



UTM
UNIVERSITI TEKNOLOGI MALAYSIA

SCHOOL OF ELECTRICAL ENGINEERING

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**EXTRA-CURRICULAR EXPERIENTIAL LEARNING
(EXCEL)**

REFLECTION REPORT 2

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LECTURER : Dr. Mohamad Fadhli Bin Rashid

Majlis Sukan Universiti Malaysia (MASUM) Sports Carnival 2019

Date: 24 July - 4 August 2019

Venue: Universiti Malaysia Pahang (UMP)

Organizer: Majlis Sukan Universiti Malaysia (MASUM)

Position: UTM Taekwondo team athlete

Reporting

Majlis Sukan Universiti Malaysia (MASUM) Sports Carnival 2019 was held from 24th July to 4th August 2019, hosted at Universiti Malaysia Pahang (UMP). The objectives of MASUM are to encourage and tighten the interaction of all university students and also improve the development of sports in Malaysia. MASUM is a good platform for all IPT athletes to enhance their performances and build their confidence. The sports that included in MASUM were badminton, basketball, Karate, Taekwondo, chess, volleyball and etc. There were over 20 public universities took part in this sports carnival. Even though the sports carnival was held around 2 weeks, the preparation for athletes took out one year. I was chosen to represent UTM Taekwondo Team to take part in this sports carnival. It was a long journey for me to be selected to participate in MASUM. In September 2018, I had joined UTM Taekwondo Club and became a committee member of the club. I attend all the training session and was chosen to take participate in my first tournament in UTM, Kukkiwon Cup in October 2018. I took part in individual female sparring category and won a gold medal in that tournament. In late November 2019, I participated in Inter-UTM Tournament. After that tournament, I was informed that I had a chance to take part in MASUM. With condition, I had to pass all

stages of selection. During the semester break, I trained as hard as possible to strengthen my skills and stamina. In mid of February 2019, I, along with shortlisted Taekwondo team members, attended the first stage of selection, endurance and stamina test. We all passed the test and formed a new training team. As I was a black-belt 2nd Dan holder, I was chosen to be the vice-captain of the team. The training was much harder than in the club. The training was mainly focused at 3 parts – technique, endurance and stamina. We were trained three to four days per week and each of the training took 3 hours. We always had an after-training meeting to discuss each player's strengths and weaknesses. For the following months, we had undergone different stages of selection which include physical and mental test. Due to our perseverance, we all passed the selected and were chosen to take part in MASUM Taekwondo event. Before MASUM, all UTM athletes, who participated in MASUM phase 1, joined the 'Latihan Pusat Kontinjen UTM' for two weeks. The training efficiently polished the athletes' skills and tactics regarding their sports respectively. The athletes spent at least six hours a day for the training. The training was much compact and tougher than I had done before. On 23th of July, the administrators and athletes went to UMP, Gambang by buses. The journey took about 8 hours. As we arrived at UMP, we straight-away headed to Dewan Astaka, UMP for weighing session. The competition was held two days for sparring and poomsae categories. On the day of competition, there were a lot of national players and SEA Games players, like Rozaimi Razali. My teammates and I did our best to win the matches. Unfortunately, all of us were only able to enter the second round. Overall, UTM athletes won 2 gold, 7 silver and 10 bronze medals in MASUM 2019.

Responding

MASUM was a meaningful event for me as an athlete. I felt very honor to represent UTM in participating MASUM in Taekwondo event. I had learnt Taekwondo for around 8 years and took part in several tournaments. When I first joined UTM Taekwondo Club, my aim was to join MASUM because I never take part in national level competition. Fortunately, I was given a chance by Coach Farhan to participate in Kukkiwon Cup. It was a very good opportunity to promote myself. I was getting forward to my target. I spent a lot of time and energy for training in order to achieve my goal. All of my hard work paid off. I was successfully passed all stages of selection and being selected as part of UTM athletes. A Taekwondo team of 6 persons was formed. I was chosen to be the vice-captain of team in assisting Captain Siva. Although Taekwondo sparring was individual event, but we still needed to train together to improve each fighter's strengths and weaknesses. For instance, I was weak at endurance. Hence, my teammates would spend extra training time to improve my endurance. On the other side, if there was fighter weak at technique, I would help them in technique part which I was good at. This kind of relationship made me feel warm even though we were from different races, different faculties and we did not know each other before. The only same thing was we all love Taekwondo sports which brought us together. On the day of competition, the moment I stepped into the arena, I felt very excited. My wish finally came to the reality. When one of the members was sparring in the arena, the rest of the members were supporting him or her outside the arena. Unfortunately, none of us won the tournament. As going says, "failure is the mother of success". We need to train harder and find out our weaknesses and improve it.

Relating

I had joined different kinds of Taekwondo tournament during my secondary time. However, it was my first time joining national level tournament. MASUM involves around 20 public universities in Malaysia. The preparation was almost the same as the tournament I had joined before. During my secondary school, I was the president of the Taekwondo Club and I knew how to organize an effective training and lead a team. When I was assigned with the position of vice-captain of team, I was able to lead the team and promote team-working among members. This reminds me of the training during my secondary school. Training as a team strengthens our bonding and hence makes us learn new technique faster as we would help one another. Our team not only consisted of local students and also international students. Communication skills allowed me to convey my ideas clearly towards members from different background. Effective communication will surely improve the understanding of tactics during training. Since the rules of competition were kept updating, we need to search for new technique from Youtube to adapt to the new rules. The most important thing in participating in tournament was emotional management. We might be nervous or mental breakdown whenever before the tournament or when we were the points were left behind. When this situation happened on one of our players, the rest would encourage him/her to cool down his/her emotion. I was nearly mental breakdown at the moment I lose the match. Because of the comfort of my team members, I was able to calm down. Even though we lost the match, but fortunately, my teammates were attentive and we comforted and supported each other.

Reasoning

In my opinion, the most significant aspect in joining MASUM is perseverance. Will Rogers had said that “the road to success is dotted with many tempting parking spaces”. There were the times I was getting tired and almost gave up. Perseverance made me to learn how to push step-by-step to train hard until I reach the goal. I knew that losing a game was not the reason for me to give up what I have persisted with. Besides, focus and self-control are also essential elements for a player. Training requires team members to pay hundred percent of attention to learn new techniques. During sparring, fighters need to focus on opponents’ movement and then react accordingly to win points. Since a Taekwondo sparring event is divided according to weight, self-control of a player is important. To control my body weight, I had taken a healthy diet and followed the exercise timetable planned by team coach. In addition, teamwork also plays an important role. Working hand-in-hand with camaraderie, teamwork is the ability of a group of people to function as a cohesive unit. I had learned to help each other to achieve common goal of the team, which was wining in MASUM. Training alone as an individual is less efficient than that of working as a group. Each of the members would assist one another in achieving common goals.

Reconstructing

As an athlete, I have learnt and gained a lot of experiences in the journey of joining MASUM. E.E.Cummings had said that “It takes courage to grow up and become who you really are”. Taking part in MASUM helps to promote my self-confidence. Self-confidence is important for my future especially in job interviews and public speaking. I also realize that leadership and team-working skills are essential in bringing success to the team. As I was the vice-captain of the team, I had learnt to lead and influence team members to be more passionate in the training. It is crucial for players to work as a team to avoid lack of attention from instructor. If one of the members starts to chatter, the whole team will suffer. Communication skills allowed me to deliver the commands in a clear, effective and comprehensive manner. During the after-training meeting, I was able to think of new and creative ideas for effective training. It was my first time to join hard core MASUM training. Fortunately, I was able to adapt to the new environment of training and apply all I had learnt to the new training. All changes allowed me allocate my time wisely. I felt grateful that I participated in MASUM and recognize my teammates and get along with them. Even though I had lost the match, I did not give up. I keep training and explore another method of learning until now. I hope that one day I could participate in MASUM again and win a medal. In a conclusion, I have learnt a lot of soft skills and graduate attributes throughout this program. I believe that these skills and experiences will help me a lot in my future journey, not only during my university life and also in my career path.

Appendices



Figure 6: Photo of MASUM athlete name tag



Figure 7: Photo of UTM Taekwondo Team with Coach Farhan



Figure 8: Photo of after-training meeting with advisors



Figure 9: Photo of UTM Taekwondo Team



Figure 10: Photo of me doing stretching before the match

