

Using Martial Arts for Teaching Foreign Language: Taekwondo and Korean Language Education

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1. Introduction

Each nation in East Asia has own martial art such as Judo for Japan, Kungfu for China and Taekwondo for Korea. Regardless of which one, students who want to learn the martial arts need to learn and to use the origin languages of the martial arts. If we can use martial arts to teach the languages, it will be beneficial for teaching the languages. According to McGehee & Reekie (1999), studying international sport in physical education classes can tap this interest and thereby offer an opportunity to foster an understanding and appreciation of the diverse cultures of other nations. In addition, a study of international sport in physical education can provide a useful vehicle for critical thinking.

Taekwondo is the name of the martial art turned modern international sport, which has been independently developed over about 20 centuries in Korea. In recent years, Taekwondo has become a modern amateur sport. It has become a modern world sport with tradition and spirit of martial science maintained. It was incorporated into regular curriculum of primary schools through colleges. Taekwondo is not only Korean sport, but also a worldly popular sport.

When people learn Taekwondo, it is mandatory to learn Korean languages, for the formal language of the Taekwondo is Korean. It is not strange to see that non-Korean Taekwondo masters to teach Korean language with joy. Through learning Taekwondo as a Korean Total Physical Response (KTPR) method, people will learn Korean easier and faster than before.

In this paper, the history and philosophy of Taekwondo, and the benefits of learning Taekwondo will be introduced, and how we can use Taekwondo for teaching Korean language as a foreign or second language will be presented and discussed.

2. The Philosophy of Taekwondo

2.1. The Literal Translation of Taekwondo

The literal translation of Taekwondo is a method of defending yourself with your hands and feet. 'Tae' means jumping or flying, to kick or smash with the foot, Kwon means to punch or destroy with the fist, and 'Do' means art or way of. Some people use 'Tae Kwon Do' to emphasize their meaning of each word instead of using 'Taekwondo'.

2.2. Philosophy of Taekwondo

Each Tul (pattern) of Taekwondo expresses the thoughts and the actions of these great men, so the students of Taekwondo must reflect the true intentions of those whose name each Tul bears. The ultimate goal of Taekwondo is to build a more peaceful world. The Art strives to develop the character, personality, and positive moral and ethical traits in each practitioner

Taekwondo strives to develop the positive aspects of an individual's personality: Respect, Courtesy, Goodness, Trustworthiness, Loyalty, Humility, Courage, Patience, Integrity, Perseverance, Self-control, an Indomitable Spirit and a sense of responsibility to help and respect all forms of life. In order to help build a more peaceful world, Tae Kwon Do starts with one person at a time Taekwondo strives for this unification. Race, creed, and nationality have nothing to do with Taekwondo. The philosophy of Taekwondo can be attained through the cultivation and maturity of all three aspects of the Art; physical, mental and spiritual, in each individual.

2.3. The Trinity of Taekwondo

The trinity of Taekwondo consists of the three major aspects of Taekwondo; the Body, the Mind, and the Spirit. In order for an individual to develop into a complete and well-rounded person, he must cultivate each aspect of Taekwondo.

2.3.1. Body

The first aspect of Taekwondo is the body. When a person begins his training, he must first learn to stretch his muscles and get his body into physical condition to perform the movements of Taekwondo. He works on kicks, stances, blocks, hand strikes, breathing, rhythm, balance, and much more in order to properly execute the techniques. The practice of these exercises and techniques are sharpening the individual's physical condition and thus developing a strong body.

2.3.2. Mind

The second aspect of Taekwondo is the mind. While learning the physical techniques of Taekwondo, the individual is engaged in an intense edification process. Unexpected delays or issues. He learns anatomy, how his body functions, what enables it to generate more power, and the weak points of the body so he can both protect his vital areas, and use the opponent's weak points to defend himself. The student is learning to focus his concentration and to set and reach goals which he may have felt were far beyond his capabilities. He learns to teach and help others and share his knowledge with other members of the dojang (school). He becomes confident, knowing he can defend himself, his family, and should the need arise, his country. He has also learned how not to fight. How to walk away from a confrontation. That when a person engages in physical conflict, no one wins. He learns it is better to help others so they can learn the "Way" of Tae Kwon Do and help build a more peaceful world.

2.3.3. Spirit

The third aspect of Taekwondo is the spirit. The evolution of the spiritual aspect of Tae Kwon Do is achieved only after the physical and mental aspects have begun to unfold and take root. A person may have a strong body and he may possess a vast amount of knowledge but in order to become a complete individual he must have vision. He must believe in an idea, other people, himself, and God. This stage of enlightenment comes when a person is at peace with himself. He must cultivate the ability to stand up for his beliefs, to not give in to others who lack the courage to

stand by their convictions. The person who has developed the spiritual aspect of Tae Kwon Do has faith in not only himself, but also those around him.

He has become one with the tenets and teachings of Taekwondo. He lives Tae Kwon Do every day of his life. He applies the tenets of Taekwondo to his work, family and friends, and yes, even to his enemies: Courtesy, Integrity, Perseverance, Self-control, and an Indomitable Spirit. He has reached total development.

He has become a true student of the Art of Taekwondo. The utmost purpose of Taekwondo is to eliminate fighting by discouraging the stronger men's oppression of the weak men with a power that must be based on humanity, justice, morality, wisdom and faith, thus helping to build a better and more peaceful world.

2.4. The Basic Ideals for the Taekwondo Practitioners

1. By developing an upright mind and a strong body, we will acquire the self-confidence to stand on the side of justice at all times;

2. We shall unite with all men in a common brotherhood, without regard to religion, race, national or ideological boundaries

3. We shall dedicate ourselves to building a peaceful human society in which justice, morality, trust and humanism prevail.

3. Martial Arts and Personality Factors

Beard (1982) compared students in martial arts group and students in non-martial arts group. His subjects were 161 volunteers at University of Arkansas activity classes. He divided subjects into three groups based on the characteristics of activities; 1. Martial arts group where students took martial art of Judo and Taekwondo; 2. Closed activities of Archery and Bowling; and 3. Open activities of Racquetball and Badminton. He found that there was significant difference among three groups, and that martial art group was significantly higher than other groups on assertiveness, experimentalism, ego strength and attitude toward physical education.

Solis (1997) found similar result from his research that martial art group obtained higher score than non-martial art group on all the aspects of Personal Skills Map Inventory; levels of assertion, empathy, interpersonal aggression, interpersonal deference, and self esteem.

Yang (1997) specifically studied the effectiveness of learning Taekwondo for students' self-esteem. The sample was 252 children, both boys and girls, attending elementary schools in the District of Columbia or its suburban area of the States of Maryland and Virginia. Participants were 8 to 12 years of age and were randomly assigned to experimental group 1, experimental group 2, and control group from the groups of volunteers. Findings revealed that there were significant effects and differences among the groups (experimental groups and control group) on the construct of children's self-esteem and the trend of self-esteem, and among the advanced, intermediate, and beginner groups.

4. Learning Taekwondo and Korean Language

Since the official language of Taekwondo is Korean, no matter which country you are from you need to learn and use Korean language for learning Taekwondo. Even in the Olympic sports, people always use Korean language for official terminologies of Taekwondo, such as ‘Cha Ryut’, meaning ‘Attention’ and ‘Kyung Nye ’ meaning ‘Bow’. You also need to learn salutations in Korean such as ‘Kam Sa Hab Nee Da’, meaning ‘Thank you’ and ‘Mee An Ham Nee Da’, meaning ‘I am sorry’. Additionally, you need to use all the names and titles, body parts, terminologies of techniques in Korean. You need to be able to count up to one hundred, directions, and the disciplines and the miscellaneous of Taekwondo should be spoken in Korea.

Table 1. presents the command terms of Taekwondo to show how various Korean expression is used in Taekwondo. Also, if we use Taekwondo for Korean Total Physical Responses to teach Korean language as foreign or second language, students will learn Korean language unconsciously while they are learning Taekwondo.

Table 1. Command Terminologies of Taekwondo in Korean

Command in Korean	Pronunciation ¹	Meaning
줄서	Chul Su	Line Up
차렷	Cha Ryu	Attention
경례	Kyung Nye	Bow
앉아	Ahn Ju	Sit Down
묵념	Mook Nyum	Meditate
일어서	I Lu Su	Stand Up
준비	Choon Bee	Ready Position
시작	Si Jak	Begin
바로	Pa Ro	Return to Ready Position
쉬어	She U	Rest
그만	Go Mon	Stop
빨리 빨리	Balee Balee	Hurry
돌아	Doe Rha	Turn

Table 2. shows the salutations in Korean that Taekwondo students should learn.

Table 2. Salutations in Korean

Salutations in Korean	Pronunciation	Meaning
네	Nae	Yes
아니오	Ah Nee Yo	No
감사합니다	Kam Sa Ham Nee Da	Thank You For Teaching Us
미안합니다	Mee An Ham Nee Da	I am Sorry
고맙습니다	Ko Map Sm Nee Da	Thank You
천만에요	Chun Man Ae Yo	You are Welcom
안녕하십니까? 또는 안녕하세요?	Ahn Nyoung Ha Sim Nee Ka? or Ahn Nyoung Ha Say Yo?	How do you do? (You may use these two salutations at anytime of the day or as a reply to the same greeting).
안녕히 가세요.	Ahn Young Hee Ka Sae Yo?	Stay in peace or Go in peace

¹ The Pronunciation was created by a non-Korean Taekwondo master.

As we can see from Table 2, all the basic salutations in Korean are taught in Taekwondo. In other words, without learning Korean language, it is very difficult to learn Taekwondo. Table 3. shows names and titles of Taekwondo.

Table 3. Names and Titles of Taekwondo

Terms in Korean	Pronunciation	Meaning
단	Dhan	Degree (Black Belt)
유단자	Yu Dan Cha	Holder Of Degree (Black Belt) Rank
급	Gup	Grade (Rank Below Black Belt)
유급자	Yu Gup Cha	Holder Of Gup Rank
제자	Jeja	Student
님	Nim	Term of respect "honorable"
사범님	Sa Bum Nim	Instructor
관장님	Kwan Jang Nim	Director of a Martial Arts School, Style or Organization

The names and titles in Table 3. can be taught in any intermediate or advanced Korean class. If we can teach those terminologies with teaching Taekwondo, students will learn them faster than when we teach them in the regular classroom, for the terms can be connected to their goals or respect persons for Taekwondo. Students wish to obtain 'Dhan' to have black belt, thus, students will remember 'Dhan' easily. Table 4. shows hand parts that are used in Taekwondo.

Table 4. Hands Parts

Terms in Korean	Pronunciation	Meaning
손	Son (also, "Soo")	Hand
손칼	Son Kal	Knife Hand
손칼등	Son Kal Dung	Reverse Knife Hand
권	Kwon	Fist (To Smash Or Destroy With Fist)
주먹	Ju Muk	Fist
앞주먹	Ap Ju Muk	Forefist
옆주먹	Yup Ju Muk	Side Fist (Hammer Fist)
팔목	Pal Moke	Outer Forearm

We can teach body parts with teaching Taekwondo as we can see from Table 4. While students are learning Taekwondo, they can learn the names of body parts in Korean. Table 5. shows the terms of Taekwondo stances and techniques.

Table 5. Stances and Techniques of Taekwondo

Terms in Korean	Pronunciation	Meaning
나란히 서기	Naranhi Sohgi	'Parallel' stance
편히 서기	Pyonhi Sohgi	Ready stance (i.e. "at ease")
모아 서기	Moa Sohgi	'Closed feet' stance
앞서기	Ahp Sohgi	Walking stance
주춤 서기	Juchoom Sohgi	'Horse riding' stance
차기	Cha Gee	Kick
앞 차기	Ap Cha Gee	Front Kick
옆 차기	Yup Cha Gee	Side Kick
돌려 차기	Tollyo Cha Gee	Turning Kick
반대 돌려 차기	Pan Tae Tollyo Cha Gee	Reverse Turning Kick
뒤 차기	Dwi Cha Gee	Back Kick

내려 차기	Naeryo Cha Gee	Downward Kick
얼굴 찌르기	Eolgul jireugi	High punch
몸통 찌르기	Momtong jireugi	'Middle' punch
얼굴 막기	Eolgul magi	High punch
몸통 막기	Momtong maggi	'Middle' punch

We can see that Taekwondo students learn most of the basic verbs in Korean with directions or body parts. It is very important for the Taekwondo students to know those terms in order to understand what the masters or the referees speak. If the students in Korean class know those terms in Korean, they can be placed in the intermediate level. Taekwondo students also need to learn counting in Korean both with pure Korean numbers or Chinese origin numbers. Table 6. presents Korean numbering with pure Korean words, and Table 7. shows the numbering in Korean with Chinese origin numbers.

Table 6. Counting in Korean with Pure Korean Words

Terms in Korean	Pronunciation	Meaning
하나	Hana	one
둘	Tul	two
셋	Set	three
넷	Net	four
다섯	Tasot	five
여섯	Yosot	six
일곱	Ilgob	seven
여덟	Yudol	eight
아홉	Ahop	nine
열	Yeol	ten
열하나	Yeol Hanna	- eleven
열둘	Yeol Tul	- twelve
열셋	Yeol Set	- thirteen
스물	SeuMool	- twenty
스물하나	SeuMool hanna	- twenty one
스물둘	SeuMool tul	- twenty two
서른	SoReun	- thirty
마흔	MaHeun	- forty
쉰	Sheen	- fifty
예순	YeSoon	- sixty
일흔	IlHeun	- seventy
여든	Yudoon	- eighty
아흔	Aheun	- ninety
백	Bak	- hundred

Table 7. Counting in Korean with Chinese Origin Numbers

Terms in Korean	Pronunciation	Meaning
일	Il	1
이	Ee	2
삼	Sam	3
사	Sah	4
오	Oh	5

육	Yook	6
칠	Chil	7
팔	Pal	8
구	Koo	9
십	Sip	10
이십	Ee sip	20
이십일	Ee sip il	21
삼십	Sam sip	30
삼십일	Sam sip il	31
사십	Sah sip	40
오십	Oh sip	50
육십	Yook sip	60
칠십	Chil sip	70
팔십	Pal sip	80
구십	Koo sip	90
백	Bak	100

Students also need to learn the following terminologies for the disciplines of Taekwondo. The following words are very difficult, and those terms may be taught in the advanced Korean class, but we can teach those difficult terms with Taekwondo in the beginning or intermediate class. Table 8. shows the terminologies for disciplines of Taekwondo.

Table 8. Disciplines of Taekwondo

Terms in Korean	Pronunciation	Meaning
품새	Poomse	- style-forms
호신술	Hosinsul	- self-defense
겨루기	Gyorugi	- sparring
격파	Kyepka	- breaktest
예의	Ye ui	- courtesy
염치	Yom chi	- integrity
인내	In nae	- perseverance
자제	JahJeh	- self-control

If we teach the directional words in Korean with Taekwondo as KTPR, students will learn the direction without being confused, for they are moving their body according to the direction in Korean while they are learning Taekwondo. Table 9. presents the terms of direction in Korean.

Table 9. Directions in Korean

Terms in Korean	Pronunciation	Meaning
앞	Ahp	- front
뒤	Dwi	- back
반대	Bandae	- reverse
바깥	Bakat	- outer
안	An	- inner
안으로	Anuro	- inward
밖으로	Bakuro	- outward
오른	OhReun	- right
왼	Wen	- left

The miscellaneous terms of Taekwondo are also taught in Korean. Table 10. shows the miscellaneous terms of Taekwondo, and we can see that large numbers of Korean vocabularies are used in Taekwondo.

Table. 10. Miscellaneous Terms of Taekwondo

Terms in Korean	Pronunciation	Meaning
기본동작	Kibon dongjak	- fundamental practice
품새/형	Poomse/ Hyong	- style figures
대련	Daeryon	- step sparring
기합	Kihap	- powerful yell, to collect and focus internal energy
차기	Chagi	- kick
치기	Chigi	- attack with hand
찌르기	Jiroegi	- punch
단	Dan	-black belt: 1st - 10th degree Gup
급	Gup	- colored belt: 10th (white) - 1st (red-black)
도복	Tobok	- Taekwondo uniform
띠	Tie	- belt
도장	Dojang	- practice gym
관	Kwan	- school
사범님	Sabeom Nim	- instructor

5. Conclusion

It is true that students who learned Taekwondo have positive attitude towards Korea, Korean and Korean language. Even Sabeom Nim is the person whom they respect mostly. Also, as we saw in the above section, students who learn martial arts including Taekwondo obtained good personal skills including high self-esteem that is a very important element of language learning.

Using Taekwondo as KTPR will make same beneficial of TPR. Students will learn Korean language unconsciously while they are learning Taekwondo. They do not need to focus on learning Korean language but on Taekwondo. Especially, for teaching body parts and direction, Taekwondo will be very effective.

It is true that the words or expressions that are used in Taekwondo are enough to consist of basic of Korean language. If the students know all the expression that are used in Korean, they will be placed in the intermediate or advanced level classes.

We need to develop the method of teaching Korean with Taekwondo, and the way of teaching Korean for Taekwondo students. For the further study, it is recommended that teachers actually use Taekwondo for teaching Korean and find out the effectiveness of using Taekwondo.

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