

Taekwondo sports coaching at Mahameru Club: A basic interpretive study on historical aspects, coaching systems, management resources, and achievement coaching

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ABSTRACT

The Taekwondo sports coaching system necessitates effective organisational management. However, managing a sports organisation unquestionably demands a suitable and accurate concept, one that will ultimately allow the sports organisation to accomplish its objectives. The purpose of this study was to examine the basic interpretation of historical aspects, development systems, management resources, and achievement development. The research method used in this study is qualitative descriptive research, employing a phenomenological research design. The research sample consists of 5 informants, including 1 club founder, 2 club executives, and 2 athlete coaches, selected for direct interviews. Data analysis involves (i) introduction and organization; (ii) coding and reduction; (iii) interpretation and representation. The findings revealed that the coaching system, management resources and Taekwondo achievement development at the Mahameru Club in Sukoharjo Regency were functioning effectively. The limitations of this study are the sample used and the scope of the study which is only one area. As a result, future research should compare and broaden the scope of the study by investigating the factors that influence the implementation of the coaching system, management resources, and achievement development, such as psychological, sociological, and environmental aspects for athletes. The conclusion of this research indicates that this research makes a notable contribution by delving into the uncharted territory of Taekwondo sports coaching at Mahameru Club. It not only fills a knowledge gap but also furnishes practical guidance for the improvement of coaching strategies.

Keywords: Sports coaching; historical aspects; coaching systems; management resources; achievement coaching

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INTRODUCTION

Taekwondo is a martial art that originated internationally, notably in the Olympics and is now practised by millions of people in over 200 countries (Kim et al., 2021). Indonesia is a country that has also contributed to the expansion of Taekwondo (Fajar et al., 2022). Indonesia has won three silver medals and one bronze medal since the Taekwondo competition in the exhibition match at the 1992 Barcelona Olympics (Fajar et al., 2022). However, Indonesia's achievements have tended to deteriorate in recent decades (Apriantono et al., 2020). As a result, one of Indonesia's issues, the training method creates numerous barriers to producing and developing quality athletes (Ma et al., 2018; Monks et al., 2017). Many Taekwondo coaches in Indonesia struggle to find an effective training design for Taekwondo athletes (Apriantono et al., 2020). Coaches cannot select training programmes in general because they lack information on the physiological characteristics of the athletes they train (Park & Song, 2018; Yudhistira et al., 2021a).

Physical preparation for athletes is regarded as an essential element in the annual training plan, both over the period and at different stages (Eltibi et al., 2019). The importance of the physical aspect is confirmed scientifically and technically (Wibowo et al., 2022). At each stage of training and during competitions, physical and technical aspects cannot be separated (Cherif et al., 2012). Taekwondo became a reputable martial arts sport and an official olympic sport as a result of its systematic training programme and training principles, which quickly attracted more than 80 million people across 203 countries and a wide range of races, ideologies, and religions (Kim & Jang, 2020).

In Indonesia, particularly in Central Java, Taekwondo has established numerous clubs that continue to exist and grow. Taekwondo Mahameru is one of the clubs that is still in operation today. In 1989, the club was established. The Mahameru Taekwondo Club's participation in numerous competitions creates several concerns and questions regarding organisational development and the improvement of athlete achievement. Therefore, several interrelated factors are necessary to enable organisational development and athlete development success (Jariono et al., 2020; Stambulova et al., 2021). Five management resources must be managed well to manage organisational development and achievement development: (i) human resources; (ii) financial capabilities; (iii) internal cooperation; (iv) facilities and infrastructure; and (v) the method employed (Svensson et al., 2018). The notion of individual preparation must also be taken into account in the growth of competitive sports, as each athlete differs in terms of biology, age at which they begin training, gender, psychological development, and society (Sumarjo, 2017). The success of athletes competing in national and international championships is the ultimate goal of managing sports development (Giannoulakis et al., 2017). Thus, a coach's duty is undoubtedly difficult, but with knowledge, the coach can push his trained athletes to a higher level of performance without sacrificing health, growth, and development, and the coach may sustain the greatest achievements attained throughout the year (Rizal, 2016).

Taekwondo is an individual and team sport that prioritizes leg strength as a support or kick (Arazi et al., 2016; Maloney et al., 2018; Murniwati et al., 2019). Previous research has consistently shown that good management in Taekwondo sports coaching can have a significant impact in improving athlete performance (Carazo-Vargas et al., 2015; Johnson, 2018; Kurniawan et al., 2020). Previous research has tried to analyze the evaluation of the Taekwondo sport achievement development program (Crick & Crick, 2016; Johnson, 2018; Korstjens & Moser, 2017; Moenig & Minho, 2016; Kwan & Lo, 2019). However, there has been no previous research that has examined the historical aspects of its development, coaching system, management resources, and coaching the achievements of organizations and athletes. This research is expected to elucidate the direction of further research regarding the organization's development and athlete performance development in the Taekwondo Mahameru club as a highly popular sport in Sukoharjo Regency, and provide valuable data for designing Taekwondo athlete achievements.

Additionally, this research differs from previous studies as it primarily focuses on qualitative research methodology. In the context of Taekwondo sports research at the Mahameru Club in Sukoharjo Regency, in-depth qualitative research can help vividly describe how the club's coaching, resource management, and performance approach have evolved. By involving participants directly engaged with the club, such research

can provide profound insights into the reasons behind these changes, the challenges faced, as well as the perspectives and values shaping the club's approach to Taekwondo sports. In such studies, researchers typically collect data through in-depth interviews, participatory observations, document analysis, or a combination of several techniques (Moser & Korstjens, 2018; Williams et al., 2020). The collected data tends to be descriptive and rich in details about the phenomena under investigation (Ancker et al., 2021; Moser & Korstjens, 2017).

Therefore, this study aims to describe the history of the development of Mahameru Club Taekwondo in Sukoharjo Regency, describe the organizational coaching system at Mahameru Club Taekwondo in Sukoharjo Regency, identify management resources in coaching the Mahameru Club Taekwondo organization in Sukoharjo Regency and identify the coaching of Mahameru Club Taekwondo athletes in Sukoharjo Regency. The urgency of this study lies in its contribution to revealing and analyzing important aspects of Taekwondo sports coaching at the Mahameru Club. This research provides a deep insight into Taekwondo sports coaching at Mahameru Club. It can be a valuable reference for related parties, such as coaches, club management, and other researchers interested in sports coaching. This manuscript combines aspects of history, coaching systems, resource management, and achievement coaching in the context of the sport of Taekwondo so as to provide an integrated view rarely found in previous literature. The information generated about the club's history, resource management, and athlete coaching can assist the club in planning more effective strategies. Therefore, researchers trying with intrinsic case studies will produce and describe how the results of basic interpretative studies in the Taekwondo sports section of the Mahameru club in Sukoharjo Regency.

METHOD

This study used qualitative research to better understand the phenomenon of what research subjects experience, such as behaviour, perceptions, motivations, and actions. This study is comprehensive and descriptive in terms of words and language in certain natural circumstances, and it employs different naturalistic methodologies (Anggito & Setiawan, 2018). Qualitative researchers attempt to comprehend a phenomenon by focusing on its wider context rather than breaking it into variables. Instead of analysing numerical data, a comprehensive overview and depth of understanding are the objectives. The basic interpretative study method, also known as a descriptive method, aims to understand certain phenomena, processes, or points of view from the perspectives involved. The main objective of this research was to better understand the world or experiences of others. This study employed basic interpretive research techniques, such as interviews, observation, and document review, to discover something extraordinary in data that can be searched to describe and attempt to interpret one's experience (Ary et al., 2014). Data analysis techniques in this study there are structured and specific analysis methods developed by Hardi et al. (2022): (i) recognition and organization; (ii) coding and reduction; (iii) interpretation and representation. This research explained the organizational development and athlete coaching in Mahameru taekwondo clubs in Sukoharjo Regency.

RESULTS AND DISCUSSION

Descriptive analysis of research findings is an analysis of the data obtained through informant interviews and observations. Researchers analysed the history of the growth of the Mahameru Taekwondo Club in Sukoharjo Regency, the organisational development system for the Mahameru Taekwondo Club in Sukoharjo Regency, the management resources of the Mahameru Taekwondo Club in Sukoharjo Regency, and the coaching process of Mahameru Taekwondo Club athletes in Sukoharjo Regency based on the results of interviews with informants and observations. Everything will be discussed in detail below.

History of the Development of the Mahameru Taekwondo Club in Sukoharjo Regency

Based on the results of an interview with Mr. Singgih Hendarto, the Executive Coach of the Taekwondo Branch of the Mahameru Club in Sukoharjo Regency, it was revealed that:

“I am the Executive Coach of the Taekwondo Branch of the Mahameru Club in Sukoharjo Regency. Before becoming a coach, I studied and practised Indonesian Taekwondo at Sriwedari Solo from 1982. Sabum Kuncoro Cahyadi, Sabum Susanto, and the late Sabum Taufik made the initiative in 1989 to start the Taekwondo martial arts sport in Sukoharjo Regency. Sabum Kuncoro Cahyadi was the promoter at the time, and the event at first took place at the Pabelan sports hall. Pabelan is located in the Solo City area. However, Taekwondo Sukoharjo moved to the PKP Ngabeyan Kartasura Sports Hall after 3 to 4 months. In 1989-1990, there were 100 to 200 participants. They joined after we presented this sport to the public through public demonstrations or the distribution of brochures”.

“Based on the data we have, the number of participants has now reached around 2500. We introduce taekwondo through social media because it is more practical given that everyone now has access to social media. The Taekwondo martial arts sport was founded in Sukoharjo because we sought to promote suburban areas surrounding major cities, such as Sukoharjo Regency on the outskirts of Solo. Sukoharjo Taekwondo has been quickly expanding up to this moment. In 2010, numerous dojangs/branches/practice sites had names other than Indonesian Taekwondo. Taekwondo Sukoharjo additionally added its identity on September 8, 2010, becoming the Mahameru Sukoharjo Taekwondo Club, which has been agreed upon and ratified until now. The Sukoharjo Mahameru Club Taekwondo database was not previously systemized, as it is now. The Taekwondo Indonesia Integrated System, abbreviated as (TIIS), is presently used as the participant database system. The Taekwondo Indonesia Integrated System (TIIS) has been put into use in mid-2022. The system has been incorporated into the centre, and all data is accessible through the TIIS. According to TIIS, taekwondo has thousands of members. There were 1232 people in the Taekwondo Mahameru Club until the level promotion exam (UKT) was held in November 2022, then there were 1452 participants on May 28 2023”.

“Mahameru Taekwondo already has 27 registered dojangs or training sites, according to data from the Taekwondo Indonesia Integrated System (TIIS). In Sukoharjo Regency, the Mahameru Taekwondo Club has grown to thousands of active members. Mahameru Taekwondo Club in Sukoharjo Regency has produced several athletes who have competed at national and international levels” (May 2023, Singgih Hendarto).

Furthermore, based on the findings of interviews with Agus Hadi Wibowo, the Manager for Achievement Coaching (BINPRES) for the Mahameru Taekwondo Club in Sukoharjo Regency, it was discovered that:

“In regards to the Mahameru Taekwondo Club’s history, it was founded in 1989 in Pabelan Solo by Master Singgih Hendarto and Sabum Kuncoro Cahyadi, who later relocated to the PKP Kartasura Sports Hall in Sukoharjo Regency. Master Singgih Hendarto and Sabum Kuncoro Cahyadi established the Mahameru Taekwondo Club in 1992 at the Budi Sasono Sports Hall in Sukoharjo Regency, and I was among the first students to attend the Gymnasium. Taekwondo martial arts in Sukoharjo was founded to provide a venue for martial arts activities, achievements, and recreational purposes. Sukoharjo Taekwondo is fast expanding, and by 2010, several dojangs/branches/practice venues have names other than Indonesian Taekwondo. Taekwondo Sukoharjo modified its name to Taekwondo Club Mahameru Sukoharjo on September 8, 2010. Mahameru, the highest mountain peak on the island of Java, has its ideology. Thus, it is expected that using this philosophy, the Mahameru Club Taekwondo Martial Sport will gradually expand from the ground up, slowly and surely, reaching the highest peak on the island of Java”.

Organizational Development System for Taekwondo Club Mahameru, Sukoharjo Regency

The Mahameru Taekwondo Club in Sukoharjo Regency has an organisational development system with an integrative coaching approach based on AD ART, working principles, and explicit system application, as shown below:

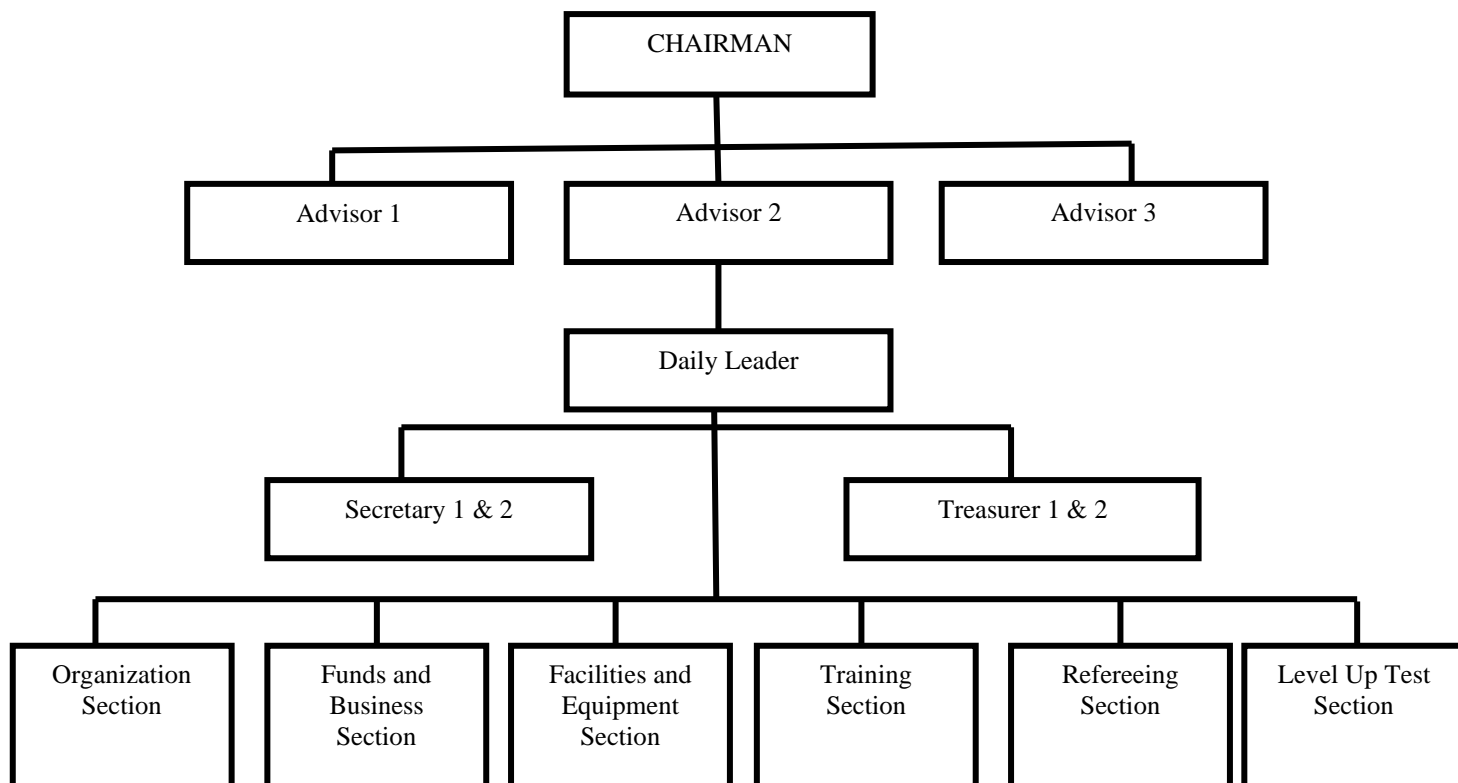


Figure 1. Mahameru Taekwondo Club Organizational Structure

Based on the results of an interview with Mr. Singgih Hendarto, the Executive Coach of the Taekwondo Branch of the Mahameru Club in Sukoharjo Regency, it was found that:

“As I’ve learned from my coaching, the Mahameru Taekwondo Club organizational development system in Sukoharjo Regency has been going well. In this instance, management has been well-structured, organised, and systematic. This organisational development system focuses on improving the internal management basis so that the Mahameru Taekwondo Club may become more solid” (Singgih Hendarto, May 2023).

Furthermore, an interview with Mr. Agus Hadi Wibowo, Manager of the Achievement Development Division (BINPRES) for the Mahameru Taekwondo Club in Sukoharjo Regency, yielded the following results:

“While I’m here, the Taekwondo Club Mahameru’s organisational development system has been effectively implemented, with a focus on improving internal management development to prevent breaks down despite differences” (Agus Hadi, June 2023).

Taekwondo Management Resources at Mahameru Club, Sukoharjo Regency

Human Resources at the Mahameru Taekwondo Club in Sukoharjo Regency

There are already administrators, coaches, participants, and exceptional athletes at the Mahameru Taekwondo Club in Sukoharjo Regency, according to the development of its human resources. Recruitment and marketing are part of human resources' efforts to grow the Mahameru Taekwondo Club. The following is known as a result of an interview with Mr. Singgih Hendarto, who serves as the Executive Coach of the Taekwondo Branch of the Mahameru Club in Sukoharjo Regency:

“The ability of working techniques in teaching, educating, and leading a dojang/branch/training place held is taken into consideration while recruiting management, which is done every five years. Whether or not they are prepared to carry out other mandates, we offer it to those who are chosen after conducting the selection in private. Apart from needing licences and certificates, coaches must also possess excellent

leadership qualities and be prepared to take on the duties of a Mahameru Taekwondo Club coach. Athletes will be chosen from each dojang, branch, and club for recruiting or selection, and will then be rescreened at the Mahameru Club Taekwondo branch training facility. Sports laws are followed in writing about Taekwondo Club Mahameru itself. Sports are considered education, recreation, and achievements under the law. This became the reason behind the founding of the Mahameru Taekwondo Club in the Sukoharjo Regency. Because of these three reasons, parents are encouraged to register for their children”.

Additionally, there are the findings of interviews with Mr. Agus Hadi Wibowo, who also serves as the manager of the Mahameru Taekwondo Club's Achievement Coaching Division (BINPRES) in the Sukoharjo Regency, as follows:

“Coaches are hired based on their ability to train, teach, and lead a dojang/branch or club. The selection of coaches immediately points to competent and loyal professionals in the industry based on the personality we need and require. Coaches must not only have licences and certificates, but they must also have great leadership qualities as Mahameru Taekwondo Club coaches. There are no defined criteria for recruiting athletes for the Mahameru Taekwondo Club. The athletes, on the other hand, are chosen from each dojang/branch or club. The selection was rescreened before proceeding to the branch training centre and each event to recruit new athletes for the Mahameru Taekwondo Club. The articles about the Mahameru Taekwondo Club examines it from two perspectives, namely quality and quantity, which must go hand in hand. Thus, the objectives can be realised, particularly with the addition of participants. At the moment, the Mahameru Taekwondo Club in Sukoharjo Regency has the second most members in Central Java behind Semarang”.

According to the findings of interviews with Mr. Agus Riyanto Tri Saputro, who serves as the Taekwondo Club Mahameru Dojang Central Kartasura (DCK)’s coach and manager of finances (treasurer), it was discovered that:

“Taekwondo coaches are recruited by offering them to those who are ready and feel capable of carrying out the mandate as coaches of the Mahameru Taekwondo Club.” Coaches must also have licences and certificates to be hired. We also evaluate whether or not prospective administrators should obtain a black belt before becoming coaches. There are no defined criteria for recruiting athletes for the Mahameru Taekwondo Club. However, athletes will be chosen from each of the Mahameru Taekwondo dojangs/branches/clubs. Whether or not regular athletes are recruited to become new athletes is also determined by whether or not they have talent. Before prospective coaches are re-selected to move on to the Training Centre and are vetted to become athletes in every event that continues to the branch training centre, each dojang/branch/club has a Pre-Training Centre”.

Human resources are trained, evaluated, and managed at the Mahameru Taekwondo Club in Sukoharjo Regency. These activities are required by sports personnel, who will generate qualified and competent human beings under the law. According to the findings of interviews with Mr. Agus Riyanto Tri Saputro, Manager of Finance (Treasurer) and Taekwondo coaches for the Mahameru Dojang Central Kartasura (DCK) Club in Sukoharjo Regency, it was found that:

“Taekwondo coaches, on average, or almost all of them, are black belts. They must go through several long phases to achieve their level of black belt. In this instance, their character is also evaluated. The Mahameru Taekwondo Club not only trains martial arts but also character development. The Mahameru Taekwondo Club in Sukoharjo Regency is continually evaluating their daily progress in every practice, especially for outstanding athletes. In addition to evaluating, we develop solid relationships between administrators and coaches, coaches and athletes, and administrators and athletes in every exercise. We do everything to remain solid and intact to achieve our goals”.

The following information was discovered during an interview with Mr. Agung Lestanto, who also serves as a coach at the Mahameru Club Taekwondo Training Centre in Sukoharjo Regency:

“During training, I create a training plan for each event for the athletes. Each athlete has a different training load depending on the event. We coach always analyse the athlete’s progress before and after training so that we know the athletes’ strengths and limitations. Athletes, on the other hand, are aware of their progress. This is done to foster positive relationship management between coaches and athletes”.

Mahameru Taekwondo Club Financial Resources in Sukoharjo Regency

Financial resources are the preparation of income and expenditure plans to maximize funds. Each organization’s financial resources have documented written AD ART as proof that they exist. Indonesian Taekwondo is a martial art that is financially supported by AD ART. The Mahameru Taekwondo Club in Sukoharjo Regency has a simple goal: to make a profit by monitoring and regulating the inflow and outflow of funds. According to the findings of an interview with Mr. Singgih Hendarto, the Executive Coach of the Taekwondo Branch of the Mahameru Club in Sukoharjo Regency, it was revealed that:

“The funds that we obtain are primarily derived from independent internal sources. We have properly arranged the revenues acquired from building rent, meals, special branches and future infrastructure. The main allocation in the form of maximal support for coaches and athletes in the power of multi-event championships at the province or national level, such as the province Sports Week, is the distribution of budget funds on a priority scale. Probably, the money for Regional Championships is not as large as the budget for Pre-Provincial Sports Week and Provincial Sports Week”.

According to the findings of an interview with Mr. Agus Riyanto Tri Saputro, who is also the Administrator for Finance (Treasurer) and a Taekwondo coach for the Mahameru Dojang Central Kartasura (DCK) Club in Sukoharjo Regency, it was revealed that:

“The funding budget is provided through KONI support and a 20% Level Up Test (UKT) that is deposited into the branch treasury. We are searching for sponsorship if we would like to conduct an even”.

Mahameru Club Taekwondo Colaboration in Sukoharjo Regency

According to the findings of interviews with Mr. Agus Hadi Wibowo, who is also the Administrator for the Achievement Coaching Division (BINPRES) of the Mahameru Taekwondo Club in Sukoharjo Regency, it was obtained information that:

“At this time, we are working with KONI, DISPORA and the Regional Government in every activity event”.

Mr. Riyanto Tri Saputro, who serves as the administrator of finances (treasurer) and a coach at the Mahameru Dojang Central Kartasura Taekwondo Club (DCK) in the Sukoharjo Regency, adds the following:

“In addition to being handled independently, Mahameru Taekwondo has several collaborations. We also work with organisations like KONI. For example, during the Level Up Test (UKT), we partnered or were sponsored by Transmart to stand and support what we required, and we collaborated with Panti Waluyo Hospital in terms of health”.

Mahameru Taekwondo Club Infrastructure in Sukoharjo Regency

An interview with Mr. Agus Riyanto Tri Saputro, who serves as the Treasurer and Administrator for Finance for the Mahameru Dojang Central Kartasura (DCK) Club in Sukoharjo Regency, produced the following findings:

“The Mahameru Taekwondo Club’s infrastructure is supported by KONI and a self-sustaining budget. Each dojang/branch has its budget to provide the facilities that are needed. Regarding KONI’s help, it is directed to the treasurer and is used as needed, such as providing facilities and infrastructure at the Training Centre and preparing for each event, such as the upcoming PORPROV or Provincial Sports Week at the Mahameru Taekwondo Club”.

Mahameru Club Taekwondo Method/System in Sukoharjo Regency

According to the findings of interviews with Agus Hadi Wibowo, ST., who also serves as the administrator of the Mahameru Taekwondo Club's achievement coaching division (BINPRES) in the Sukoharjo Regency, it was found that:

“Currently, the Mahameru Taekwondo Club has a database technology system known as the Taekwondo Indonesia Integrated System (TIIS). The system is tasked with maintaining all taekwondo participant data, and when the Level Up Test (UKT) or participants participate in championship events, the data may be simply accessed because the database is registered nationally”.

Furthermore, interviews with Agus Riyanto Tri Saputro, SE, who serves as the Administrator for Finance (Treasurer) and Taekwondo coach for the Mahameru Dojang Central Kartasura Club (DCK) in Sukoharjo Regency, revealed that:

“The Mahameru Taekwondo system was previously known as the Indonesia Taekwondo Database System (ITDS). Taekwondo has now updated a system known as the Taekwondo Indonesia Integrated System (TIIS) in the middle of 2022. As a result, the structure is simpler and better than before”.

Mahameru Club Taekwondo Athlete Training in Sukoharjo Regency

According to the Executive Coach of the Sukoharjo Taekwondo Branch, the recruitment of Taekwondo athletes is carried out procedurally from the lowest level. Recruitment is done by tests, matches and physical examinations.

“For recruitment, we begin from the bottom level, specifically at clubs/dojangs that formed from achievement classes as well as regular training. Each dojang/branch can point them in the direction of the Mahameru Club Taekwondo training facility in Sukoharjo Regency during the achievement class. Depending on their proficiency at the level above, the athletes who are now at this training facility will later be directed to the following levels. When a chance presents itself or potential athletes are found, they will be directed to the achievement class at the Mahameru Club Taekwondo Training Centre in Sukoharjo Regency. Athlete recruitment takes place at any time. They will be evaluated during training based on anthropometry, technique, mentality, and character. They will be recruited if they are qualified and have the potential to be good athletes. To choose these athletes, we first consider anthropometry, then technique, and lastly physicality. The essential point is that we start with body posture. This is due to the fact that the Indonesian Taekwondo National Team needs tall athletes for international competitions”.

According to the Sukoharjo Taekwondo Training Center's Coach, athlete recruiting begins with the regular class and progresses to the achievement class.

“As a coach, I will see prospective athletes from the regular class and then invite them to take part in the TC achievement class of their respective clubs. Then, if some are talented and have high motivation, they will be invited to the Sukoharjo Taekwondo concentration class”.

The aim of this research is to examine the basic interpretation of historical aspects, development systems, management resources, and achievement development of the Mahameru Club Taekwondo Sports Coaching in Sukoharjo District. Coaching is carried out by a structured and planned program for the creation of outstanding athletes (Dewi & Vanagosi, 2019; Yusfi & Mashuri, 2019). The program itself is the key to success in the development of athletes. Other factors that influence coaching are the recruitment of athletes, facilities, and infrastructure. The recruitment of qualified athletes is a key point in Taekwondo sports coaching in South Korea. As explained by Ha et al. (2015), a careful and selective recruitment process helps identify individuals who have the potential to develop into outstanding athletes at the national and international levels. Taekwondo athlete recruitment requires a strategic approach that focuses on finding young talent with the greatest potential, training young athletes is a long-term investment plan for large arenas (My, 2018).

Adequate sports facilities and infrastructure play an important role in Taekwondo sports coaching. Investment in state-of-the-art training facilities and sports facilities gives athletes an edge, with modern training facilities, high-quality arenas, and well-equipped medical facilities being key indicators in supporting sports coaching (Fried & Kastel, 2020). The results of this study confirm that the recruitment of athletes and the availability of adequate sports facilities and infrastructure have an important impact on sports coaching. A selection process that focuses on potential helps create a high-quality team of athletes, while modern and state-of-the-art facilities provide an environment that supports the development of athletes' technique and achievements. Thus, a holistic approach to athlete recruitment and infrastructure becomes a solid foundation in building a successful sports coaching future, in addition, this strategy can include cooperation with schools, sports clubs, as well as local governments.

Sports coaching is one of the efforts to improve the quality of human resources and an important aspect in the development of athlete achievement and overall sports development (Nugraha, 2015). The interpretive study of historical aspects helps to understand the roots and identity of sports clubs. Delving into the history of the Mahameru Club is an important step towards understanding the values, traditions, and struggles that shape the club's identity. In commemorating history, the club can build a spirit of togetherness and strengthen members' sense of pride in the sporting heritage they represent.

The coaching system is the main program for producing quality athletes (Akhiruyanto et al., 2022; Hidayati et al., 2022; Yudhistira et al., 2021a; Yudhistira et al., 2021b). Discussions regarding the coaching system will embrace training programs, organizational structures, and evaluation methods. An effective coaching system ensures that athletes get the right guidance, and skill development opportunities, as well as the mental and emotional support needed on their journey to achievement (Candrawati et al., 2018). The resource management aspect is very important in running a sports club. Management of human resources and facilities is the key to success. Discussions on resource management will discuss how clubs allocate budgets, develop qualified coaching staff, as well as maintain adequate training facilities.

The authors consider the research findings, namely: (1) synchronization between systems and resources. An effective coaching system must be supported by adequate resources, such as funds, facilities, and coaches. It is based on Prasetyo et al. (2018) that achievements can be achieved if they meet several components such as potential athletes, then coached and directed, besides that training facilities and infrastructure need attention from the coach or management of the parent sports branch; (2) Continuous evaluation. Periodic evaluations help identify successes and constraints in coaching and measure the effectiveness of resource use. Through structured and systematic evaluations, sports clubs or organizations can identify the achievement of coaching goals, recognize obstacles that may arise, and measure the effectiveness of the use of resources that have been allocated (Collins et al., 2016; Griffo et al., 2019); (3) Alignment with achievement goals. These findings encourage the authors to focus more resources on achievement coaching. When the coaching system and management resources are directed towards supporting high achievement, clubs will be better able to produce Athletes who are qualified and achieve the desired results in competition. By combining training methods, athlete support, and resource allocation in line with achievement goals, sports organizations can maximize their athletes' potential (Lindsey & Darby, 2019).

CONCLUSION

The findings of this research indicate that the coaching system, management resources, and Taekwondo achievement development at the Mahameru Club in Sukoharjo Regency were functioning effectively. This research introduces a novel perspective within the realm of Taekwondo sports coaching at Mahameru Club. Presently, comprehensive investigations into the historical facets, coaching framework, resource management, and coaching accomplishments of this club are conspicuously absent in the existing body of literature. Consequently, this research stands as a significant contribution to bridging the knowledge void within Taekwondo sports coaching at the club level, offering valuable insights into an underexplored domain. It also facilitates a meaningful connection between theory and practice. The outcomes and recommendations emanating from this study can serve as a pragmatic handbook for Taekwondo sports

clubs, coaches, administrators, and decision-makers, aiding them in crafting more effective coaching strategies. By doing so, it promotes the application of sound theoretical principles in practical settings, potentially leading to more efficient and productive coaching approaches within the Taekwondo community.

It is worth acknowledging that this research is not without limitations. The scope of this study is confined to the context of Mahameru Club, and while it provides a detailed examination of coaching practices within this specific club, the findings may not be universally applicable to all Taekwondo clubs. Additionally, the qualitative research methodology employed, while conducive to in-depth exploration, may not capture the entire spectrum of coaching nuances. In light of these limitations, it is recommended that future research endeavours expand their scope to encompass a broader range of Taekwondo clubs, thus enhancing the generalizability of their findings. Additionally, the utilisation of a mixed-methods approach, combining both qualitative and quantitative techniques, could provide a more comprehensive understanding of coaching practices and their impact on athlete development within the Taekwondo community.

In conclusion, this research makes a notable contribution by delving into the uncharted territory of Taekwondo sports coaching at Mahameru Club. It not only fills a knowledge gap but also furnishes practical guidance for the improvement of coaching strategies. Furthermore, it underscores the potential of qualitative research methodologies for unearthing profound insights into sports coaching practices. As the Taekwondo community evolves, this research can serve as a foundational stepping stone towards more effective coaching methods and athlete development.

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CONFLICT OF INTEREST

All authors declare that they have no conflict of interest.

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