

**ASSESSMENT OF TAEKWONDO ATTENDANCE PREDOMINANT
SYSTEM DURING COMPETITION ON NEW GAME
REGULATIONS STUDY IN INDONESIAN
TAEKWONDO**

Widiyanto **Devi Tirta Wirya ***Awan Hariono *Japhet Ndayisenga
and *****Mohd Izwan Bin Shahril**

1.,2.,3.,4. Faculty, Sports Science Study Program Postgraduate School, Yogyakarta State University, Colombo Street, Karangmalang, Yogyakarta, **INDONESIA.**

5. Faculty of Sports Science and Coaching Universiti Pendidikan Sultan Idris, **MALAYSIA.**

Email: widi@uny.ac.id

(Received September 6, 2020, accepted November 21, 2020)

ABSTRACT

This study aims to assess the predominant energy system of Taekwondo athletes during competition with the implementation of the new game rules. This study was a descriptive research with quantitative method. The subjects of this research were all of the Bandung athlete's competition taken by random sampling. The data were collected with observation and recording video, data were analysed with Dartfish a biomechanics software used to analyse motion. The results showed that the whole time spent during the game was 26.25% for the fight, 48.75% for recovery between the fight, and 25% for interval between rounds. The total time of both active and passive rest was 73.75%, while the total effective time used to fight during the game as much as 26.25%. Based on the total percentage of time spent during the competition, the dominant energy was used in aerobic Taekwondo was 73.75% and 26.25% were anaerobic.