

2008年北京奧運女子跆拳道49公斤級技術分析

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中文摘要

本研究目的，在探討2008年北京奧運跆拳道女子組49公斤級技術分析。研究方法是錄影帶觀察法，分析2008年北京奧運跆拳道女子49公斤級16位選手，共19場比賽。錄影同時加上口語註解，觀看錄影帶資料後，進而分類進行描術性統計分析。研究結果發現：(一) 攻擊型態方面，49公斤級主動攻擊66%、被動迎擊34%；(二) 各項技術攻擊率，旋踢88.5%、下壓5.1%、後踢4%、上端旋踢1.9%、後旋0.44%；(三) 平均得分能力，49公斤級共19場比賽，平均每場3.7分。由此可知，攻擊型態以主動攻擊為主要攻擊型態，旋踢為主要攻擊技術之動作，49公斤級每場平均得分3.7分。結論，跆拳道是以分數多寡來決定勝負之比賽項目，49公斤級每場平均得分能力3.7分。建議：要具備得分能力、得分成功率高、攻擊部位中上端靈活搭配、減少違規次數及增加防禦能力五項條件。

關鍵詞：攻擊型態、攻擊率、得分能力

The Analysis of Techniques for Women's Taekwondo-49kg

Division Tournament in 2008 Beijing Olympic Games

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Abstract

Purpose: This study was to analyze the techniques for women's Taekwondo-49kg division tournament in 2008 Beijing Olympic Games. **Method:** A video observational system with oral interpreting was used for further and descriptive statistic analysis which analyzed 19 matches involving 16 taekwondo players in the women's Taekwondo-49kg division joining 2008 Beijing Olympic Games. The **results** of the study were as follows. First, in the attacking patterns, the rate of active attacking was 66%, while the rate of passive attacking was 34%. Second, in the rate of different attacking techniques facet, the turning/roundhouse kick was 88.5%, axe kick/downward kick was 5.1%, back kick was 4%, upper roundhouse kick 1.9%, reverse kick was 0.44%. Third, in the average scoring ability, the total competitions counted were 19 which average was 3.7 points in every game. It will be seen from this that the attacking patterns were mainly active attacks. The attacking movements were mainly turning kicks, as well as the average scoring was 3.7 points. It is **concluded** that the key to winning for Taekwondo, an exciting match, is decided by counts; and the average of scoring per 49kg division match is 3.7 points. Thus, Taekwondo players must need much more superior scoring ability to obtain the winning opportunity. **Suggestion:** In order to enhance the opportunity of winning, Taekwondo players must possess five conditions: the scoring ability, higher successful rate of scoring, matching top and medium attacking ability, reducing the counts of irregularity, and increasing defensive ability.

Key words: attacking pattern, rate of attacks, scoring ability