



Introduction

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Secrets of Asian Sport Psychology

Edited by: Peter C. Terry, Zhang Li-Wei, Kim YoungHo,
Tony Morris, and Stephanie Hanrahan





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Sport in the Asian-South Pacific region has made rapid progress on the international stage in recent years, with several countries in the region becoming sporting powerhouses, and in some instances dominating particular sports in major international competitions. As examples, China won more Olympic gold medals than any other nation for the first time in 2008, while Australia, Korea and Japan have finished as high as 4th, 5th and 5th respectively, in the medal table during the past three Olympiads.

*Secrets of Asian Sport Psychology*¹ is a collection of 22 chapters in which applied practitioners from the Asian-South Pacific region provide accounts of working with elite athletes in sports at which the country in question excels. So, for example, the text includes accounts of *Diving, Gymnastics, and Aerials Skiing in China, Archery, Speed Skating, and Taekwondo in Korea, Baseball and Judo in Japan, Rowing, Track Cycling, and Triathlon in Australia, Rugby in New Zealand, Wrestling in Iran*, and so on, all written by sport psychologists who provided support for the elite teams of those countries. Other chapters, notably *Boxing in the Philippines, Golf in Taiwan, and Shooting in India*, provide case studies of the psychological characteristics of some of the world's best performers, based on the athletes' own accounts of their sporting journeys or accounts provided by those close to them.

A unique feature of the book is that it also captures previously untold accounts of smaller nations that have taken on and beaten Goliath nations of world sport, in chapters such as *Cricket in Sri Lanka, Sailing in Israel, and Table Tennis in Singapore*. For the most part, these accounts are penned by well-published practitioners, although in some instances, chapter authors are writing about their experiences for the very first time, willingly sharing whatever secrets their applied work may hold.



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¹ It should be noted from the outset that the term Asian, as used in the context of this book, should be read as shorthand for the *Asian-South Pacific* region, which includes Oceania (Australia, New Zealand and 12 other countries) as well as nearly 50 countries in Asia.

The Asian-South Pacific region includes more than 60 countries, accounting for about 65% of the world's population. The region stretches from the Arab world, Israel, and Iran in the west, through the Indian sub-continent and the former Soviet republics of central Asia, to China, Philippines, and Indonesia in the east. The region also stretches from Korea and Japan in the north down under through the island nations of the South Pacific to Australia and New Zealand. It is a vast area, much more culturally disparate than alike, in which applied practitioners have combined elements of sport psychology practices from the influential nations of North America and Europe into their own cultural contexts, to produce hybrid practitioner models that incorporate the best of east and west.



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It should not be forgotten that many of the sport psychology techniques commonly espoused in the west have their origins in the ancient civilisations of the eastern world. Add to this the longstanding tradition of Asian scholars travelling to study in the west and the somewhat more recent trend of western experts visiting Asia to share their knowledge and experience, or coming to live and work in the region.

The result is a fusion of approaches to the art and science of sport psychology. *Secrets of Asian Sport Psychology* has been written to showcase some of the best applied work completed in the region. It is hoped that there is something of interest within this text for coaches, athletes, teachers and students of sport psychology, and anyone else interested in learning more about the subject, whatever their country of origin.



Secrets of Asian Sport Psychology is an official publication of the Asian-South Pacific Association of Sport Psychology (ASPASP). ASPASP was established in Singapore in 1989, during the 7th World Congress of Sport Psychology, under the leadership of the late Professor Atsushi Fujita of Japan. It is affiliated to the world body, the International Society of Sport Psychology. ASPASP has grown steadily since its inception, with its Managing Council and Council of National Representatives now including members from Australia, China, Hong Kong, India, Indonesia, Iran, Iraq, Israel, Japan, Korea, Macau, Malaysia, New Zealand, Philippines, Saudi Arabia, Singapore, Taiwan, Thailand, and Viet Nam. ASPASP has held seven international congresses, in Melbourne, Australia (1991), Hong Kong (1995), Wuhan, China (1999), Seoul, Korea (2003), Bangkok, Thailand (2007), Taipei, Taiwan (2011), and Tokyo, Japan (2014).

The motivation for writing *Secrets of Asian Sport Psychology* was born out of the *raison d'être* of ASPASP, which is to promote the development of sport psychology throughout the Asian-South Pacific region and beyond. The cost of sport psychology textbooks published by commercial publishers often puts them beyond the reach of huge numbers of people who are interested in the subject, especially those in developing countries where salaries are typically modest and textbooks fall into the luxury item category.



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Secrets of Asian Sport Psychology has been generously supported and published by the University of Southern Queensland (USQ; www.usq.edu.au), without whose assistance this project may never have come to fruition. The Managing Council of ASPASP would like to offer its sincere gratitude to Professor Jan Thomas, Vice-Chancellor of the USQ, and to the many others at USQ who have played a role in supporting this project to completion. Particular thanks go to Emeritus Professor Jim Taylor AM for championing the project at the outset and for sharing his wealth of knowledge about open education, to Professor Ken Udas, Deputy Vice-Chancellor (Academic Services) & Chief Information Officer, for his unwavering support for the project and for allocating the time of some of his most talented members of staff to assist its progress, and to Professor Mark Harvey, Deputy Vice-Chancellor (Research & Innovation), for allowing me the luxury of sufficient time to see the project through to completion when other priorities were begging for my attention.

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I also thank the many photographers out there who took the trouble to upload their photographic efforts with Creative Commons licences for the world to share. The text would not have been illustrated nearly so well without you.

Finally, I would like to thank all the chapter authors for allowing themselves to be convinced by me and my fellow editors to publish *Secrets of Asian Sport Psychology* under a Creative Commons licence and thereby freely share their intellectual property. I finish by acknowledging the outstanding efforts of my co-editors, Professors Zhang Liwei, Kim YoungHo, Tony Morris, and Stephanie Hanrahan for their sustained commitment to the project, for tolerating my moments of frustration, and for making the book happen.



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Secrets of Asian Sport Psychology is an unashamedly applied text, written by practitioners from around the ASPASP region. Authors were asked to take one of two approaches; either to tell the story of their work with elite athletes, usually the national teams of their country of origin, or to provide a narrative on the psychological characteristics and mental skills development of an outstanding athlete, as a case study. By doing so, it was anticipated that both the commonalities and uniqueness of approaches from different part of the Asian region would emerge, revealing some of the secrets of the undoubted success enjoyed by Asian countries on the world's sporting stage.

The book is definitely *not* a series of research studies set in Asia, and hence should not be judged by standard scientific criteria. Most of the evidence presented is anecdotal or experiential, but no less deserving of attention for that. It is anticipated that the discerning reader will look beyond the absence of theoretical models, hypothesis testing, and *p*-values, to accept the content for what it is, a series of narratives of applied sport psychology that go beyond empiricism. Collectively, the authors have accumulated more than 500 years of applied experience. The accounts they have provided offer a rich tapestry of practitioner experience as varied and intriguing as the Asian-South Pacific region from which they come.



ABOUT THE EDITORS



Peter C. Terry PhD is Professor of Psychology and Director of Research Training and Development at the University of Southern Queensland. He is President of the Asian-South Pacific Association of Sport Psychology (ASPASP) and a Fellow of the Australian Psychological Society (APS), the Australian Sport Medicine Federation (ASMF) and the British Association of Sport and Exercise Sciences (BASES). A former representative athlete in rugby, soccer and track and field, Peter is author of over 200 publications, including five books. He has worked as a sport psychologist at nine Olympic Games and more than 100 other international events.



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Kim Young-Ho PhD is Professor in the Department of Sport Science at the Seoul National University of Science and Technology in South Korea. He is currently Secretary General of the Asian-South Pacific Association of Sport Psychology (ASPASP), a Managing Council member of the International Society of Sport Psychology (ISSP), and Director of the International Committee of the Korean Society of Sport Psychology (KSSP). His research is currently focused on physical activity among obese and low income adolescents. He has published more than 90 peer-reviewed articles and given more than 100 presentations at international conferences.



Tony Morris PhD is Professor of Sport, Exercise and Health Psychology at Victoria University in Melbourne, Australia. He has published 13 books, 45 book chapters, around 200 refereed papers, and has graduated 37 PhD students. A registered psychologist in the UK and Australia for nearly 40 years, Tony was Inaugural Chair of the College of Sport Psychologists in the Australian Psychological Society (APS), the first sport psychologist to be awarded fellowship of the APS, and the first to be given the APS Award of Distinction. He was President of the Asian-South Pacific Association of Sport Psychology (ASPASP) for 14 years.



Stephanie Hanrahan PhD is Associate Professor and convenor of the sport and exercise psychology program at The University of Queensland. She is a fellow of both the Australian Sports Medicine Federation (ASMF) and the Association of Applied Sport Psychology (AASP). Stephanie has published 12 books (including *The Routledge Handbook of Applied Sport Psychology*), and over 140 other publications. As a registered psychologist her clients have included individuals and teams from all levels of sport (both able-bodied and disabled), Aboriginal performing artists, Mexican orphans, teenagers living in poverty in the slums of Buenos Aires, and former gang members.

ABOUT THE USQ MEDIA SERVICES TEAM



(l to r) Zoe Lynch, Alison McDonald, Shane Gadsby, Lynn Zeckomske, Alex Charchar, Sian Carlyon, and Tara Mann.

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This book is dedicated to the memory of Professor Atsushi Fujita, founding President of ASPASP, and to the loved ones of the Editors, especially Victoria Terry, Zhang Tian-Lu, Kim GuiBong, Felicity Morris, and Jane B. Hanrahan.

Professor Atsushi Fujita



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