaces. Traditional and modern science merge to create this sport in the case of Road Archery. The World AI City Sports Road Archery Federation (WAI-RAF) was established in 2023 to promote and hold international competitions in various countries worldwide as a response.



Road Archery competitions involve riding a robot-powered spherical body in certain city sections. It also requires to make a new competitive style by combining speed and archery in several different courses, including straight roads, streets, and stadium tracks.

AI robots and traditional archery are fused to create a city sport that anyone can easily learn and participate in. They strive to adopt the most modern competition methods through national and international competitions.

Road Archery has a high possibility of becoming a new event in the World Urban Games and the World Martial Arts Masterships. The Joseon Martial Arts Preservation Society, which prepares for the revitalization of the Joseon-dynasty martial arts exam in Asan City, South Chungcheong Province, is also in talks about AI City Sports Road Archery. WAI-RAF is preparing a plan to develop the competition into a nationwide city tour starting in Seoul in 2024.

WAI-RAF hopes to promote and develop AI City Sports Road Archery with the member countries of the World Martial Arts Union, which announced AI City Sports Road Archery at the General Meeting. Interested organizations can contact the World AI City Sports Road Archery Federation (WAI-RAF) for further information.



AUEED's Martial Tahteeep

AUEED strengthened Martial Tahteeep Curriculum and launched a global campaign to continue sponsoring and supporting the Egyptian Tahteeep game. Tahteeep is an intangible cultural heritage in Egypt, where two opponents holding long sticks, engage in a simple and non-violent duel while traditional music is being played.

Tahteeep trainers from AUEED reinforced Martial Tahteeep curriculum based on educational values and the enhancement of self-defense skills for young people from 12 to 25 from three regions, Qena and Luxor, Sohag, and Minya region. Also, two workshops were implemented to train and empower 15 trainers to instruct Martial Tahteeep curriculum in 7 new schools from the governorates (Assiut, Minya, Sohag and Luxor). By consolidating the concept of equality in practicing Tahteeep, AUEED aims to empower younger generation to preserve their identity and heritage, passing it on to the next generations and raising global awareness of our unique cultural heritage's importance.

AUEED also hosted the global campaign "16 Days of Activism against Gender-based Violence" at AUEED Integrated Training Center in Abo Korkas, Menya. Ambassadors from Spain and Finland, Gender Delegation from EU Member States, local leaders and AUEED Board members and its staff participated for the campaign launch. The event started with a welcome speech by Dr. Laila Iskandar, former Minister and AUEED Vice President. She focused on the role of AUEED in supporting the right of girls through safe spaces to practice activities and carry out their social roles and responsibilities on an equal basis with boys to build societies in equality. It was concluded with the Martial and festival Tahteeep performances of girls and boys.



Sensei on the Road

by Israel Kapap Krav Maga

Avi Nardia, the President of Israel Kapap Krav Maga, is currently contributing a series of column *Sensei on the Road* in Budo magazine. The collaboration with Budo magazine came with a goal to bring readers closer to the stories of people and their contribution to the preservation of martial arts around the globe.

Sensei on the Road series contains travels and seminars including his visit to international martial arts professionals like GM Dennis Hanover the father of Israeli martial arts and Desmond Doss the original figure of the movie Hacksaw Ridge who is followed by David Rubinberg. There is also a story about Hannah Senesh (Hanna Szenes) who volunteered to become a paratrooper with the British Air Force to rescue downed allies and Jews from Nazi occupied Hungary. Her story teaches us that one person with courage and determination can make a huge difference.

Sensei on the Road column in Budo magazine will continue to tell stories about our unique and diverse culture and the triumph of the human spirit.



Uzbekistan hosts International Ethnosport Festival

The International Ethnosport Festival will be held in Khiva, Uzbekistan from September 7–10, 2023. The festival aims to promote national sports and folk games among the public, and will be held every two years. This event is crucial for Uzbek people and serves as a continuation of the large-scale spiritual and educational work carried out in Uzbekistan. In particular, the festival helps to revive the spiritual wealth, customs, national traditions, and games of the people, which have been collected over several years.

It is expected that 1,500 guests from 65 countries will attend the International Ethnosport Festival in Khiva, including representatives from sports ministries, heads of International Ethnosport and Martial Arts Organizations, service personnel, and athletes. This is a unique opportunity for participants to share their culture and traditions with people from other nationalities, promoting cultural diversity and international understanding towards building a peaceful world where people live in harmony and respect each other's cultures.



Globalization of Taekkyeon

Taekkyeon is like a natural dance that flows smoothly and agilely, using subtle movements and techniques to create powerful strikes and defenses. Representing the martial arts of Korea, Taekkyeon is a designated national intangible cultural heritage that is recognized as a world-renowned martial art.



The Korea Taekkyeon Association has played a significant role as the representative organization for the martial art in designating Taekkyeon as a national intangible cultural heritage in 1983 and inscribed on UNESCO's Representative List of the Intangible Cultural Heritage of Humanity as the first martial art in 2011. Currently, it is collaborating with various international organizations such as the World Martial Arts Union and UNESCO ICM to promote Taekkyeon overseas through seminars and world championships. The Association has also signed Memorandums of Understandings with several overseas institutions and governments. This highlights the changed status and some of its major activities in promoting Taekkyeon abroad.





On May 25th, 2023, as part of its efforts to globalize Taekkyeon, the association signed a memorandum of understanding for mutual exchange and cooperation with Ateneo de Manila University in the Philippines. In this agreement, the most significant achievement was the plan to integrating Taekkyeon into the university's Korean Studies program, and Ateneo de Manila University also pledged its own cooperation for promoting Taekkyeon. The university, which was established in 1859, has a 164-year tradition and history, and is one of the four prestigious universities representing the Philippines.

Furthermore, there has been organic exchange activities with the Nepal Heralty International School, and in June 2023, the association will dispatch its leaders for five weeks to provide Taekkyeon coaching to 100 Moldovan teenagers, Ukrainian refugees, and 150 female teenagers from the Chalco Girls' Home (boarding school) in Mexico for the UNESCO International Center of Martial Arts' Martial Arts School program. This youth-centered martial arts education program aims to promote spiritual and physical training and improved health, particularly by teaching the unique tradition and culture of Korea through Taekkyeon.

In addition, the Korea Taekkyeon Association is preparing for seminars and performances in Kazakhstan, Japan, Vietnam, and other countries. Through active international exchange, the association will continue to expand projects for globalizing Taekkyeon. It is also committed to fulfilling its role as a civil diplomacy agent by developing Taekkyeon as a K-culture product and promoting our traditional culture around the world.



The Korea National Archery Association provides various programs for women, children, and seniors

The Korea National Archery Association (KNAA) operates various nationwide archery classes for different age groups. Over the past few years, three major programs have been implemented, delivering the joy of life and the value of sports to participants.

K-Archery Class for Female Students has been held since 2021, and as of 2023, to provide the opportunity to improve their knowledge of K-Archery. The cumulative number of participants for this program is approximately 9,600e. K-Archery Class for Happiness Sharing has been held





four times annually since 2019, targeting underprivileged children and teenagers. As of 2023, this program has about 2,880 participants. K-Archery Class for Seniors is for the seniors aged 60 and above. It has been operated for 5 years since 2019 and about 4,500 participants have accumulated.

The Korea National Archery Association is lowering the barrier for K-Archery through various programs, allowing participants to experience the attraction of it while also increasing their satisfaction for healthy lives. Going forward, KNAA will continuously strive to improve its programs to enhance the quality of life and cultural leisure of the public.

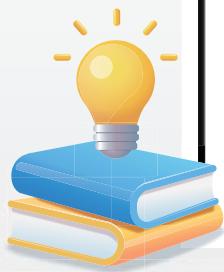


International Kolo Organization's Recent Activities

Latvia's International Kolo Organization continues to actively train and compete in all weight categories, while the diversity of styles are taken into account. They perform in MMA, contact karate and boxing. There is a great success is shown by kids group, starting from 6 years old. They try to incorporate more techniques from boxing and Sambo. Currently, we mix Cross Fit, rope exercises, and tempo push-ups for 1 minute each, which gives reliable results in terms of endurance. Small groups consisting of 2~4 pairs provide the best results.



Haptooki Mu Sool's Special Instructor Program



The Special Haptooki Mu Sool Instructor Training Course began in January of this year with 9 selected applicants.

In this course, future instructors are participating in intensive classes in the areas and subsectors of Haptooki Mu Sool learning, such as: Anatomical Bases, First Aid, Haptooki Mu Sool Regulations, Physical Preparation, Chilean Sports and Martial Arts Law, Administration Bases, Exercise Physiology, Fundamental Technique, Ethics, Educational Evaluation, Methodology and Didactics.

At the end of this intensive special program, students who meet at least 85% effective attendance in the course will be able to sit the exams in all areas (theoretical and practical) and those who pass will become Haptooki Mu Sool Instructors.



Martial Arts of New Members:

Gungdo,
Mallyuddha,
Haptooki Musool



Gungdo, K-Archery/Traditional Korean Archery

Gungdo (K-Archery or Traditional Korean Archery) is a traditional Korean martial art where participants shoot arrows at targets. Traditional bows and arrows used in K-Archery are respectively called gakgung and jukgung. Craftsmen who make these bows and arrows are called Gungsijang, and were designated as an intangible cultural heritage in South Korea in 1971. K-Archery emphasizes the importance of manners since it aims to cultivate a proper mental discipline. Thus, the rules in the archery field are very strict. Bangudae Petroglyphs in Ulsan is a historical evidence showing people practicing K-Archery. The name Seonsaja, meaning an extraordinary person at shooting arrows, given to King Dongmyeongseong, who established the Goguryeo Kingdom, is another evidence of K-Archery in the history.

Mallyuddha, an Ancient Martial Arts of India

Malla-yuddha incorporates grappling, joint-breaking, punching, biting, choking and pressure point striking. Matches were traditionally codified into four types which progressed from purely sportive contests of strength to actual full-contact fights known as yuddha. Due to the extreme violence, this final form is generally no longer practiced. The second form, wherein the wrestlers attempt to lift each other off the ground for three seconds, still exists in south India. Additionally, malla-yuddha is divided into four styles, each named after Hindu gods and legendary fighters, which are Hanumanti, Jambuvanti, Jarasandhi, and Bhimaseni.

Haptooki Mu Sool: Martial Art from Chile

HAPTOOKI MU SOOL, is a martial art founded in Chile and recognized by the government of the Republic of Chile through the Ministry of Sport.

HAPTOOKI MU SOOL could mean "Martial Art of the Union of Power and Energy". Its name is in Korean, because it has some ideas of basic Taekwondo and Hapkido techniques, it is also easier to associate and identify this word (Haptooki Mu Sool) internationally with Martial Arts and Combat Sport, contributing to its expansion. HAPTOOKI MU SOOL employs kicks techniques, boxing techniques and joint locks.

It is an international level discipline, which has professionalized the teaching in Martial arts and combat sports, creating a Curriculum as it is recognized by the Ministry of Sport of the Republic of Chile.

International Martial Arts Contest 2023

The World Martial Arts Union will host the 2023 International Martial Arts Contest (IMAC) in Chungju, Chungcheongbuk-do, Korea, from August 18 to 20, with the theme "With Martial Arts, Make Life Healthy and Equal for Everyone".

On August 18, the first day of IMAC, the creative martial arts performance contest (Yeonmu 2) will be held. In addition to the Korean athletes who took first through third place at the Korea Martial Arts Masterships, more than 100 martial arts practitioners from around the world with outstanding skills, including Ghanaian wrestling, Vietnamese traditional martial arts, Egyptian Tahtib, Singaporean Silat, and Uzbekistan's Jang Sanati, are expected to compete. This year's martial arts performance competition is expected to be even more spectacular, as the competition time for each event has been significantly increased.

On the second and third days of IMAC, a Martial Arts Fitness for Youth will be held, which is the starting point of the second generation of IMAC. On the 2nd day, the 4 events (hands, kicks, weapons, and running with weight) identical to the Visiting Martial Arts Fitness for Youth – currently promoted in Chungju City – will be implemented. On the 3rd day, the team competition 'Notdari-sogi' will be held. In this team event, seven youths will compete in round-trip bridging and Hangung (simplified version of archery) and the team that returns to the starting point in the shortest time will win. Both the Martial Arts Fitness for Youth and the Martial Arts Performance Competition will award certificates and cash prizes to the winners of each category.

The 2023 International Martial Arts Contest is expected to help promote UNESCO's Fit for Life policy through martial arts by bringing together youth martial arts physical fitness and creative performance competitions.





20th Anniversary

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제21차 세계무술연맹 연차총회

The 21st Annual General Meeting of the World Martial Arts Union



Notice of the 22nd Annual General Meeting of the World Martial Arts Union

The 22nd Annual General Meeting (AGM) of the World Martial Arts Union will be held in UNESCO ICM in Chungju, Korea, from 15 to 19 August, 2023. With the end of COVID-19 pandemic, this AGM would be entirely in person, and the planned agendas are the Secretary-General's Annual Report, Screening of the Membership Qualification, and the selection of the venue for the next year's AGM. The 22nd AGM will be held in conjunction with the 2023 International Martial Arts Contest and is expected to be even more diverse and engaging.



Visiting Martial Arts for Youth in 2023



The World Martial Arts Union conducts Visiting Martial Arts Fitness for Youth program, targeting approximately 600 elementary and middle school students from eight schools in Chungju city from March to October 2023.

“Martial Arts Fitness for Youth” is a new martial arts program designed and endorsed by the World Martial Arts Union to encourage young people to engage in martial arts activities in a more enjoyable and systematic manner. The program was jointly developed with the International Centre of Martial Arts for Youth Development and Engagement under the auspices of UNESCO with the patronage from the Ministry of Culture, Sports and Tourism of South Korea and is a UNESCO-supported program aimed at overcoming youth problems such as decreased physical fitness, increased obesity, and decreased immune function, and realizing a healthy and equal life for all.

“Martial Arts Fitness for Youth” is developed based on the military examination (civil services) and Traditional Sports and Games of the Joseon Dynasty, combined with modern digital equipment. It consists of four individual events that are basic to martial arts training and skill practice: Hands, Kicks, Weapons, and Running with Weight. Group event is conducted through a competition format called “Notdari-sogi”.

“Martial Arts Fitness for Youth” is a digital platform service which measures and evaluates the physical development and fitness level changes that occur through martial arts training by age groups, and provides certificated records and improved information on a regular basis through an app based on personal data.

Certified records and improved physical information from each session will be periodically provided to participants through the mobile application. The collected data through MyData-based digital platform service will be used for both academic and research material for the development of physical and fitness activities for youths in the future.



The New Season of Martial Arts Camp for Family 2023

The World Martial Arts Union (President Chung Wha-tae) will hold 「The Martial Arts Camp for Family 2023」 in Chungju from July 8 (Sat).

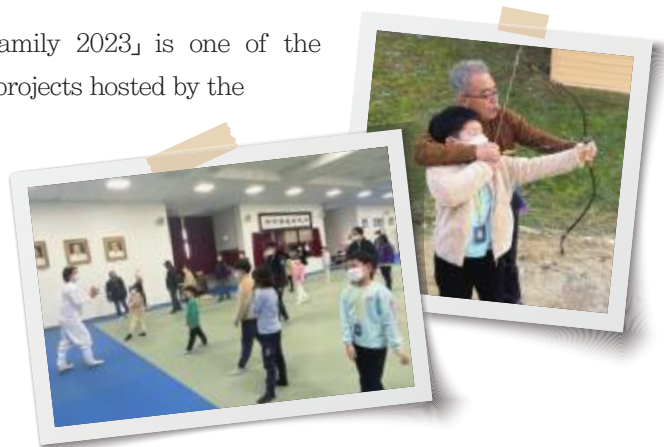
「The Martial Arts Camp for Family 2023」, which will be introduced for the second time this year after last year, will be held three times from July 8 to 9, 22 to 23, and August 5 to 6, and will be held for one night and two days.

On the first day, martial arts experience (hwall shooting, Taekkyeon) and martial arts night (recreation, family time) programs will be held, and on the second day, local culture experience and life safety experience will be held.

Like last year, this camp is expected to attract twice the number of participants from all over the country, and it is expected to receive enthusiastic responses from participants with family experience contents related to martial arts.

Chung Wha-tae, president of the World Martial Arts Union, said, “It was held this year following last year, so it is meaningful and we will find the best way to continue the event where the whole family can unite through martial arts.”

「The Martial Arts Camp for Family 2023」 is one of the traditional martial arts promotion projects hosted by the UNESCO International Martial Arts Center and organized by the World Martial Arts Union, and is held with the support of the Ministry of Culture, Sports and Tourism and the Korea Sports Promotion Foundation.





WoMAU was selected the Exchanges of the Regional Intangible Cultural Heritage project organizer for the second consecutive year

Following 2022, the World Martial Arts Union has been selected as the implementing organization for the International Cultural Exchange Promotion Support Contest for Local Culture by the Korea Foundation for International Culture Exchange this year as well. The project is a government-sponsored contest by the Ministry of Culture, Sports and Tourism to promote the value of cultural and artistic content of local governments and promote collaboration among local private cultural and artistic organizations and institutions by discovering and supporting international exchange projects utilizing various intangible and tangible resources unique to local regions.

The World Martial Arts Union organized 「In Commemoration of the 30th Anniversary of the Establishment of Diplomatic Relations between the Republic of Korea and the Republic of Uzbekistan 「Exchanges of the Regional Intangible Cultural Heritage」 project with Uzbekistan Tashkent State. It was to promote cultural exchange beyond traditional martial arts, including performances of Taekkyeon and Chungju Municipal Gukak Orchestra, as well as other intangible cultural heritage of the region. From August 29 to September 7, 2022, the “Tashkent Intangible Cultural Heritage Week” was held in the Tashkent region of Uzbekistan. The event program consisted of joint performances of intangible cultural heritage from the two countries, a photo



exhibition, and workshops. Additionally, a documentary was produced that covers the event from preparation to outcome and is currently being submitted to domestic and international film festivals.

During the week-long event, about 600 spectators watched the joint performance, about 70 people participated in the workshops, the Chungju Intangible Cultural Heritage Photo Exhibition was viewed by 2,000 people, and 62 people participated in the Taekkyeon training camp, introducing the local culture of Chungju and raising awareness of the value of Uzbek traditional martial arts as a cultural heritage. Two MOUs signed on the spot included promoting and preserving traditional martial arts and setting up overseas branches for traditional martial arts in both regions, bringing about significant achievements. Thanks to these results, the project was selected as an excellent project among international cultural exchange projects. Through this success, the Union has gained an opportunity to once again challenge the Korea Foundation for International Culture Exchange's regional cultural exchange project in 2023.

In 2023, the World Martial Arts Union is preparing for its second cultural exchange with Ho Chi Minh City in Vietnam. The project aims to promote international cultural exchange that blends traditional martial arts and culture while providing an opportunity for locals to participate in the diverse cultures of both countries. The exchange project incorporates the various values of martial arts and culture the union espouses, and it is expected to continue in the future.



Secretary General meets with Soldier Canyon of US and Taekkyeon Master Jeong

WoMAU member Soldier Canyon of US represented by President Namsoo Hyung, visited WoMAU Secretariat with Mr. Kyung Hwa Chung, a human cultural holder of Taekkyeon. As a founding member of the World Martial Arts Union, Soldier Canyon USA has consistently participated in WoMAU projects.

Secretary General Min Kyung-chang welcomed Mr. Hyung Nam-soo and Ms. Chung Kyung-hwa and discussed ways to develop the martial arts world.

Mr. Hyung regretted that he was unable to attend the 21st WoMAU Annual General Meeting last year and expressed his desire to participate more actively in future WoMAU events.



Office Personnel Changes

There were some personnel changes in the office during the first half of this year. Starting from March 1st, the Head of the Planning and Administration Department Lee Tae-ho was promoted to the Deputy Secretary General of the World Martial Arts Union, and Programme Specialist Ahn YooJin of the International Relations Department and Kim Min-young of the Planning and Administration Department were promoted to the Senior Programme Specialist of each Department. Kim Min-young took parental leave for 10 months from May 2023, and Coordinator Lee Hyun-jung joined the Union until December. Also, Ahn YooJin moved from the International Relations department to the Planning and Administration Department starting May 10th.

Following last year, the International Martial Arts Contest and Family Martial Arts Camp were held in Chungju again this year. Kim Sung-kyung, the Operations Support Team Leader, and Coordinator Ryu Hye-sun were hired as new temporary employees. Finally, Coordinator Oh Jin-seo, joined the Visiting Martial Arts Fitness for Youth, which is part of the International Martial Arts Contest.



이태호 사무차장 승진



안유진 대리 승진



김민영 대리 승진



김성경 운영팀장 채용



류혜선 코디네이터 채용



오진서 코디네이터 채용



Regarding the Martial Arts Fitness for Youth

Fitness for Youth

01 | The value of the Martial Arts Fitness for Youth certification program as health improvement through fitness enhancement for youths

Participation in sufficient physical activity during adolescence assists in the development of the musculoskeletal system and prevents obesity-related diseases such as obesity, diabetes, and heart disease. It has been reported that such effects of physical activity in adolescence continue to a certain extent even in adulthood¹⁾. However, examination-centered education in South Korea has limited participation in physical activities in adolescence, causing numerous health problems such as a decrease in students' physical health, an increase in obesity in adolescents, an increase in adult diseases, and more. Such



Lee On

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lack of physical activity in adolescence is deemed to have worsened over the COVID-19 pandemic, and therefore this is considered a timely business in terms of motivating youth to participate in physical activities through measuring their fitness, ultimately promoting the health and physical fitness of students.

Before discussing the items of measurement, the basic purpose and composition of the fitness examination are as follows: A physical fitness measurement, or physical fitness test, is performed to diagnose and evaluate an individual's fitness level and understand one's current state, and, if needed, develop an exercise program. To achieve such goals, the physical fitness measurement for ordinary people is mainly comprised of health-related fitness components (body composition, cardiopulmonary endurance, muscular

strength, muscular endurance, and flexibility). For professional athletes, skill-related fitness components are further added (spontaneity, speed, agility, coordination, balance, and reaction time).

The Martial Arts Fitness for Youth certifies four measurement items (hands, kicks, weapons, and running with weights) developed based on martial arts and traditional games from the Joseon Dynasty, combined with digital equipment technology. These items of measurement contain complex physical fitness factors. More specifically, hands (measuring the number of times: touching (4 random sensors) as much as possible within time (30 seconds)) includes coordination (vision-hand) and agility (change of direction and movement); kicks (*measuring the number of times: kicking as many



as possible within time (30 seconds)) includes muscle strength, muscular endurance (lower limbs), flexibility (reshuffling of legs) and coordination (vision-foot); weapons (*measuring time: head/waist contact back and forth on targets (2) 10 times to 20 times (total of 20 times to 40 times)) includes muscular strength (upper limbs) and coordination (vision-hand); running with weights (*measuring time: running 10 meters back and forth with a heavy load (backpack or rice bag)) includes muscle strength (upper limbs and upper body) and speed. Such composition of items in the Martial Arts Fitness for Youth is seen to reflect the various movements of martial arts whilst being easy to measure and containing interesting elements. Moreover, the digitalized measurement method not only enhances the reliability of the measurements but also enables the immediate checking of results, which can prompt motivation for competition, also offering fun to the audience event-wise.



Whereas this composition of items will have a sufficient effect in inducing interest and attracting direct participation through the indirect experience of traditional martial arts, there will also be areas of improvement in terms of improving health through fitness enhancement. This is because it is comprised of items that do not include body composition and cardiopulmonary endurance, which are important health-related fitness factors of the aforementioned physical fitness test. Especially since body composition and cardiopulmonary endurance have significant effects on health improvement through fitness enhancement during adolescence. Therefore, it is worth considering methods such as adding a measurement item with a cardiopulmonary endurance factor, utilizing National Fitness 100 results, or reflecting body composition results for physique measurement.

In addition, in terms of the evaluation method, it would be more effective to use a relative evaluation by age based on the conversion score using the grade standard for each measurement item rather than simply ranking the measured values. This would be more effective in comparison among the measurers and checking the improvements (changes) of each individual throughout the rounds. Also, as there is a specificity to martial arts, it would be meaningful to further provide an evaluation of individuals within the group per specific martial arts or per similar characteristic (i.e., bare-hand hitting, grabbing oriented, using weapons, etc.) in addition to evaluating all subjects.

02 | The value of the system as a physical fitness evaluation for professional athletes (partial areas of martial arts listed as sports) or traditional martial arts practitioners

As the school-age population is expected to decrease by around 25% (1.95 million) over the next 10 years²⁾ and school sports departments continue to decline, the supply of professional athletes is also expected to become more difficult, which will act negatively toward the field



of sport in general, including sports for all. Apart from such demographic structural changes in Korea, the importance of adolescent years is being further emphasized as the starting point for finding new potential resources and fostering excellent athletes, especially among sports-advanced countries (Germany, England, etc.). In particular, such countries support appropriate training through the physique and fitness measurement from the early stages of specialization (upper elementary) and strive to cultivate excellent players through the continuous management of measurement.

In the case of martial arts, most are practiced and competed in the form of sparring or demonstration, and training, the goal would be to improve physical strength, mastery of techniques, and mental growth. Among these, improvement in physical strength can be attained through sufficient physical training and rest, which is a very important factor in determining individual achievement through interaction, along with growth in adolescence. Continuous measurements of fitness and delivery of feedback are essential for effective improvements in physical fitness.

The expansion of the base for traditional martial arts is possible if the Martial Arts Fitness for Youth is utilized as an opportunity to discover gifted talents of martial arts, in addition to sparking interest in youths and enhancing physical strengths. Moreover, through the continuous feedback offered through the physique and physical strength measurements and management, higher achievements of youths professionally practicing martial arts can be expected.



03 | Conclusion

The Martial Arts Fitness for Youth is carried out with the goal of evaluating and improving the physical fitness of youth as a digitalized measurement that reflects the movements of traditional martial arts. This is a meaningful business not only for the succession and development of traditional culture but also for the expansion of physical activity for future generations. Furthermore, it is expected to be further used in various areas, as there is a plan to build a data platform service on a mobile app that provides records for each session and also enables non-face-to-face fitness management using one's fitness and activity information. With continuous efforts for improvement, it will hopefully become established as a representative youth physical fitness evaluation method.

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A Newly Formed Country South Sudan of Africa, their First Steps of Taekwondo

Africa's South Sudan, the poorest country in the world, suffered from decades of civil war, poverty, and disease before gaining independence from Sudan in July 2011 and becoming the 193rd member country of the United Nations (UN). However, South Sudan was in a very unstable state, and in order to provide support, the UN established the United Nations Mission in South Sudan (UNMISS) and began peacekeeping activities.

Immediately after South Sudan's independence, the Republic of Korea dispatched a number of officers as personal dispatch, and from April 2013, dispatched the Hanbit Unit to build hope in South Sudan through various infrastructure reconstruction and medical support activities. Moreover, there is ongoing active support from the government and activities of various volunteer groups and NGOs.

When I, the writer, was working as an active-duty officer, I served in the aviation department of the United Nations Mission in South Sudan on personal dispatch status for one year from May 2012. I received a generous amount of hospitality for a mere soldier



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through my Taekwondo teaching volunteer service, which I started as a means to utilize my free time after work hours, and I wish to share the precious memories of the one year that became the first steps of Taekwondo in South Sudan.

01 | Background of Taekwondo Activity in South Sudan

Before South Sudan's independence from Sudan, Korean Taekwondo masters had already entered Khartoum, the capital of Sudan, and spread Taekwondo, through which Sudan had already become a member of the World Taekwondo Federation in 2003. However, such activities were concentrated in North Sudan, and after South Sudan's independence in July 2011, there were a few trainees receiving Taekwondo instruction from the only local instructor (Hussen, 5th Dan). However, along with the chaotic situation before and

after independence, since Taekwondo training was restricted for such a long time, it was difficult to form conditions to properly teach and learn Taekwondo. There was no building for training, and the place where they gathered in uniform became the Dojang (gym). As they carried the hope that Taekwondo could transform impoverished South Sudan, they desperately needed someone who could give them professional help.

02 | Operating the United Nations Mission in South Sudan (UNMISS) Taekwondo Dojang

In May 2012, I arrived in Juba, the capital of South Sudan, a newly found country in Africa and the poorest country in the world. Right after I started working in the United Nations Mission in the South Sudan Aviation department, I promoted member recruitment for Taekwondo training through the UN internal network, and seeing the recruitment fill up in half a day made me truly feel the globalization of Taekwondo. I instructed a total of 50 members of the UNMISS, along with military, police, and civilians of 25 countries, and with them, demonstrated Taekwondo six times in various events such as inviting the Minister of Sports of South Sudan at the World AIDS Prevention Day and at the South Sudan Taekwondo Association Dan Promotion Test. With their enthusiasm, 21 trainees passed the Dan Promotion Test and became Taekwondo practitioners, and with them, I started volunteering service by teaching Taekwondo to children trainees in the capital, Juba.

03 | Supporting the South Sudan Taekwondo Association

Establishment of the South Sudan Taekwondo Association and Membership in the World Taekwondo Federation

A week after I started teaching Taekwondo at the UNMISS, I heard from a student who started learning that there was a Taekwondo master in South Sudan. That weekend, I visited Hussen, the one and only local Taekwondo master in South Sudan, and he was glad to meet a Korean Taekwondo master and was expecting a lot. Beginning with the establishment of the South Sudan Taekwondo Association, on September 5th, there was an approval of the long-awaited provisional membership of the World Taekwondo Federation, and Taekwondo became the second sport in South Sudan after soccer to join the international federation. In addition, I believe that the World Taekwondo Federation including South Sudan among the 204 countries the following year played at least a small role in enabling Taekwondo to remain an official Olympic sport.

Instructor Training and Holding the Dan Promotion Test

For two weeks from September 5th, 2012, Taekwondo instructors from 10 states of South Sudan were called to the capital Juba for instructor training. After training, they went back and formed an association in each state, and 6 Taekwondo Dojangs opened in Juba, the capital. On the last day of instructor training, we invited the Minister of Sports of South Sudan and held the first South Sudan Taekwondo demonstration, through which we were promised active support from the government. Afterward, many training activities such as the promotion test and various demonstrations followed, and during Dan promotion tests the event halls were filled with residents, which made me realize the popularity of Taekwondo in South Sudan. Such news was reported multiple times in South Sudanese mass media such as TV and newspapers, and there was even a broadcast with the content ‘Taekwondo catches up with soccer in South Sudan.’

Donation of Taekwondo Supplies

In October 2012, Taekwondo equipment including hundreds of uniforms arrived through DHL. It was enough to fill the entire UN patrol vehicle, and it included donations from Kukkiwon, senior and junior Taekwondo practitioners, NGOs, and personal dispatch officers active in South Sudan. There were some limitations during the series of activities in South Sudan as an active-duty officer, so I asked for help from President Kim Ki Chun, an honorable consul assistant in South Sudan who was fully devoted to the residents. He didn't refrain from making sacrifices and offered great help serving as vice president (appointed as president the following year) in the South Sudan Taekwondo Association.

Child Fund Korea Opens Taekwondo Class

Starting from February 2013, the NGO Child Fund Korea started operating a Taekwondo class for children. Director Kwon Ki Jung of the Child Fund South Sudan branch said that he had made a firm decision to operate a Taekwondo class after attending the South Sudan Taekwondo Association's Dan promotion test, and soon after made 500 T-shirts for the trainees that matched the colors of the Taekwondo belts. After opening a Taekwondo class in the capital Juba for 50 children, he opened an additional one in an area called Borra, serving as a reliable supporter of Taekwondo in South Sudan.





The Death of the Only Local Taekwondo Master in South Sudan

Master Hussien, the sole local master who had made a great deal of effort to spread Taekwondo together in South Sudan! He was the only local master to spread Taekwondo in South Sudan even after the end of my deployment period, but he unfortunately died in a car accident on March 28th, 2013. It was difficult to overcome the sadness for a few days, but after making a firm resolution in front of his grave to do my best in the remaining time, I called the main masters of the South Sudan Taekwondo Association to the UNMISS base for intensive training. Moreover, I notified the World Taekwondo Peace Corps Foundation of the situation here and was promised the dispatch of four university Taekwondo masters. Although the poor living environment made it difficult to dispatch masters, they positively reviewed the urgent situation in South Sudan.

04 | The Progressive Development of Taekwondo in South Sudan

Since my return to Korea in May 2013, there have been continuous incidents such as the outbreak of civil war and armed conflict, the recent coronavirus, and more that have hindered the development of Taekwondo in South Sudan. In the midst of such conditions, the process of development for Taekwondo in South Sudan has been progressively happening through events such as the World Taekwondo Peace Corps Foundation dispatching short-term volunteer Taekwondo masters, Taekwondo supplies provided by various organizations,

including the World Taekwondo Federation, demonstrating Taekwondo on South Sudan's Independence day, participating in the African Union Taekwondo Championships, and participating in the International Taekwondo Championships in Muju and Chuncheon, Korea. In addition, since April 2013, Korea's Hanbit Unit dispatched in South Sudan has been operating Taekwondo classes, continuously placing effort in spreading Taekwondo in South Sudan.

As the only Korean Taekwondo master in South Sudan at the time, I consider it an infinite honor to have been able to heighten Korea's status by taking part in the first steps of Taekwondo in South Sudan. Although my effort is incomparable compared to the masters overseas that have devoted themselves to the development of Taekwondo for decades, because there were trainees that needed a Taekwondo master, I was able to overcome the humid environment and diseases to devote myself to teaching Taekwondo with confidence. Looking back, it seems that such confidence was based on the groundbreaking life changes through Taekwondo training since my adolescence years and the strong Taekwondo spirit acquired through consistent Taekwondo talent donations to social welfare facilities since my early twenties.

While teaching Taekwondo in South Sudan, I deeply felt how Taekwondo could transcend language, culture, and race and create one unified world. Also, Taekwondo is something of a global heritage that encompasses mental and educational cultural values not only of Korea but of the world. Even now, the interactive activities through Taekwondo help contribute to cooperation among people and, even further, world peace. As a Taekwondo advocate, I sincerely wish that Taekwondo, a sport of people all around the world, will become listed on the UNESCO Intangible Cultural Heritage of Humanity so that its value as an intangible heritage and its global status will rise further.





MINEPS7: Launching Fit for Life Alliance to Strengthen Physical Education and Sports

The seventh International Conference of Ministers and Senior Officials Responsible for Physical Education and Sport (MINEPS7) was held in Baku, Azerbaijan. After a six-year hiatus, MINEPS7 brought together 500 participants from 124 states, including ministers and senior officials from 52 states.

MINEPS7 strengthened the Fit for Life policy and launched the Fit for Life Alliance as Baku Outcome Document. This is a follow-up to the recommendation to strengthen Fit for Life policies by the Intergovernmental Committee for Physical Education and Sport (CIGEPS) in October last year.





The Fit for Life Alliance's recommendations for international and national implementation of Fit for Life include specifics on how to

- ✔ championing gender equality in and through sports,
- ✔ youth empowerment and addressing mental health issues,
- ✔ other socio-economic outcomes related to skills, better understanding, preventive care
- ✔ financing impact investments in sport for social outcomes,
- ✔ sport for development in Africa, and
- ✔ tackling violence against girls and women,

To ensure a broader understanding, MINEPS7 organized a Multistakeholder Forum prior to the Plenary Session for the first time, where public and private experts, academics, and athletes addressed the Fit for Life Alliance's main themes from a variety of perspectives. The launch of the handbook "Tackling Violence against Women and Girls in Sport", jointly published by UN Women and UNESCO, also drew a great response from delegates.

The Fit for Life Alliance, which has contributions from 52 states and 12 international organizations, also includes Fit for Life national and international action plans, which are expected to make a significant contribution to the dissemination of Fit for Life policies.

The World Martial Arts Union, as a Permanent Consultative Member of CIGEPS, attended the meeting as an observer, calling for the integration of martial arts into the regular education curriculum and introducing the Martial Arts Fitness for Youth, which complies with Fit for Life.

Two leading sports-related entertainment programs of the first half, “Physical 100” and “Cheonha Jeiljangsa”

Two of the most popular sports-related variety shows in Korea this year are “Physical:100” and “Cheonha Jeiljangsa” (meaning the Strongest Player of the world).

“Physical:100” is a survival variety show where 100 participants with the strongest physical abilities compete for a prize of 300 million won. They compete in various quests such as hanging and stealing balls to determine the last person standing. The fierce and pure competition among participants pursuing perfect physical abilities regardless of age, gender, nationality, or weight class is the biggest factor that has made this program popular. It has been ranked #1 in 38 countries since its release.

On the other hand, “Cheon-ha-je-il-jang-sa” is another survival show where the best Korean athletes compete in traditional Korean wrestling Ssireum. In Season 1, which aired in the second half of last year, six teams competed with each other showing their amazing skills and teamwork. Three Olympic medalists from Judo were on the same team, and Choo Sung-hoon, who also appeared on Netflix’s “Physical 100,” was a member of the MMA team. In Season 2, seven teams representing the best sports in Korea, including MMA, basketball, soccer, physical, wrestling, winter sports, and the previous season’s champion baseball team, were reorganized and aired in the first half of this year. Both seasons had the powerful competition between strongest athletes from each field aiming to promote and spread the charm of Korea’s traditional wrestling Ssireum.

IX SERIES

PHYSICAL 100

최종 목표
마지막
살아남



Source: Netflix



Source: Channel A, Channel S

A Short Guide for Members from Abroad to Host the Annual General Meeting

Step 1

Eligibility & Feasibility, Letter of Intention



Step 2

Submit Bidding Document



Step 3

Site Inspection



Step 4

Presentation and Site Selection



Step 5

Confirmation and Formation of Organizing Committee

Detail of the Procedure

STEP 1

Eligibility & Feasibility, Letter of Intention

- Confirm the availability of the budget, personnel
- The domestic agreement of bidding consultation with government and hold the meeting as a governmental level for support

STEP 2

Submit Bidding Document

- Submit bidding document to WoMAU Secretariat on the plans
- *WoMAU provides the form

STEP 3

Site Inspection

- Inspection of the venue : infrastructure, accessibility, seats, stage, etc.

STEP 4

Presentation and Site Selection

- Confirmation of the intention by bidding organization and presentation
- The decision on the next AGM venue by vote at the AGM

STEP 5

Confirmation and Formation of Organizing Committee

- Receive the official letter on the decision of AGM hosting
- Begin AGM preparation work : Organize the committee, arrange personnel, etc.,

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