

Review Article**FROM COURT TO COACHING: SEPAK TAKRAW'S ROLE IN TAIWAN'S
SPORTS AND TRANSITIONS, 2008-2024****I-Chun Chen^{1,2}, Yi-Hsuan Chen³, Hsin-Hung Ho⁴ and Shao-Hsi Chang⁵**¹ Graduate Institute of Sport, Leisure and Hospitality Management, National Taiwan Normal University² College of Public Health Sciences, Chulalongkorn University³ Department of Chinese as a Second Language, National Taiwan Normal University⁴ Department of Senior Citizen Service, MacKay Junior College of Medicine, Nursing, and Management⁵ Department of Physical Education and Sport Sciences, National Taiwan Normal University

Received: 6 April 2025 / Revised: 28 April 2025 / Accepted: 26 August 2025

Abstract

This study aims to examine how Sepak Takraw developed in Taiwan and how individual agency, particularly through Mr. Jan, shaped its integration into national sports culture. Sepak Takraw, a dynamic fusion of volleyball's agility and football's precision, has evolved from a Southeast Asian tradition into a burgeoning sport within Taiwan's athletic landscape since its introduction in 2008 through the Chinese Taipei Sepak Takraw Association. This study traces its historical development, spotlighting Mr. Yuting Jan's transition from shuttlecock player to Sepak Takraw coach as a lens into Taiwan's sports diversification. Facing initial grassroots challenges—limited resources and awareness—the sport gained traction through institutional support, cultural shifts, and international success, notably a 2023 King's Cup Premier Division bronze. Using narrative

inquiry, including interviews and document analysis, this research illuminates Mr. Jan's role in integrating Thai training and holistic coaching—blending athletic and life skills—to foster youth empowerment and redefine the cultural significance of Sepak Takraw. Mapped to Wylleman and Lavalley's model, his career reflects an evolution in athletic, psychological, and vocational aspects, driving the sport's growth through 2024. This analysis situates Sepak Takraw within Taiwan's sports identity, highlighting its contribution to cultural enrichment and the interplay between global and local perspectives in an urbanizing society.

Keywords: Sepak Takraw / Sport Development in Taiwan / Grassroots Sport Promotion / Athlete Career Transitions / World-System Theory

Introduction

Sepak Takraw, a sport that uniquely combines the agility of volleyball with the precision of football, is deeply rooted in Southeast Asian culture (Lim, 2023). Historically, it has represented a regional identity, transitioning from a traditional pastime to a global phenomenon through international events such as the Asian Games (Park, 2013). In Taiwan, Sepak Takraw gained formal recognition in 2008 with the establishment of the Chinese Taipei Sepak Takraw Association by Mr. Huang Zhongren (Wu et al., 2016; Yu-Ting, 2019). To ensure clarity, this study refers to Wu et al. (2016) as the primary source for the association's founding, supplemented by Yu-Ting (2019) historical analysis (Wu et al., 2016; Yu-Ting, 2019). Beyond athletic achievement, the sport has symbolised Taiwan's aspirations to enhance its global sports profile and cultivate cultural influence (Daulima et al., 2023; Gems & Pfister, 2014). This study investigates how Sepak Takraw contributes to Taiwan's sports development, mainly through the lens of career transitions, focusing on Mr. Yuting Jan's evolution from athlete to coach. Specifically, it explores the sport's research value in understanding Taiwan's unique position in the globalised sports landscape, where emerging sports serve as vehicles for

cultural exchange and national identity formation in a semi-peripheral nation (Wallerstein, 1997). Unlike traditional sports like baseball or basketball that dominate Taiwan's sports culture, Sepak Takraw's growth reflects a deliberate effort to diversify athletic pursuits and engage youth, offering insights into how niche sports can influence local and international sports development.

To clarify conceptual distinctions, "sports development" in this study refers to the systemic growth of a sport within a society, encompassing infrastructure, participation, and institutional support, whereas "athletic development" pertains to individual athletes' skill acquisition and career progression (Coakley, 2011). This research examines how Mr. Jan's career transition bridges these domains, driving Sepak Takraw's broader development in Taiwan through his journey. His commitment to national initiatives that promote new sports and increase international recognition underscores the significance of individual and structural efforts in advancing Sepak Takraw's status within Taiwanese culture. The conceptual difference between Mr. Jan and Mr. Huang Zhongren lies in the former's emphasis on individual agency through coaching and grassroots empowerment,

while the latter focused on organizational establishment and international membership. This study employs qualitative methods, including interviews and documentary analysis, to examine Mr. Jan's leadership in promoting the sport, tracing his journey to broader historical influences that have shaped Sepak Takraw's development.

The Origins and Development of Sepak Takraw

Sepak Takraw, a sport that intricately combines elements of volleyball and football, has roots deeply embedded in Southeast Asia (Cheska, 1979). The earliest historical evidence indicates that a version of this sport was played in the 15th-century Sultanate of Malacca (Wood, 2001). According to the International Sepaktakraw Federation (ISTAF), while the traditional form dates back several centuries, the modern iteration has developed over approximately 60 years (Wu et al., 2016). The sport has predominantly flourished in Malaysia, Singapore, Indonesia, Laos, and Thailand. The structured development of Sepak Takraw began in earnest in 1960 when representatives from Singapore, Indonesia, Laos, Thailand, and Malaysia convened in Kuala Lumpur. This assembly aimed to formulate a systematic set of international rules for the sport,

culminating in officially adopting "Sepak Takraw". In the same year, the Asian Sepaktakraw Federation (ASTAF) was established (Lim, 2023).

The promotion of Sepak Takraw gained significant momentum in 1965 when ASTAF organised the first international-level competition during the third Southeast Asian Peninsular Games in Kuala Lumpur (Mutalai, n.d.). This event not only solidified the standardisation of Sepak Takraw courts but also marked the transition from traditional rattan balls to safer, standardised plastic balls (Williams, 2015). Through ASTAF's concerted efforts, Sepak Takraw expanded beyond Southeast Asia into other parts of Asia (Creak & Trotier, 2024). It was featured as a demonstration sport in the 1982 Asian Games in New Delhi. By the 1990 Beijing Asian Games, Sepak Takraw had become an official competitive event. The sport continued to evolve, with women's events included in the 1998 Bangkok Asian Games and team events added in the 2006 Doha Asian Game (Sepak Takraw association of Canada, 2023). The inclusion of Sepak Takraw in the 2008 Bali Asian Beach Games further underscored its adaptability and growth potential (Wu et al., 2016). Historically, Sepak Takraw was originally played

exclusively by men in its traditional form, with women beginning to participate in competitive events in the late 20th century, notably from the 1998 Bangkok Asian Games onward. Sepak Takraw competitions, from local tournaments to professional leagues, frequently occur in Southeast Asia. Significant events include the Southeast Asian Games, Asian Beach Games, Asian Indoor Games, and the Asian Games (Lim, 2023). Independent tournaments like the World Championships, Asian Cup, Super Series, and national competitions

promote the sport internationally. Recognising its global appeal, ISTAF aims to include Sepak Takraw in the Olympic Games (British Broadcasting Corporation, 2015).

The Introduction of Sepak Takraw In Taiwan

The development of Sepak Takraw in Taiwan can be summarized in key phases: introduction (2006-2008), early international participation (2009-2015), domestic expansion (2016-2019), and recent achievements (2020-2025), as detailed in Table 1

Table 1 Key Milestones in Sepak Takraw’s Development in Taiwan

Year	Milestone	Significance
2006	Mr. Huang Zhongren discovers Sepak Takraw at the Doha Asian Games	Sparked interest leading to its introduction in Taiwan
2008	Establishment of the Chinese Taipei Sepak Takraw Association under Mr. Huang Zhongren	Formalized the sport’s presence; secured ISTAF and ASTAF membership by May
2008	Taiwan’s first participation in the King’s Cup Sepak Takraw World Championship (Division 2)	Marked entry into international competition
2009	Demonstration sport at the Kaohsiung World Games	Boosted domestic visibility and public interest
2013	Gold medal in King’s Cup Division 2 Team Event	Highlighted competitive success and training progress
2017	Demonstration sport at Taiwan’s National Games	Enhanced domestic recognition and integration
2018	National Association President’s Cup televised to over 50,000 viewers	Increased public awareness via media exposure
2019	Hosted first Asian Youth Sepaktakraw Championships in Taipei	Elevated Taiwan’s international hosting profile
2023	Bronze medal in King’s Cup Premier Division	Historic breakthrough, signaling global competitiveness
2024	Reached Division 1 finals in regu and doubles at ISTAF World Cup	Demonstrated sustained progress and potential for Premier Division status

(Sources: Yu-Ting, 2019)

Before Sepak Takraw, Taiwan had Shuttlecock Ball, a derivative of traditional shuttlecock kicking developed by Mingxiu Li in 1977 (Chen, 1985). The Chinese Taipei Sepak Takraw Association was established in January 2008 under Mr. Huang Zhongren's leadership, securing Taiwan's membership in ISTAF and ASTAF by May (Yu-Ting, 2019). The development of male and female Sepak Takraw occurred simultaneously from the outset, with both genders participating in early competitions like the 2009 King's Cup where Taiwan earned bronze in men's and women's doubles. The association participated in international competitions like the King's Cup and organised domestic events like the Taipei Youth Cup, expanding to the National President's Cup by 2009 (Chinese Taipei SepakTakraw Federation, 2025). Featuring Sepak Takraw as a demonstration sport at the 2009 Kaohsiung World Games increased its visibility. However, its non-competitive status limited its ability to fully demonstrate Taiwan's commitment compared to significant events like the Asian Games or Olympics (Ao, 2009). Nonetheless, it was an early catalyst for public interest and institutional momentum.

Initial challenges in Taiwan's Sepak Takraw development included athlete

selection, technical training, and a shortage of specialized coaches, often mitigated by recruiting from Shuttlecock Ball and football backgrounds (Wu et al., 2016). Key factors contributing to successes included organizational strategies (e.g., rapid ISTAF membership for global access), athlete development programs (e.g., Thailand training camps for skill enhancement), and policy support (e.g., government funding increases from \$50,000 USD in 2010 to \$200,000 USD by 2024). These hurdles gradually eased as Taiwan's international presence grew. From 2009 to 2015, the sport saw notable successes, peaking in 2013 with gold in the King's Cup Division 2 team event (Yu-Ting, 2019). Post-2015, its inclusion in the 2017 National Games as a demonstration sport and the 2018 National Association President's Cup—televised to over 50,000 viewers based on Formosa TV estimates—marked significant domestic growth (Wu et al., 2016). The 2019 Asian Youth Sepaktakraw Championships in Taipei further elevated Taiwan's role. In 2023, Taiwan won a historic bronze in the premier division at the King's Cup (Formosa News, 2023), followed by reaching Division 1 finals in regu and doubles at the 2024 ISTAF World Cup (Chinese Taipei SepakTakraw Federation, 2024).

In recent years, Taiwan's Sepak Takraw has achieved remarkable international breakthroughs. In 2023, Taiwan secured a historic premier division bronze medal at the King's Cup Sepaktakraw World Championship in Thailand, reflecting its growing competitive edge. Strong performances followed this success in the 2024 ISTAF Sepaktakraw World Cup, where Taiwan reached the Division 1 finals in both the regu and doubles events, narrowly missing gold but demonstrating sustained progress and potential for elevation to the Premier Division (Chinese Taipei SepakTakraw Federation, 2024). As of March 2025, Taiwan remains a stable contender in Division 1 internationally, with ongoing efforts to enhance infrastructure and coaching capacity to achieve higher-tier status. Domestically, participation has expanded, with the number of registered teams in national tournaments growing from 5 in 2010 to 35 in 2024, according to association records (Chinese Taipei SepakTakraw Federation, 2024). This trajectory reflects a synergistic blend of institutional support—such as increased government funding from \$50,000 USD in 2010 to \$200,000 USD by 2024—and grassroots initiatives, positioning Sepak Takraw as an emerging force in Taiwan's sports landscape.

In May of the same year, the association's president, Mr Huang Zhongren, attended the ISTAF and ASTAF General Meeting in Bangkok, successfully securing Taiwan's membership in these international federations (Yu-Ting, 2019). Mr. Huang was also elected to the executive committees of ASTAF and ISTAF, taking on the responsibility of promoting Sepak Takraw throughout Asia and globally. Since its inception, the association has participated in international competitions such as the King's Cup World Sepaktakraw Championships, Malaysia Champion Cup, Hengchun International Sepaktakraw Invitational, Asian Sepaktakraw Championships, Cross-Strait Sepaktakraw Challenge, and ISTAF Super Series. Domestically, it has focused on developing the sport through coaching, referee workshops, and increasing national competitions. Initially starting with the Taipei Youth Cup and Zhongzheng Cup, events have expanded to include the National Association President's Cup and National President's Cup Sepak Takraw Championships. In 2009, Sepak Takraw was featured as a demonstration sport at the World Games Sports Park, enhancing its visibility in Taiwan and showcasing the nation's commitment to the sport's development (Ao, 2009). Following its

introduction, Sepak Takraw in Taiwan has experienced notable growth (Wu et al., 2017). The association faced initial challenges in athlete selection and training due to the novelty of the sport domestically and the need for specialised coaches. Early efforts involved drawing from Shuttlecock Ball athletes and focusing on long-term training to master the technical skills required for Sepak Takraw.

Since 2009, Taiwan's international Sepak Takraw presence has improved (Yu-Ting, 2019). At the 2009 King's Cup, Taiwan earned bronze in Division 2 regu and men's and women's doubles. Sepak Takraw became a demonstration sport in the 2009 Kaohsiung World Games, boosting its domestic profile. In 2010, Taiwan competed in the King's Cup, Malaysia World Cup, and Korea Invitational, winning silver in hoop and Division 2 regu and bronze in Division 2 doubles. Team participation provided valuable experience despite no awards at two other tournaments. In the 2011 King's Cup, Taiwan won bronze in Division 2 regu and silver in Division 2 doubles. They also participated in the ISTAF World Cup and China Invitational, which aided team development. In 2012, Taiwan again competed in the King's Cup, and ISTAF Super Series without podium finishes while initiating

the Cross-Strait Sepak Takraw Challenge to enhance ties with mainland China. Taiwan peaked in 2013 at the King's Cup, winning gold in Division 2 team, silver in Division 2 regu, and bronze in Division 2 doubles-its best results to date. While lacking medals in the ISTAF Super Series and the first Asian Cup, progress highlighted Taiwan's competitiveness. In 2014, they won silver and gold in Division 2 regu and doubles at the King's Cup, respectively, while promoting exchanges through the second Cross-Strait Challenge, despite being an exhibition. The 2015 King's Cup brought silver in Division 2 team and regu events, showcasing Taiwan's steady advancement in Sepak Takraw. Team Taiwan recently achieved a historic milestone by winning the first premier division medal at Thailand's 2023 King's Cup Sepaktakraw World Championship (Formosa News, 2023).

However, challenges remained in competing at higher levels. From 2016 to 2019, Taiwan enhanced domestic Sepak Takraw, spurred by regional competitions in Pingtung, Kaohsiung, Taoyuan, and New Taipei. In 2017, Sepak Takraw was featured as a demonstration sport at Taiwan's National Games, marking a step toward mainstream integration. The following year, the sport gained traction with television coverage

during the National Association President's Cup, boosting public awareness and interest. Efforts to cultivate youth participation led to the inaugural National Youth Sepak Takraw Championships in 2018, replacing the National President's Cup as the critical event for academic advancement and talent identification.

Additionally, the association organised the first Sepak Takraw King International Migrant Workers Cup, fostering inclusivity and celebrating the sport's growing diversity (Wu, 2016). In 2019, the association hosted the first Asian Youth Sepaktakraw Championships in Taipei, aiming to attract teams from multiple countries and serve as a stepping stone towards future participation in the Asian Games. Preparations included intensive training camps and international exchanges to elevate the competitive standards of Taiwanese athletes. Notably, Taiwan's consistent presence and performance in international competitions have helped to stabilise the team's standing at the Division 1 level, reflecting significant progress since the sport's introduction. The evolution of Sepak Takraw in Taiwan reflects a trajectory of gradual institutionalisation and increasing prominence. Early challenges have been progressively addressed, such as the scarcity

of specialised coaches and the need for extensive athlete training. Taiwan's stabilisation at the Division 1 level in international competitions attests to the effectiveness of these efforts. The sport's expansion into various regions, inclusion in national sports events, and emergence in academic research signify both practical and scholarly advancements (Roche, 2017; Wu, 2016).

The Career Transition of Mr Yuting Jan

Career transitions in sports involve complex shifts in identity and responsibilities, often requiring adaptability and institutional support (Alfermann & Stambulova, 2007; Stambulova et al., 2021). In emerging sports like Sepak Takraw in Taiwan, these transitions are critical for driving development, as they link individual athletic growth to systemic progress (Park et al., 2013). Mr. Jan's journey from shuttlecock player to Sepak Takraw coach illustrates this interplay, advancing the sport through his innovative approach and dedication.

The significance of a supportive atmosphere and effective planning during career transitions is vital, as ending a sports career often compels athletes to reassess their self-identity and seek vocational and psychological assistance for a seamless

transition (Knights et al., 2019). Frameworks for handling these transitions highlight the importance of adaptability and incorporating life skills development to tackle identity changes and psychological issues (Stambulova et al., 2021). The shift to coaching precisely reflects a nonlinear process influenced by sociocultural and environmental factors. Successful transitions are linked to self-awareness, societal perceptions, and institutional support (Côté & Gilbert, 2009; Henriksen et al., 2024). Understanding these transitions in emerging sports contexts like Taiwan's sepak takraw scene is crucial for fostering the sport's development and ensuring long-term athlete engagement (Park et al., 2013). Mr. Yuting Jan's transformative journey from shuttlecock player to sepak takraw athlete and national coach showcases the interplay of personal ambition, institutional support, and sociocultural factors in sports transitions. His dedication and innovative approach have incredibly advanced sepak takraw in Taiwan. Specifically, his integration of Thai training techniques—such as intensive agility drills and team coordination exercises—and emphasis on holistic coaching, which balances athletic skill development with academic support, expanded the sport's reach and impact among youth and local

communities. For instance, he introduced structured study sessions during training camps, ensuring athletes maintained academic progress, a practice credited with retaining 80% of youth players from 2016 to 2020 (Wu et al., 2016). His approach also included community workshops that engaged over 1,000 participants by 2023, fostering grassroots growth (Chinese Taipei SepakTakraw Federation, 2025).

Narrative inquiry was selected to capture the lived experiences of Mr. Jan and his contemporaries, aligning with the journal's emphasis on personal stories as windows into broader historical and cultural shifts (Connelly & Clandinin, 1990). This approach allows for a nuanced exploration of how individual transitions intersect with Taiwan's evolving sports identity. In-depth interviews with Mr. Jan, his brother, colleagues, teammates, and Thai coaches, supported by training logs and association documents, provide robust data via purposive sampling (Dunn et al., 2007). A total of six semi-structured interviews were conducted between June 2020 and March 2021, each lasting approximately 90-120 minutes, with participants selected for their direct involvement in Mr. Jan's career or Sepak Takraw's development in Taiwan (Table 1).

These interviews were complemented by the researcher's journal entries, which offered contextual observations throughout the study period. Data analysis followed Riessman & Quinney's (2005) thematic framework, involving initial open coding of interview transcripts to identify key patterns and iterative theme identification across narratives to ensure a comprehensive

exploration of interconnected experiences (Riessman & Quinney, 2005). Credibility was enhanced through member checking with Mr. Jan and his brother, who reviewed preliminary findings to validate narrative authenticity (Guba & Lincoln, 1994). Data were systematically organised with codes (A-F) assigned to participants as outlined in Table 2.

Table 2 Participants in the Study

Code	Participant Identity	Role Description	Data Sources
A	Coach Yuting Jan	Primary subject, transitioned from athlete to Sepak Takraw coach	Interviews, training logs
B	Yufeng Jan	Mr. Jan's brother and a team member	Interviews
C	Administrative Staff	Staff from the Chinese Taipei Sepak Takraw Federation	Interviews, association documents
D	Thai Sepak Takraw Club Coach	Thai club coach, three-time Asian Games gold medalist	Interviews
E	Teammates	Mr. Jan's teammates involved in Sepak Takraw development	Interviews
F	Researcher's Journal Entries	Researcher's field notes providing context and observations	Researcher's journal

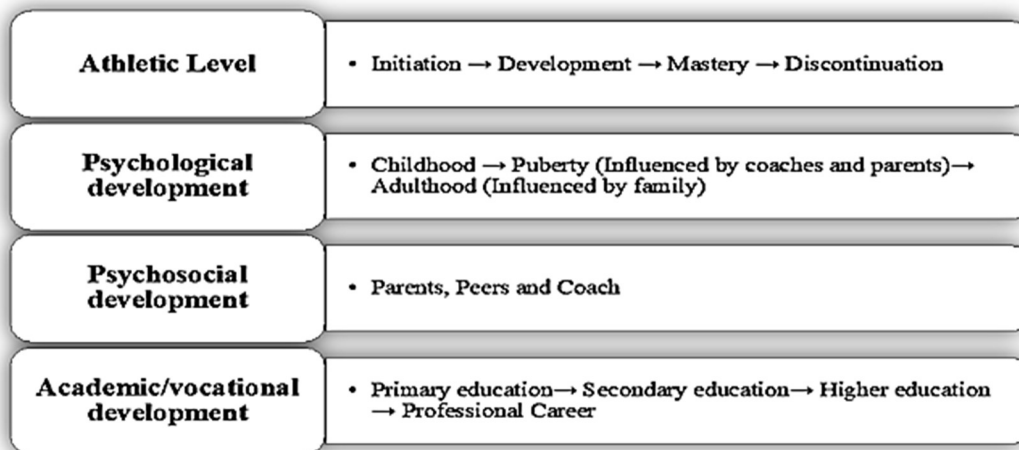


Figure 1 Wylleman and Lavallee's model of athletic career development
(Sources: Wylleman & Lavallee, 2004)

This study applies Wylleman & Lavallee's (2004) athletic career development model (see Figure 1), selected for its holistic integration of athletic, psychological, psychosocial, and academic/vocational domains, which suits the multifaceted nature of Mr. Jan's transition in an emerging sports context (Wylleman & Lavallee, 2004).

Unlike Stambulova's (2003) transition model, which emphasises psychological adaptation alone, Wylleman and Lavallee's framework provides a broader lens to capture the interplay between personal growth and systemic sports development (Stambulova et al., 2021), shown in Figure 2.

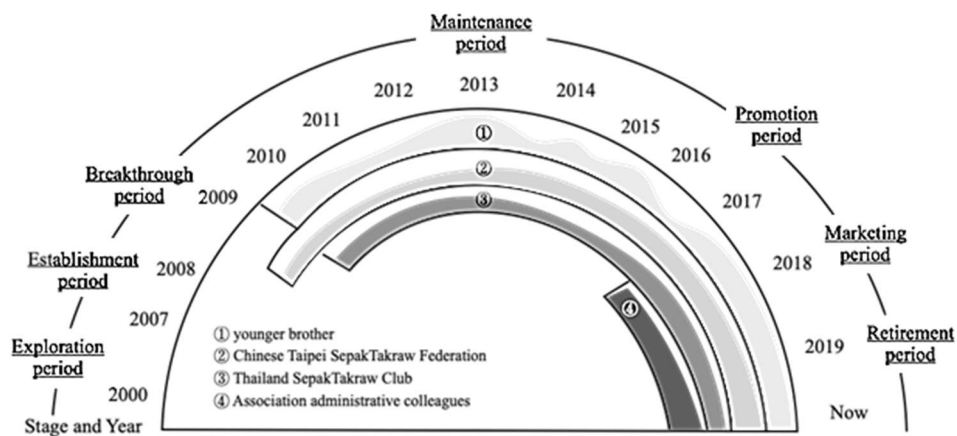


Figure 2 Sepak Takraw Athletes' Career rainbow diagram of Mr. Jan

The transition from Shuttlecock Player to Sepak Takraw Athlete: Exploration Phase (~2008)

Mr. Jan's initial engagement with sports was in shuttlecock (jianzi), a traditional sport in Taiwan. However, he began to realise the limitations of the shuttlecock in terms of international recognition. "Shuttlecock had reached its peak for me; sepak takraw presented a new challenge that I felt could be more globally recognised" (A). His high school shuttlecock coach, Coach You, encouraged him to explore other sports with more potential for development: "They suggested I consider other options" (A).

His brother, Yufeng, corroborated this shift in focus: "He realised shuttlecock was not viable for a professional future and began treating it as a hobby, turning to basketball instead" (B). The turning point came when Mr. Jan watched the Busan Asian Games in 2002, where he was captivated by sepak takraw. "I happened to see a broadcast of the Busan Asian Games... players were flipping and kicking impressively. It caught my eye" (A).

During an interview, Mr. Jan elaborated on his transition: "The story begins when I entered the Physical Education College. Initially, I was interested in popular sports like basketball... It was not until I was

about to graduate, around 2004, that my department head or a teacher spoke to me. They mentioned that while I enjoyed playing shuttlecock, it was not internationally recognised" (A). This discussion with his department head marked a turning point in his career. This phase aligns with the exploration stage in Wylleman and Lavalley's model, where athletes reassess career paths amid personal identity shifts and external opportunities, linking individual transitions to broader sports identity development (Wylleman & Lavalley, 2004).

Institutional Support and Career Development: Establishment Phase (2008)

Recognising the need for institutional backing, Mr. Jan proactively approached the Chinese Taipei Sepaktakraw Association. "I introduced myself as a student who played shuttlecock and asked if there was an opportunity for me to switch to sepak takraw" (A). Despite initial challenges, such as inadequate equipment—"Friends tried to help by bringing us what they thought were Sepak Takraw balls, but they brought traditional rattan balls that broke after one kick" (A)—his determination remained steadfast. His brother highlighted the significance of this institutional support: "My brother was grateful for the opportunity to represent Taiwan and was

dedicated to promoting the sport" (B). Mr. Jan also recalled, "In 2007, I searched online for the Chinese Taipei Sepak Takraw Association and found that Mr. Huang Zhongren was preparing to establish it. So, around mid-2007, I visited him. I introduced myself as a student who played shuttlecock and asked if I could switch to Sepak Takraw" (A). Yufeng elaborated further: "When he was preparing for graduate school—when I was 18—our middle school coach told him that Taiwan was planning to establish sepak takraw teams and asked if he wanted to try it. My brother invited a good friend and me, saying, 'Do you want to play sepak takraw? It is much fun.' I did not know what sepak takraw was but trusted my brother, so I joined him" (B). This period underscores the critical role of institutional support in facilitating successful transitions, blending athletic and psychosocial domains to foster systemic sports growth. (Park et al., 2013)

Global Training and Skill Enhancement: Breakthrough Period (2008–2009)

To bridge the skill gap between Taiwan and leading sepak takraw nations, Mr. Jan decided to train in Thailand. "We realised other teams had complete equipment and refined techniques. We needed to invest time and effort to improve" (B). With the help of a

translator, he connected with a club in Nakhon Pathom, Thailand (A). The training experience was transformative. "Training with their players, even middle school students, was challenging but invaluable. I recorded videos, took notes, and upon returning, began teaching at Shilin Junior High School and National Taiwan Normal University (NTNU) in 2009" (A). He noted, "My brother was diligent, always planning and taking notes after training sessions. He brought a laptop to record our training and develop practice schedules" (B). The Thai coach, a three-time Asian Games gold medalist, praised Mr Jan's dedication: "His commitment included practising despite injuries, exemplifying the spirit of an exceptionally committed sepak takraw athlete" (D).

Coach D, a Thai Sepak Takraw coach and three-time Asian Games gold medalist, reflected on Mr. Jan's dedication during his training in Thailand: "Mr. Jan's commitment was evident. He pushed himself, training alongside the local players with enthusiasm and perseverance. He was always eager to learn, and it was clear that his motivation was not just for himself but for the future of the sport in Taiwan" (D). Coach D's insight highlights Mr. Jan's determination during early training, emphasising that his international experiences

enhanced skills and psychosocial growth, aligning with Wylleman and Lavalley's mastery phase. The significance of these experiences for psychosocial development is that the coach-athlete relationship affects emotional dynamics and adaptation during international training, particularly among European athletes (Serpa, 1999). Furthermore, development patterns of national athletes suggest that customised training approaches and minimised external pressures yield improved psychosocial outcomes (Barreiros et al., 2013). This breakthrough phase reflects the model's development stage, where global exposure accelerates athletic mastery and psychological resilience, contributing to Taiwan's sports diversification (Wylleman & Lavalley, 2004).

Coaching and Holistic Development: Maintenance Period (2010–2015)

Upon returning to Taiwan, Mr. Jan focused on applying what he learned by coaching at Shilin Junior High School and NTNUs: "At Shilin Junior High, I became an official coach and later a full-time teacher" (A). He emphasised holistic development, balancing athletic training with academic achievement. "He arranged study times during training, even when we were abroad" (C). The association's administrative staff noted, "He emphasised life management, setting a

positive example for the players... Many coaches do not prioritise academics, focusing only on sports results" (C). His method embodies the blend of athletic and academic/vocational growth, consistent with Wylleman and Lavalley's framework. Research supports the significance of merging athletic and educational development in youth sports. For example, studies highlight the necessity of holistic coaching methods that balance technical, tactical, and life skills to promote positive youth growth (Newman et al., 2024).

Additionally, incorporating mental and emotional skill development into athletic training encourages overall personal growth in young athletes (Zakrajsek et al., 2017). Coach D commented on Mr. Jan's influence: "He applied the discipline and values he learned in Thailand to his coaching style in Taiwan. He was not just focused on the athletic aspect; he genuinely cared about the players' well-being, mental preparation, and future beyond the sport. This significantly impacted the young athletes he coached" (D). Effective coaching that emphasises athletic and academic achievement creates a nurturing environment, allowing athletes to cultivate essential psychosocial skills while striving for excellence in sports (Strachan et al., 2011).

Mr. Jan shared his journey into coaching: "At NTNU, through connections with professors and the association, I began coaching students outside of specialised programs. At Shilin Junior High, a teacher named Mr. Qiu invited me to introduce Sepak Takraw. We started with clubs and gradually formed a school team. I volunteered my time initially, motivated by passion rather than pay" (A). This showcases his dedication during the initial stages of his coaching career. Yufeng also provided insights into their collaborative work: "He was swamped—training, teaching, and promoting the sport. At times, we had disagreements, especially regarding coaching methods. I offered to help him with tasks like delivering uniforms or handling administrative work, but he often chose to handle things himself. He believed in leading by example" (B). This maintenance period aligns with the model's mastery phase, emphasizing sustained vocational growth and psychosocial support to ensure long-term sports development (Wylleman & Lavallee, 2004).

Grassroots Promotion and Sustaining Sepak Takraw (2016-2017)

Mr. Jan's efforts extended beyond coaching. He focused heavily on grassroots promotion to ensure the sustainability of sepak takraw in Taiwan. He recognised that

widespread community involvement was essential for the sport to thrive. "To effectively grow sepak takraw, we needed to bring it to schools and introduce it as a community activity," Mr. Jan explained (A). Mr. Jan initiated programs to introduce sepak takraw to elementary and junior high schools, forming numerous local school teams. He worked closely with school administrators and local sports committees to integrate the sport into school curricula. "It was not just about training competitive players but also about making sepak takraw accessible to everyone," Mr. Jan stated (A). His brother Yufeng described their challenges during this phase: "Spreading the sport widely was good, but maintaining long-term development without sustained support was difficult. We realised that without structured programs and continued efforts, it would be hard to keep young players interested" (B). Despite these challenges, Mr. Jan's persistence led to the establishment of regular local tournaments, such as the Education Cup, which provided students with opportunities to showcase their skills. The administrative staff highlighted Mr Jan's significant role in creating cohesion within the community: "He played a pivotal part in uniting the coaching team and fostering collaboration between different schools.

His efforts in promoting sepak takraw have strengthened the foundation of the sport at the grassroots level" (C). Coach D observed Mr Jan's promotional work in Thailand and noted: "What Mr Jan has done in Taiwan is remarkable. Promoting a sport like sepak takraw, which requires specialised skills and training, is difficult, especially in a relatively unknown place. His dedication to spreading awareness and building a grassroots foundation is commendable" (D). This phase embodies the model's discontinuation stage, where transitions to promotion roles sustain identity and contribute to broader sports themes like youth engagement (Wylleman & Lavalley, 2004).

Nurturing Future Talent: The Retirement Phase (2019~)

Mr Jan also sought assistance from the Thai community in Taiwan, connecting with the Thai labour in Taiwan to create opportunities for cultural exchange through sports. "We participated in competitions organised by the Thai community, which not only helped us improve but also made sepak takraw more visible," Mr Jan added (A). Teammate Mr. E shared his perspective on these efforts: "Mr. Jan's passion for promoting sepak takraw was unmatched. He often organised workshops and demonstrations to

attract more young players. He led by example, showing others that with dedication, it was possible to establish a new sport in Taiwan" (E). Mr. E also discussed their experience in Thailand and how it shaped their approach to grassroots promotion: "The training we received in Thailand was eye-opening. It was not just about improving our skills; it taught us the importance of discipline and community involvement. When we returned to Taiwan, Mr. Jan was determined to bring what we learned to local communities and schools" (E). Mr E described how Mr Jan encouraged him to take on more coaching responsibilities: "Initially, I was more focused on improving as a player, but Mr Jan kept pushing me to help with coaching. He knew that for sepak takraw to grow, we needed more coaches who were passionate about the sport. Eventually, I started assisting at elementary schools, and it was advantageous to see young players develop" (E). These grassroots initiatives laid the foundation for a sustainable future for sepak takraw in Taiwan, emphasising the importance of community involvement, youth engagement, and institutional support. This retirement phase highlights vocational evolution in the model, where advocacy roles drive ongoing sports development and identity transitions (Wylleman & Lavalley, 2004).

The Developmental Stages of Sepak Takraw In Taiwan

Sepak Takraw's evolution in Taiwan showcases strategy, challenges, and acceptance. Since 2008, its growth reflects dedication, policy support, and cultural change perceptions. The inception of Sepak Takraw in Taiwan can be traced back to the 2006 Doha Asian Games (Wu, 2016; Yu-Ting, 2019). During the event, Mr Huang Zhongren, who would later become the founding president of the Chinese Taipei Sepak Takraw Association, attended as a representative of the Athletics Association (Wu, 2016; Wu et al., 2016). With a VIP pass granting him access to various competitions, he discovered Sepak Takraw in the technical manual and decided to witness it firsthand.

Observing the matches, Mr Huang was captivated by the sport's simplicity and potential. He noted that the players were not particularly tall, and the sport required agility and skill rather than physical stature. The equipment was minimal—just a net and a ball—and the court was the same size as a badminton court. He reflected, "This sport looks simple, but why don't we have it in Taiwan? The equipment is just a net and a ball, and the court is a standard badminton court. Promoting it should be straightforward"

(C). Recognising its suitability for Taiwanese athletes and ease of promotion, Mr Huang envisioned introducing Sepak Takraw to Taiwan. His extensive experience in the sports industry, which spans over thirty years, reinforced his belief in the sport's potential. Efforts to promote Sepak Takraw among women have been parallel to men's, though limited by initial resource constraints, with female teams forming early and competing internationally from 2009.

Dual Approach: Introducing the Sport and Establishing Organisational Foundations

Upon returning to Taiwan, Mr Huang laid the groundwork for introducing Sepak Takraw while establishing the necessary organisational structures. In August and September 2007, he submitted application documents to the Ministry of the Interior. By 19 January 2008, the Chinese Taipei Sepak Takraw Association was officially established (Yu-Ting, 2019). He emphasised, "Administrative preparation cannot be neglected; we must follow proper procedures to gain legitimacy and support" (C). Concurrently, Mr Huang proactively reached out to international bodies. In March 2008, even before the association was fully operational, he travelled to Singapore to meet with the president of the Asian

Sepaktakraw Federation (ASTAF). By May, he attended the International Sepaktakraw Federation (ISTAF) and ASTAF General Meetings in Bangkok, successfully securing Taiwan's membership in both organisations. "We passed the vote to join the Asian Federation in the morning and the International Federation in the afternoon; it was a significant breakthrough for us," he recounted (C). This swift integration into international organisations legitimised the association and allowed it to participate in international competitions. In September 2008, Taiwan participated for the first time in the King's Cup World Sepaktakraw Championships. Recognising the need for skilled individuals, the association also organised coaching and referee workshops to build a foundation of professional human resources.

Initial Athlete Recruitment: Borrowing from Similar Sports

With the association established, sourcing athletes became the next challenge. Given that Sepak Takraw was virtually unknown in Taiwan, there was no existing pool of players or coaches. The association turned to athletes from sports with transferable skills—namely shuttlecock (jianzi), shuttlecock ball, and football. Mr

Yuting Jan, originally a shuttlecock ball player, learned about Sepak Takraw through his coach. In 2008, he and his brother approached the association, eager to switch to the new sport. Their background in shuttlecock balls provided a solid foundation for adapting to Sepak Takraw's techniques. Mr Jan recalled, "I immediately visited the founding president, hoping to get the opportunity to switch to Sepak Takraw" (A).

Similarly, coaches from football backgrounds recognised the potential for their players to transition to Sepak Takraw. A football coach, Coach Xu, initially shared his experience: "At the time, facing a lack of coaches, we recruited players from similar sports like shuttlecock, shuttlecock ball, or football to switch disciplines" (E). This strategy played a crucial role in the early development of the sport in Taiwan. By leveraging the skills of athletes from similar sports, the association can quickly form teams to participate in international competitions, gaining valuable experience and exposure.

Overcoming Initial Challenges

The introduction of Sepak Takraw in Taiwan highlights the challenges of grassroots sports in resource-scarce settings, including limited infrastructure and financial constraints. These issues are common worldwide. Studies

show the need for capacity-building initiatives to address funding gaps, improve coaching, and develop facilities (Odhiambo et al., 2020). Research on local sports policies underscores the necessity of collaboration between governments and sports organisations to bridge funding and infrastructure gaps for sustainable grassroots development (Vandermeersch & Scheerder, 2017). Mr Jan described the situation: "We did not have any balls, so I asked if the association's president could provide some balls. Friends tried to help by bringing us what they thought were Sepak Takraw balls, but they brought traditional rattan balls that broke after one kick" (A). The association recognised the urgent need to address these challenges. To that end, it conducted coaching and referee workshops, hoping to inspire interested teachers and sports enthusiasts to become coaches. It also contacted universities and sports departments to find potential collaborators. "We needed many coaches to promote this sport," Mr Huang acknowledged (C).

To address these challenges, the association implemented an ongoing improvement strategy. By drawing lessons from every event and experience, they made essential adjustments. Their participation in

international organisations became pivotal, creating new development opportunities. Participation in international competitions like the King's Cup provided invaluable experience despite initial defeats. These events highlighted the gap between Taiwanese athletes and their international counterparts, motivating them to improve. Mr Jan shared, "After that competition, we understood more about the sport and started practising more effectively" (A). The association also began forming committees in various counties and cities, expanding the sport's reach and fostering local support. They pushed for including Sepak Takraw in significant events, such as the 2009 World Games in Kaohsiung, where they secured a demonstration event to increase the sport's visibility in Taiwan. Efforts were made to establish connections with schools and educational institutions. By introducing Sepak Takraw into school sports programmes, the association aimed to cultivate interest among younger athletes. This grassroots approach was essential for building a sustainable foundation for the sport. Mr Jan noted, "We realised that while spreading the sport widely was good, it was challenging to maintain long-term development without sustained support" (A).

Funding is the lifeblood of any sport's development. In the early years, the association needed more financial resources, which hindered the organisation of events and participation in international competitions. Through persistent efforts and advocacy, the association gradually secured increased funding from government sources. The president and various stakeholders tirelessly campaigned for governmental and private support. Mr Huang remarked, "Higher authorities recognised our efforts, so gradually, the funding and projects began to show improvement" (C). Annual budgets began to reflect a growing commitment to Sepak Takraw, allowing for more consistent training programmes and the organisation of national competitions. Private sponsorships and collaborations with businesses also emerged, albeit slowly. The association worked diligently to increase the sport's visibility, understanding that public interest would attract more financial support. They recognised that "exposure is essential to attract social resources" and thus focused on promoting the sport through various channels (C). Sepak Takraw's development differed between urban and rural areas, with initial access to facilities and coaching concentrated in urban centers

like Taipei, while rural expansion (e.g., Pingtung) faced delays due to limited infrastructure but grew through school adoption post-2015.

International Achievements and Breaking Through Barriers

Chinese Taipei's international Sepak Takraw success, exemplified by winning gold in the Division 2 team event at the 2013 King's Cup, illustrates the positive effects of global exposure and collaboration. This mirrors trends in developing nations that leverage international cooperation for sports enhancement. Mr Jan reflected on this achievement: "That year's performance proved that our domestic training had reached a staged goal; it was a milestone of our efforts" (A). International events and collaborations increase access to crucial resources, enhancing team success through shared knowledge (Cserháti & Polák-Weldon, 2013). Additionally, studies show that integrating international strategies in sports systems promotes sustainable development and competitive success. The connection between sports diplomacy and UN development goals underscores its capacity-building potential for peace (Beutler, 2008).

Evolving Domestic Development Environment

Domestically, the environment for Sepak Takraw evolved significantly. The sport began to gain recognition and support at various levels. The association actively promoted the development of grassroots players, organised competitions, and introduced international elements to raise the sport's profile (Wu et al., 2017). In 2017, Sepak Takraw was featured as a demonstration sport at Taiwan's National Games, enhancing its visibility. The association also began collaborating with media outlets to broadcast important matches, increasing exposure. The Secretary-General noted, "The 2018 President's Cup, through television broadcasting, allowed many people to understand this fascinating sport; Sepak Takraw has high watchability and ornamental value" (C). Participation from schools at the elementary, junior high, and high school levels increased, fostering a new generation of athletes. Parents and educators began recognising the sport's value in developing physical fitness, agility, and teamwork among students. Mr Jan expressed, "Support from schools and parents has been instrumental; it has helped change the perception of Sepak Takraw from an obscure pastime to a legitimate athletic pursuit" (A).

Policy Support and Infrastructure Development

The Chinese Taipei Sepak Takraw Association invested considerable effort in policy support and infrastructure development. They actively sought government backing, integrating Sepak Takraw into the National Sports Development Plan, which secured funding for building professional venues and purchasing equipment (Wu et al., 2016; Wu et al., 2017). Mr. Jan mentioned, "We obtained unused mats from Taipei City University and made them available for training and competitions" (A). The association also initiated the Campus Sports Promotion Programme with the Ministry of Education to introduce Sepak Takraw into school curricula nationwide, targeting over 50 schools by 2024 (Chinese Taipei SepakTakraw Federation, 2024). Coaching clinics and referee training workshops were organised annually, training over 100 professionals between 2015 and 2023, as documented in the Chinese Taipei SepakTakraw Federation's annual reports, to build a robust support system. These initiatives ensured that the sport was played and adhered to international rules and standards, with facilities like standardised courts increasing from 2 in 2010 to 15 by 2024 based on federation infrastructure records

(Chinese Taipei SepakTakraw Federation, 2025). The Secretary-General observed, "Our efforts in providing professional development opportunities for coaches and referees have elevated the quality of the sport domestically" (C). Athlete retention is maintained through holistic programs, coach development via annual workshops, and organizational stability from government partnerships. The growth trajectory is sustainable but risks decline from funding gaps or low awareness; ongoing policy support mitigates these.

Changes in Social and Cultural Acceptance

Initially, Sepak Takraw struggled to find footing within Taiwan's sports culture, which traditionally favoured sports like baseball, basketball, and table tennis (Kuo & Kuo, 2013). Media coverage needed to be minimal, and public awareness needed to be higher. The Secretary-General recalled, "Before engaging with the association, I was not very familiar with Sepak Takraw and had not seen the sport" (C).

The sport gradually gained recognition through grassroots promotions and community engagement. Mr Jan and his team conducted demonstrations and workshops in various communities. "We participated in local festivals and events, setting up booths and allowing

people to try the sport. The acrobatic nature of Sepak Takraw attracted onlookers and sparked curiosity," Mr E recounted (E).

Attendance records and participation rates from 2010 to 2020 indicate a steady increase in engagement. National tournament participation grew from just five teams in 2010 to over thirty by 2019 (Wu et al., 2017). Community leagues and amateur clubs began to form, signalling a shift in social acceptance. The inclusion of Sepak Takraw in school sports competitions further bolstered cultural acceptance. Parents and educators began recognising the sport's value in developing students' physical abilities and teamwork skills. Mr Jan reflected, "Our dream is for at least half of Taiwan's population to recognise and appreciate Sepak Takraw" (A). The researcher's journal entries reflect on his influence: "Mr. Jan's ability to inspire others through his dedication and vision is a recurring theme in these interviews" (F).

Sepak Takraw's growth in Taiwan reflects policy support, infrastructure development, cultural acceptance, and individual commitment. Since 2008, the sport has evolved from obscurity to a crucial part of Taiwan's athletic landscape. Influential figures like Mr. Huang and Mr. Jan have laid a strong foundation for its future. Collaboration among

associations, schools, communities, and international partners has fostered a supportive environment (He & Sun, 2023). Rising participation and institutional backing will help expand the sport, with integration into education and international cooperation being vital for its potential (Yoo, 2020).

Mr Jan's Contributions and Influence

Recognising Mr. Yuting Jan's pivotal role in developing Sepak Takraw in Taiwan enhances our understanding of the sport's evolution. His contributions reshape its cultural significance, inspire youth, and strategically position Taiwan in the global sports arena. Using Wallerstein's World System Theory as an analytical lens (Wallerstein, 1997), this explores Mr. Jan's influence on both national and international levels (See in Table 3).

Table 3 Mr. Jan's Career Transition Mapped to Wylleman and Lavalée's (2004) Model

Stage	Years	Key Events	Domains (Wylleman & Lavalée, 2004)
Initiation	Pre-2008	Played shuttlecock (jianzi) in school; watched Sepak Takraw at 2002 Busan Asian Games	<i>Athletic:</i> Early sports engagement with shuttlecock <i>Psychological:</i> Curiosity sparked by Sepak Takraw's global appeal <i>Psychosocial:</i> Influenced by brother and coach to explore sports <i>Academic/Vocational:</i> Physical Education student <i>Financial:</i> Minimal, reliant on family/school support
Development	2008–2009	Transitioned to Sepak Takraw athlete; trained in Thailand with Nakhon Pathom club	<i>Athletic:</i> Built foundational Sepak Takraw skills <i>Psychological:</i> Adapted to new sport's challenges <i>Psychosocial:</i> Formed bonds with Thai players and brother <i>Academic/Vocational:</i> Applied learning to teaching <i>Financial:</i> Limited resources, supported by association
Mastery	2010–2015	Coached at Shilin Junior High and NTNU; integrated Thai techniques and holistic methods	<i>Athletic:</i> Peak coaching performance, elevating teams <i>Psychological:</i> Gained confidence in leadership <i>Psychosocial:</i> Mentored youth, built community ties <i>Academic/Vocational:</i> Full-time teacher/coach role <i>Financial:</i> Stable income from teaching/coaching
Discontinuation	2016–2024	Shifted to grassroots promotion, research (thesis), and mentoring; influenced policy and youth programs	<i>Athletic:</i> Reduced playing, focused on promotion <i>Psychological:</i> Transitioned identity to mentor/advocate <i>Psychosocial:</i> Expanded influence via Thai community and schools <i>Academic/Vocational:</i> Completed thesis, shaped sport's history <i>Financial:</i> Supported by association and educational roles

(Sources: Yu-Ting, 2019; Wylleman & Lavalée, 2004)

In the early stages of its introduction to Taiwan, Sepak Takraw needed a distinct cultural identity. Mr Jan recognised this and worked to redefine the sport's cultural significance through grassroots promotion and coaching. He aimed to present it as a competitive sport and an enjoyable activity for all ages. Mr Jan initiated programs to introduce Sepak Takraw in schools and communities, highlighting its entertaining dual nature competitive. "It was not just about training competitive players but making the sport accessible to everyone," he explained (A). By organising workshops, demonstrations, and local tournaments, he fostered an environment where individuals could engage with the sport at various levels. His efforts aligned with Wallerstein's World System Theory, which posits that peripheral and semi-peripheral nations can ascend within the global hierarchy by adopting and adapting cultural and economic practices from core nations (Robinson, 2011). Taiwan's position as a semi-peripheral nation specifically influenced Mr Jan's strategies by prompting adoption of core practices from Thailand (e.g., advanced training) to overcome resource limitations, leading to outcomes like improved international rankings and domestic expansion. Mr Jan's strategic implementation of

international training and promotion techniques exemplifies this ascent. By integrating global practices into Taiwan's Sepak Takraw culture, he enhanced the sport's competitiveness and enriched its cultural resonance within the local community.

Moreover, Mr Jan's collaboration with international bodies and participation in global competitions facilitated the exchange of cultural capital (Bourdieu, 2018). His international experiences built cultural capital through accumulated knowledge and networks, which he leveraged to elevate local coaching standards and foster youth empowerment in Taiwan. "Training in Thailand was not just about improving my skills; it was about understanding a different sports culture and bringing that knowledge back home," Mr Jan reflected (A). Central to Mr Jan's mission was empowering youth through Sepak Takraw. His coaching philosophy emphasised a balance between character education and athletic skill development. Interviews with former students and team members reveal the profound impact of his mentorship on young athletes. Mr E, a longtime teammate and later a coaching collaborator, remarked: "Mr Jan's passion and commitment are unparalleled. He is not only a skilled player but also a mentor who cares deeply about his

students' overall development, both academically and athletically" (E). This holistic approach aligns with contemporary theories on youth sports development, which advocate for integrating life skills and personal growth within athletic training (Coakley, 2011)

In his grassroots activities, Mr Jan prioritised cultivating virtues such as discipline, teamwork, and perseverance. He organised study sessions alongside training, recognising the importance of education in his students' futures. The association's Secretary-General observed, "He emphasised life management, setting a positive example for the players... He arranged study times during training, even when we were abroad" (C). This dedication to character building improved athletes' performance and prepared them for broader societal participation. Mr. Jan's influence extended beyond sports. By fostering a supportive environment, he inspired belonging and identity among young players. His efforts gradually shifted cultural perceptions of Sepak Takraw, transforming it into a vehicle for youth empowerment and community cohesion. Pursuing international training and integrating global best practices, Mr Jan contributed to Taiwan's alignment with core nations in the realm of Sepak Takraw. "We realised that aligning with global practices was essential if

Taiwan wanted to be recognised on the international stage. We could not afford to stay isolated," he asserted (A). His initiatives showcase how semi-peripheral nations can leverage globalisation to advance their sports industries. This aligns with scholarly views on sports' national development and identity roles (Maguire, 2011). Mr Jan's career embodies Taiwan's aspirations to enhance its global sports standing through improved competitive rankings, visibility, or international collaborations.

Sepak Takraw and Taiwan's Sports Diversification

Sepak Takraw's emergence in Taiwan reflects a deliberate diversification of the sports landscape, traditionally dominated by baseball and basketball, which have deep historical roots tied to American and Japanese influences (Kuo & Kuo, 2013). Mr. Jan's grassroots initiatives, such as school programs and community workshops, positioned the sport as a tool for youth empowerment, fostering social cohesion in an urbanising society. Unlike baseball and basketball, which have deep historical roots tied to American and Japanese influences, Sepak Takraw introduced a Southeast Asian athletic tradition, challenging the Western-centric sports hierarchy in Taiwan. This diversification broadened athletic

opportunities and enriched Taiwan's cultural identity as a semi-peripheral nation navigating globalisation (Maguire, 2011). By integrating Sepak Takraw into school curricula and community events, Mr. Jan tapped into youth culture, offering an alternative to mainstream sports, resonating with a generation seeking novel expression and connection. The sport's acrobatic appeal and emphasis on teamwork fostered social bonds, aligning with global trends where niche sports enhance cultural identity and community resilience in rapidly modernising societies (Maguire, 2011). His efforts thus contributed to a subtle yet significant shift in Taiwan's sports narrative, from one dominated by colonial legacies to one embracing diverse global influences.

Conclusion

Sepak Takraw's evolution in Taiwan reflects the interplay of internationalisation (global training and competitions) and localisation (grassroots promotion), as Mr. Jan adapted Thai techniques to local needs (He & Sun, 2023). His transition from player to coach drove this balance, enhancing the sport's cultural role and youth engagement. Through character education and skill development—evidenced by improved athlete retention and academic outcomes—his efforts positioned

Taiwan as a rising player in global Sepak Takraw (Newman et al., 2024). Yet, challenges like resource disparities with traditional sports and limited international recognition persist, necessitating sustained policy support and broader cultural shifts (Kuo & Kuo, 2013). As a cultural practice, Sepak Takraw embodies Taiwan's negotiation of global and local identities. This process was catalyzed by figures like Mr. Jan, whose work bridges Southeast Asian heritage with Taiwanese modernity.

Future research could compare Taiwan with other semi-peripheral nations to deepen these insights, such as examining how Malaysia and the Philippines integrate niche sports into national identity frameworks. Additionally, investigating the role of media in shaping public perception and acceptance of emerging sports in Taiwan could illuminate cultural dynamics influencing Sepak Takraw's growth. Focus on whether televised events correlate with increased youth participation rates. Further studies may also explore the longitudinal impacts of holistic coaching on athlete retention and performance, using mixed-methods approaches to test whether integrating academic support enhances career longevity. Combine qualitative athlete narratives with quantitative retention data over 10 years.

References

- Alfermann, D., & Stambulova, N. (2007). Career transitions and career termination. In G. Tenenbaum & R. C. Eklund (Eds.), *Handbook of sport psychology* (3rd ed., pp. 712-733). John Wiley & Sons, Inc.
- Ao, M. (2009). *Kaohsiung World Games exhibition match is also exciting*. The Epoch Times. <https://www.epochtimes.com/gb/9/7/16/n2592097.htm>
- Barreiros, A., Côté, J., & Fonseca, A. M. (2013). Training and psychosocial patterns during the early development of Portuguese national team athletes. *High Ability Studies*, 24(1), 49-61. <https://doi.org/10.1080/13598139.2013.780965>
- British Broadcasting Corporation. (2015). *Sepak takraw chief wants 'foot-volleyball' sport at Olympics*. BBC. <https://www.bbc.com/sport/olympics/33111490>
- Beutler, I. (2008). Sport serving development and peace: achieving the goals of the United Nations through sport. *Sport in Society*, 11(4), 359-369. <https://doi.org/10.1080/17430430802019227>
- Bourdieu, P. (2018). The forms of capital. In Granovetter, (Eds.), *The sociology of economic life* (pp. 78-92). Routledge.
- Chen, J. (1985). *Shuttlecock: more than just a kid's game*. Taiwan Panorama. <https://www.taiwan-panorama.com/en/Articles/Details?Guid=b0d89683-055e-4e22-bf68-19a425d628ea&CatId=11&postname=Shuttlecock%3A%20More%20Than%20Just%20a%20Kid%27s%20Game&srsId=AfmBOoqMITdkIBGw3wxR4d2RKKbP0v1vLfRoJvHZbNNgOEN1Fxa4i7N>
- Cheska, A. T. (1979). Sports spectacular: a ritual model of power. *International Review of Sport Sociology*, 14(2), 51-72. <https://doi.org/10.1177/101269027901400204>
- Chinese Taipei SepakTakraw Federation. (2025). *Get to know the Chinese Taipei SepakTakraw Federation*. <https://www.ctstf.org.tw/OnePage.aspx?mid=41&id=16>
- Chinese Taipei SepakTakraw Federation. (2024). *2024 ISTAF World Cup*. <https://www.ctstf.org.tw/OnePage.aspx?mid=61&id=122>

- Coakley, J. (2011). Youth sports: what counts as “positive development?”. *Journal of Sport and Social Issues*, 35(3), 306-324. <https://doi.org/10.1177/0193723511417311>
- Connelly, F. M., & Clandinin, D. J. (1990). Stories of experience and narrative inquiry. *Educational Researcher*, 19(5), 2-14. <https://doi.org/10.3102/0013189x019005002>
- Côté, J., & Gilbert, W. (2009). An integrative definition of coaching effectiveness and expertise. *International Journal of Sports Science & Coaching*, 4(3), 307-323. <https://doi.org/10.1260/174795409789623892>
- Creak, S., & Trotier, F. (2024). Sport, diplomacy, and regionalism in Southeast Asia: the Southeast Asian (SEA) Games and ASEAN. *Sport in Society*, 1-20. <https://doi.org/10.1080/17430437.2024.2325971>
- Cserháti, G., & Polák-Weldon, R. (2013). Success factors of international sporting events in different regions of Europe. *APSTRACT: Applied Studies in Agribusiness and Commerce*, 7(1), 25-30. <https://doi.org/10.19041/Apstract/2013/1/4>
- Daulima, M., Sulaiman, S., & Rahayu, S. (2023). Historical study of Sepaktakraw Development in Luwoo Village, Gorontalo Province. *JUARA: Jurnal Olahraga*, 8(1), 576-586. <https://doi.org/10.33222/juara.v8i1.2815>
- Dunn, W. R., George, M. S., Churchill, L., & Spindler, K. P. (2007). Ethics in sports medicine. *The American Journal of Sports Medicine*, 35(5), 840-844. <https://doi.org/10.1177/0363546506295177>
- Formosa News. (2023). *Taiwan bags first premier division medal at Sepaktakraw World Championship*. <https://english.ftvnews.com.tw/news/2023718W01EA>
- Gems, G. R., & Pfister, G. (2014). Sport and globalization: power games and a new world order. *Movement and Sports Sciences - Science et Motricite*, 86, 51-60. <https://doi.org/10.1051/SM/2013062>
- Guba, E. G., & Lincoln, Y. S. (1994). Competing paradigms in qualitative research. In N. K. Denzin & Y. S. Lincoln (Eds.), *Handbook of qualitative research* (pp. 105-117). Sage Publications, Inc.

- He, L., & Sun, J. (2023). Research on the international communication of traditional sports under the background of globalization:--a case study of the phoenix boat race in Guangyuan City. *Academic Journal of Management and Social Sciences*, 2(3), 155-159. <https://doi.org/10.54097/ajmss.v2i3.8755>
- Henriksen, K., Stambulova, N., Storm, L. K., & Schinke, R. (2024). Towards an ecology of athletes' career transitions: conceptualization and working models. *International Journal of Sport and Exercise Psychology*, 22(7), 1684-1697. <https://doi.org/10.1080/1612197X.2023.2213105>
- Knights, S., Sherry, E., Ruddock-Hudson, M., & O'Halloran, P. (2019). The end of a professional sport career: ensuring a positive transition. *Journal of Sport Management*, 33(6), 518-529. <https://doi.org/10.1123/jsm.2019-0023>
- Kuo, H.-W., & Kuo, C.-F. (2013). Inheritance and fracture of Taiwanese folk sports (1949-2010): a perspective of historical sociology. *Taiwan Journal of Sports Scholarly Research*(5), 79-99. <https://doi.org/10.6590/TJSSR.2013.12.05>
- Lim, P. H. (2023). From Sepak Raga to Sepak Takraw: the introduction and institutionalization of an Indigenous game in regional multi-sport events, 1965-1990. *Asian Journal of Sport History & Culture*, 2(1), 106-123. <https://doi.org/10.1080/27690148.2023.2209075>
- Maguire, J. A. (2011). Globalization, sport and national identities. *Sport in Society*, 14(7-8), 978-993. <https://doi.org/10.1080/17430437.2011.603553>
- Mutalai, P. (n.d.). *History of Takraw in Thailand (in Thai)*. Sepaktakraw world.com.
- Newman, T. J., Santos, F., Pierce, S., Collins, K., Barcelona, B., & Mercier, V. (2024). Scholars' perspectives of positive youth development in coach education for high school sports. *Physical Education and Sport Pedagogy*, 29(2), 206-220. <https://doi.org/10.1080/17408989.2022.2039616>
- Odhiambo, D., Okwemba, N. J., & Okoti, D. (2020). Capacity building for effective sport talent development: perceptions of opportunities and

- challenges among county sports teams' officials in Kenya. *The International Journal of Business & Management*, 8(11). <https://doi.org/10.24940/theijbm/2020/v8/i11/BM2011-030>
- Park, R. J. (2013). A regional and global symbolic proclamation. *The International Journal of the History of Sport*, 30(10), 1023-1024. <https://doi.org/10.1080/09523367.2013.799861>
- Park, S., Lavallee, D., & Tod, D. (2013). Athletes' career transition out of sport: a systematic review. *International Review of Sport and Exercise Psychology*, 6(1), 22-53. <https://doi.org/10.1080/1750984X.2012.687053>
- Riessman, C. K., & Quinney, L. (2005). Narrative in social work: a critical review. *Qualitative Social Work*, 4(4), 391-412. <https://doi.org/10.1177/1473325005058643>
- Robinson, W. I. (2011). Globalization and the sociology of immanuel wallerstein: a critical appraisal. *International Sociology*, 26(6), 723-745. <https://doi.org/10.1177/0268580910393372>
- Roche, M. (2017). Globalizing sport studies series editor's preface. In *Mega-events and social change: spectacle, legacy and public culture* (pp. 10-12). Manchester University Press.
- Sepak Takraw association of Canada. (2023). *International Sepak Takraw history*. <https://sepaktakraw.ca/international-sepak-takraw-history>
- Serpa, S. (1999). Relationship coach-athlete: outstanding trends in European research. *Motricidade Humana. Portuguese Journal of Human Performances Studies*, 12(1), 7-19.
- Stambulova, N. B., Ryba, T. V., & Henriksen, K. (2021). Career development and transitions of athletes: the international society of sport psychology position stand revisited. *International Journal of Sport and Exercise Psychology*, 19(4), 524-550. <https://doi.org/10.1080/1612197X.2020.1737836>
- Strachan, L., Côté, J., & Deakin, J. (2011). A new view: exploring positive youth development in elite sport contexts. *Qualitative Research in Sport, Exercise and Health*, 3(1), 9-32. <https://doi.org/10.1080/19398441.2010.541483>

- Vandermeersch, H., & Scheerder, J. (2017). Sport managers' perspectives on poverty and sport: The role of local sport authorities. *Sport Management Review*, 20(5), 510-521. <https://doi.org/10.1016/j.smr.2017.02.002>
- Wallerstein, I. (1997). Eurocentrism and its avatars: the dilemmas of social science. *Sociological Bulletin*, 46(1), 21-39. <https://doi.org/10.1177/0038022919970102>
- Williams, V. R. (2015). *Weird sports and wacky games around the world: from Buzkashi to Zorbing*. Bloomsbury Publishing USA.
- Wood, R. (2001). *Sepaktakraw*. <http://www.topendsports.com/sport/more/sepak-takraw.htm>
- Wu, D.-Y. (2016). *A Study of the development of Sepaktakraw in Taiwan*. [Master's Thesis]. National Digital Library of Theses and Dissertations in Taiwan.
- Wu, D.-Y., Chen, Y.-W., & Tan, T.-C. (2016). Foot-volleyball - A study of the current development of sepaktakraw in Taiwan. *Quarterly of Chinese Physical Education*, 30(2), 89-96. <https://doi.org/10.3966/102473002016063002002>
- Wu, D.-Y., Tan, T.-C., & Chen, Y.-W. (2017). *The policy perspective of Sepaktakraw development (2008-2016): An emerging sport in Taiwan*. World Congress of Sociology of Sport, Taoyuan City, Taiwan.
- Wylleman, P., & Lavallee, D. (2004). A developmental perspective on transitions faced by athletes. In M. R. Weiss (Ed.), *Developmental sport and exercise psychology: a lifespan perspective* (pp. 503-523). Fitness Information Technology.
- Yoo, S.-S. (2020). Sports' role in education for sustainable development: prospective. *Journal of Health, Sports, and Kinesiology*, 1(1), 28-31. <https://doi.org/10.47544/johsk.2020.1.1.28>
- Yu-Ting, J. (2019). *The accumulation strength in 10 years - history of sepaktakraw sport development of Taiwan*. [Master's Thesis]. National Digital Library of Theses and Dissertations in Taiwan.
- Zakrajsek, R. A., Lauer, E. E., & Bodey, K. J. (2017). Integrating mental skills and strategies into youth sport training: A tool for coaches. *International Sport Coaching Journal*, 4(1), 76-89. <https://doi.org/10.1123/iscj.2016-0078>