

WTF Medical Committee

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Meeting of Team Physicians

World Taekwondo Championships

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Role
of
Team Physicians
in
taekwondo sparring competition



Synopsis

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Introduction

The values of martial arts and Olympic Sports have much in common, but the Olympic Movement increasingly insists on Safety.

Athletes must do taekwondo in sparring competitions with the greatest health protection.

The pioneers of taekwondo had the vision of the future of taekwondo as an Olympic sport and they included body protection.

The insurance statistics show that taekwondo was and is a mild sport compared with other sports.

Recent research has shown that using electronic systems decreases injuries by 50% to 90%.



Brief Historical overview of taekwondo

- Taekwondo is a martial art codified in Korea during the 1960s.
- It originates from a fusion of different currents in martial arts practised in Korea and which grew after the 2nd World War, when Korea was freed from the Japanese occupation. These martial arts were forbidden during that time.
- The principal ancestor of taekwondo is a gestural practice based essentially on the body and the legs moving as a means of defence : the **Taekyon**.
- The influence of the martial arts of neighbouring countries included in the taekyon, some arm movements and the names were **tang-soo-do** then **tae soo do** and finally **taekwondo** was adopted.
- The meaning of Taekwondo in the Korean language is : **tae** : kick, **kwon** : fist, **do** : the initiatory way.



Team Physician

- Definition:
- **Team Medical Doctor** : Graduate as Medical Doctor certified by a professional Card
- **Team Physiotherapist** : Graduate as Physiotherapist certified by a professional Card



Role before competition

The team physicians ;

- give current treatment to the teams
- help competitors to check their weight in collaboration with the trainers
 - Diet in accordance with good practices
 - Follow-up of competitor's weight during the sporting season
- Plan medical health checks on high-level competitors :
 - Cardiac effort tests
 - heart examination with electrocardiogram
 - Biological parameters, etc...
- Educate staff and athletes about anti-doping
- Do research in taekwondo
- Etc...



Role in Competition

During the match, team physicians (TPs) have an essential and important role.

- We need to convince MNAs to take Team Physicians with the national teams.
- The TPs assist competitors behind the coaches in the court during the matches.
- When the central referee calls them, TPs give simple treatment which must remain **within one minute**:
 - for small wounds or cuts with plasters
 - For nose bleeds with pads soaked in haemostatic
 - For slight sprains with adhesive strips
- During the break
 - Cares for bruises with cold pack
- **TPs can help coaches to take a decision to stop or to go on with the fight.**
- **TPs can give assistance to the Official Medical Doctor under his responsibility in case of serious injuries as interpreter and medical cares**
- After the fight TPs give treatment and **keep an eye** on competitors.



Role after competition

After the competition TPs:

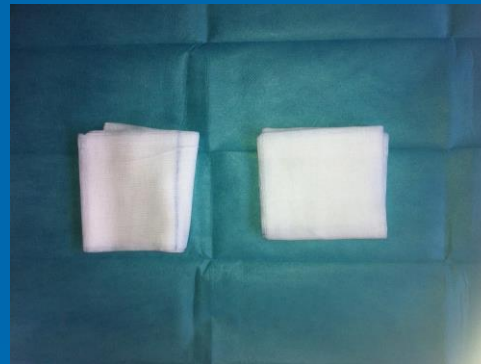
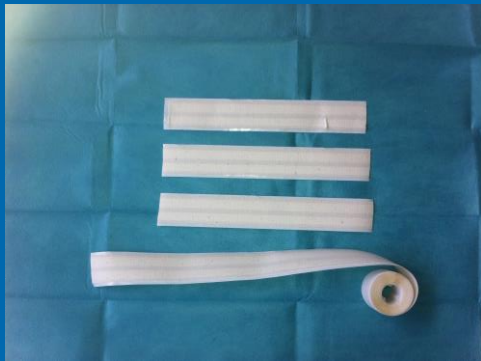
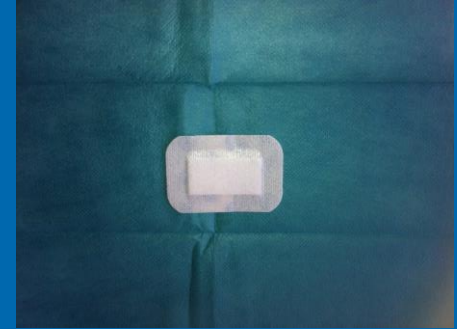
- take care of injured competitors during the return journey.
- follow the injured competitors and organize investigations if necessary.
- write a medical report and send it to the Member National Association.



Specific medical taekwondo kit

- Scissors
- Adhesive strips, plasters, adhesive tape
- Pads and compresses
- Towels
- Drinks
- Haemostatic ointment
- ~~Cold spray~~ but cold pack





Conclusion

With all stakeholders of medical staff we must help to show that **taekwondo** is a **safe** Olympic sport :

- With our perfect work in competition :
 - Optimal taekwondo medical kit used by physicians or coaches (if no TP)
 - Quick first aid during fights
 - Optimum management of serious injuries by Official Medical Staff
 - Showing the physician's work with calm disposition.
- With showing the results of trauma research in taekwondo
 - Doing research on trauma in all national and international taekwondo sparring competitions with the WTF medical form
 - Publishing results in taekwondo magazines
 - Giving the results of research to sports medical societies
 - Sending conclusions of research to the WTF Medical Committee and National and International sports organizations
- With lobbying all institutional decision-makers with the message of safety.
 - Sports ministries and National Olympic Committees
 - Especially to the IOC members of their respective country



Thank you for your attention

