**Biographical Sketch**

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**󠇛 Introduction**

*Dr. Cha Young-nam currently teaches students at Kosin University's department of taekwondo Missiology. His major is sports medicine and taekwondo poomsae and demonstration. Also, Working as a trainer of the korea national taekwondo demonstration team.*

**󠇛 Academic degrees**

*\*B.A. Keimyung University, Department of Taekwondo, South Korea*

*\*M.S. Korea National Sport University, Major of Sports Medicine, South Korea*

*\*Ph.D. Korea National Sport University, Major of Sports Medicine, South Korea*

**󠇛 Academic Activities**

*\*Board member, The World Society of Taekwondo culture*

*\*Board member, The Korea Journal of Sport*

*\*Board member, The Korea Sport Society*

**󠇛 Journal articles**

*\*Kim JS & Shin HC & Cha YN.The Effect of Self-Management of High School Student Taekwondo Technical Breaking Athletes on Exercise Continuity and Performance Strategy. Journal of Coaching Development, 23(1),73-82 (2021).*

*\*Kim JS & Cha YN & Shin HC. The Influence of Imagery Ability on Competition State Anxiety and Sports Confidence in Taekwondo Technical Breaking Competition Players of Youth. Journal of Coaching Development, 22(3), 3-11 (2020).*

*\*Kim JS & Shin HC & Cha YN. The Effect of Satisfaction with Taekwondo Demonstration Team on University Life Adaptation and Career Decision. Journal of Coaching Development, 22(2), 44-51 (2020).*

*\*Lee SJ & Cha YN & Park JS. An Investigation on the Influence of TAEKWONDO Demonstration Team Activities on College Life Adaptation. International Journal of Protection, Security & Investigation, 5(1), 14-21 (2020).*

*\*Oh JK & Lee JK & Jeoung JH & Yoon JH & Cha YN. The Effect of the Type of Taekwondo Jump Kick on Injury Risk Factors in Lower Extremity during One leg Landing. The Korea Journal of Sport, 17(1), 923-934 (2019).*

*\*Jeoung JH & Cha YN. A Study on Improvement Plan of Taekwondo Poomsae Game Cultural. The Korea Journal of Sport, 15(3), 81-89 (2017).*

*\* Yoon JH & Oh JK & Cha YN & Kim MH. Difference of Range of Motion and Isokinetic Strength of Lower Extremity among Taekwondo Poomsae, Competition Players and Trainees. Taekwondo Journal of Kukkiwon, 8(4), 435-455 (2017).*