

## Report on the 6<sup>th</sup> European Judo Science & Research symposium & 5<sup>th</sup> Scientific and Professional Conference - "Applicable Research in Judo"

Jozef SIMENKO\* *University of Essex, Essex Pathways Department, Colchester (United Kingdom)*

Received: 02/08/2019; Accepted: 16/12/2019; Published: 17/12/2019.

**REPORT****Abstract**

This report describes the 6<sup>th</sup> European Judo Science & Research Symposium & 5<sup>th</sup> Scientific and Professional Conference - "Applicable Research in Judo," held in Poreč, Croatia, on June 12-14, 2019. The three-days conference included three keynote speakers on the first day which were followed by 12 presentations in two sections on the second day and a round table that closed the third and final day of the program. Proceedings book of the conference was published, which includes 17 papers. Although the conference organization was impeccable, the question remains how to further involve coaches in the conference and even more ignite their interest in science in judo to recognize the advantages that sports science could bring to their athletes and training processes.

**Keywords:** Judo; combat sports; martial arts; conference; research.

### Informe sobre el 6<sup>th</sup> European Judo Science & Research symposium & 5<sup>th</sup> Scientific and Professional Conference - "Applicable Research in Judo"

**Resumen**

El presente informe describe el 6<sup>th</sup> European Judo Science & Research Symposium & 5<sup>th</sup> Scientific and Professional Conference - "Applicable Research in Judo", celebrado en Porec, Croacia, del 12 al 14 de junio de 2019. La conferencia, de tres días de duración, tuvo tres ponencias principales el primer día, 12 presentaciones el segundo, estructuradas en dos secciones y, por último, una mesa redonda que cerró el tercer día del programa. Se publicó el libro de actas de la conferencia, el cual incluye un total de 17 trabajos. Aunque la organización de la conferencia fue impecable, la pregunta a resolver siendo cómo involucrar más a los entrenadores en el evento y, aún más, estimular su interés en la ciencia del judo y que puedan reconocer lo que las ciencias del deporte esta podrían aportar a sus atletas y procesos de entrenamiento.

**Palabras clave:** Judo; deportes de combate; artes marciales; conferencia; investigación.

### Resumo do 6<sup>th</sup> European Judo Science & Research symposium & 5<sup>th</sup> Scientific and Professional Conference - "Applicable Research in Judo"

**Resumo**

O presente resumo descreve o "6<sup>th</sup> European Judo Science & Research Symposium" & "5<sup>th</sup> Scientific and Professional Conference - "Applicable Research in Judo", organizado em Porec, Croácia, de 12 a 14 de junho de 2019. A conferência, que teve a duração de três dias, teve três ponencias principais no primeiro dia, 12 apresentações, divididas em dois seções, no segundo, e, por último, uma mesa-redonda que encerrou o terceiro dia do programa. Publicou-se um livro de atas da conferência, com 17 trabalhos. Embora o desenvolvimento da conferência foi ótimo, algumas respostas ficaram em aberto: como envolver mais os treinadores no evento, e como estimular seu interesse na ciência do judo para reconhecer as vantagens que a ciência do esporte poderia trazer para seus atletas e processos de treinamento.

**Palavras-chave:** Judo; esportes de combate; artes marciais; conferência; pesquisa.

## 1. Introduction

Academic conferences are important venues for researchers to show and discuss their works, as well as for strengthening relations among scientists and institutions (Gutierrez-Garcia, Swider & Pawelec, 2019). This short report regards one of these events, namely the joint organisation of the 6<sup>th</sup> European Symposium of Science and Research in Judo and 5<sup>th</sup> Scientific and Professional Conference - "Applicable research in judo" (Šimenko, 2015; Šimenko, 2016). Scientific and Professional Conference - Applicable research in judo was firstly organized in 2015 in Zagreb, Croatia (Sertić, Čorak & Segedi, 2015). In the next year 2016 the conference moved to Poreč in

\* E-mail: [j.simenko@essex.ac.uk](mailto:j.simenko@essex.ac.uk)

Croatia and the year 3<sup>rd</sup> European Symposium of Science and Research in Judo joined into the program (Sertić, Čorak & Segedi, 2016).

The conference was held on 12-14 June in the city of Poreč in Croatia. The Congress lasted for three days and was held as part of the 6<sup>th</sup> European Judo Festival. It was carried out in the co-organization of the Kinesiology Faculty of the University of Zagreb, the Croatian Judo Union, and the European Judo Union under the watchful eye of the President of the Organizing Committee and vice president of the European Judo Association Jane Bridge and head of the organizing committee Prof. Dr. Hrvoje Sertić. Given the fact that the Congress brought together many of the world's renowned experts in a small but specialized area of judo, the Congress content was rich, current and focused on the usefulness of research in judo.

## 2. Proceedings

The Congress, with its written contributions or oral presentations, was enriched by researchers and coaches from 15 countries. The first day of the congress was dedicated to three keynote speakers. The first keynote speaker, Dr. Yves Cadot from University of Toulouse (FRA), presented a humanistic view of the development of judo and the slogan "Judo-more than Sport". With his constructively critical approach, he examined current practices in the development of judo with the writings of the inventor of judo Dr. Jigoro Kano (Cadot, 2019).

The second keynote lecture was delivered by Dr. Goran Vrgoč, MD from the Kinesiology Faculty of the University of Zagreb on the topic "injuries in judo". He described in detail one of the most common injuries in judo: the Anterior Cruciate Ligament injury (ACL). He also gave answers to the most common questions: when the ACL injury occurs, 1) which operational technique should be used for the best outcome? and, 2) which replacement graft should be taken for the reconstruction? He also addressed the "return to play" process after the injury and preventive actions against knee injuries in judo training (Vrgoč, 2019).

The third keynote lecture was held by Dr. Jožef Šimenko from the University of Greenwich from the United Kingdom on the subject of bilateral implementation of technical elements in judo. He presented the importance of implementing technical elements of judo to the dominant and non-dominant side from the competitive and developmental point of view. He presented in detail the strengths of bilateral execution in judo fights, as well as possible consequences of long-term one-sided training, which can lead to morphological asymmetries and the occurrence of injuries to the musculoskeletal system (Šimenko, 2019).

At the congress, 15 presentations were displayed, which were published in the Proceedings book. Apart from the invited lecturers at the plenary lectures, other works from the field of judo were also presented by Dr. Ivan Segedi, Dr. Hrvoje Sertić, Dr. Sanda Čorak, Dr. Jose Morales, Dr. Emanuela Pierantozzi, Dr. Luís Monteiro, Dr. Attilio Sacripanti, Dr. Petrus Louis Nolte, to name a few. The works included a plethora of topics, which debated monitoring of training loads in judo, injuries during specific judo techniques, inclusive judo, special judo fitness test, safe fall programs, judo elements in police training, analysis of unsuccessful throws, parents attitude towards judo, importance of Ashi Waza, comparison of elite sport systems, self-control in execution of judo techniques, assessment of body posture in judo, anthropological characteristics and connection to competitive result and specialized perception in judo by rhythmic and musical education.

The conference concluded on the third day with a round table entitled "Judo Science and Practice: Aims and Opportunities", discussing the possibilities of greater introduction of science into the training processes of judo and the involvement of coaches in these processes. Discussions were very critical and, at the same time, constructive. One of the concerns that were highlighted was how to bring back more judo researchers to share their work on such specialized conferences. To iterate, in comparison, the 1<sup>st</sup> conference of Applicable research in judo had 27 oral presentations and 32 written contributions in the Abstract book (Šimenko, 2015). There was also a concern that the research in the field of judo needs practical applications for coaches and athletes at the end of each paper otherwise the papers are not reaching the right audience and are meant just for researchers and their rigorous scientific publication requirements. Moreover, an announcement was made that a new specialized judo scientific journal will be introduced in 2020 called "The Arts



and Sciences of Judo" (ASJ). ASJ will be a new international and interdisciplinary academic journal published by the International Judo Federation (IJF) which welcomes articles on various aspects on judo and all its values.

An interesting conference program was intertwined with informal meetings, where everyone could enjoy and establish contacts with fellow judo researchers. As the conference was held in parallel with the Judo Festival, all the participants were able to see an interesting training of elite judokas within the Olympic Training Camp. To conclude, with an excellent organization, everyone could bring home a lot of up-to-date knowledge and more new ideas from the field of judo in this three-day congress.

## References

- Cadot, Y. (2019). What is Judo? What does it have to say nowadays? In H. Sertić, S. Čorak & I. Segedi (Eds.), *6<sup>th</sup> European Judo Science & Research Symposium and 5<sup>th</sup> Scientific and Professional Conference - "Applicable Research in Judo"* (pp. 7-10). Zagreb: University of Zagreb, Faculty of Kinesiology.
- Gutierrez-Garcia, C., Swinder, P., & Pawelec, P. (2019). Report on the Fourth World Scientific Congress of Combat Sports and Martial Arts under the perspective of martial arts tourism. *Ido Movement for Culture. Journal of Martial Arts Anthropology*, 19(2), 1-3. doi: [10.14589/ido.19.2.1](https://doi.org/10.14589/ido.19.2.1)
- Sertić, H., Čorak, S., & Segedi, I. (Eds.) (2015). *1st scientific and professional conference on judo "Applicable Research in Judo" - Book of abstracts*. Zagreb: Faculty of Kinesiology, University of Zagreb & Croatian Judo Federation.
- Sertić, H., Čorak, S., & Segedi, I. (Eds.) (2016). *3<sup>rd</sup> European science of judo research symposium & 2<sup>nd</sup> Scientific and professional conference on judo: "Applicable Research in Judo" Proceedings book*. Zagreb: Faculty of Kinesiology, University of Zagreb.
- Šimenko, J. (2015). 1. znanstveni in strokovni kongres o judu: Uporabno raziskovanje v judu. *Šport*, 63(1/2), 81-82.
- Šimenko, J. (2016). 2. znanstvena in strokovna konferenca uporabne znanosti v judu. *Šport*, 64(3/4), 92.
- Šimenko, J. (2019). Is bilateral throw execution essential for a competition success? In H. Sertić, S. Čorak & I. Segedi (Eds.), *6<sup>th</sup> European Judo Science & Research Symposium and 5<sup>th</sup> Scientific and Professional Conference - "Applicable research in judo"* (pp. 11-15). Zagreb: University of Zagreb, Faculty of Kinesiology.
- Vrgoč, G. (2019). What to do after ACL rapture in professional judoka? In H. Sertić, S. Čorak & I. Segedi (Eds.), *6<sup>th</sup> European Judo Science & Research Symposium and 5<sup>th</sup> Scientific and Professional Conference - "Applicable Research in Judo"* (pp. 16-19). Zagreb: University of Zagreb, Faculty of Kinesiology.

~

## Author's biographical data

---

**Jozef Šimenko** (UK). BSc in Physical Education, PhD in Kinesiology. Lecturer at the University of Essex and Visiting Lecturer at Faculty of Sport, University of Ljubljana. His research focuses on the topics of Judo, Combat Sports & Martial Arts, Sports rehabilitation with elite athletes, Isokinetic and Research in Military and Police Special Forces personnel. He holds a 2<sup>nd</sup> Dan in Judo and is a Certified Judo Coach in Slovenia and United Kingdom and a member of International Martial Arts and Combat Sports Scientific Society (IMACSSS). Email: [j.simenko@essex.ac.uk](mailto:j.simenko@essex.ac.uk)

