

## Editor's Note

António VENCESBRITO

*Special Issue Guest Editor*

*Head of the Organizing Team of the 5th IMACSSS World Scientific Congress*

*Sports Sciences School of Rio Maior – Polytechnic Institute of Santarém (Portugal)*

In September 2010, the International Martial Arts and Combat Sports Scientific Society (IMACSSS) was founded in order to promote the scientific knowledge and culture of martial arts and combat sports (MA&CS). Since its inception, which was preceded by an intense activity carried out in the previous years, the IMACSSS have brought together practitioners and academics from many parts of the world and, nowadays, a total of 121 members from 26 countries have joined this organization.

The Congress of the IMACSSS is, undoubtedly, the main tool of the Society for facilitating direct contact among MA&CS researchers. The previous editions, held in Genoa (2012), Tsukuba (2013), Rzeszów (2014) and Brno (2015) (see references section below), have served to strengthen the MA&CS scientific global community and to establish permanent links among researchers. As a result, publications, projects, stays and a more fluid exchange of knowledge have developed. In summary, the very positive outcomes of the previous congresses encouraged us to organize this fifth edition in order to support the ongoing progress of the IMACSSS and the MA&CS research.

This 5th IMACSSS World Scientific Congress is focused on the scientific innovation of the knowledge in MA&CS. As in previous congresses, we propose a multidisciplinary approach, based in the belief that this is the only way of grasping the complexity and richness of MA&CS. Therefore, the congress is organized in five major sections:

- 1) Biological, kinesiological and physiological aspects of MA&CS
- 2) Coaching, training and health issues in MA&CS
- 3) Psychological, pedagogic and didactics in MA&CS
- 4) Historical, sociological and philosophical issues of MA&CS
- 5) Adaptative MA&CS

In addition, five conferences and two workshops conducted by reputed MA&CS researchers composed the scientific program of the congress. This conferences and workshops are aimed at presenting key aspects of current practical and theoretical knowledge of MA&CS. Special mention deserve the IMACSSS Young Researchers Awards, which were created as a way to facilitate the integration of young researchers into the MA&CS scientific community, and to recognize high quality researches.

### Organizing Committee

*Escola Superior de Desporto de Rio Maior - IPSantarém, Portugal*

- António M. Vences Brito (*Head*)
- Marco António Colaço Branco
- Mário André Rodrigues-Ferreira
- Maria da Luz Vieira Fernandes
- Stella Rocha Van zeller

### Honor Committee

- Prof. Wojciech J. Cynarski - President of the IMACSSS
- Prof. Jorge Justino - President the Polytechnic Institute of Santarém
- Prof. João Moutão - Director of Sport Sciences School of Rio Maior
- Dra. Isaura Morais - President of Rio Maior City Hall
- Dr. Augusto Baganha - President of the Portuguese Institute of Sport and Youth (IPDJ)
- Dr. Humberto Santos - President of the Paralympic Committee of Portugal (CPP)
- Mr. José Manuel Constantino - President of the Olympic Committee of Portugal (COP)
- Prof. Pedro Sequeira - President of the Confederation of Coaches
- Dr. António Ceia da Silva - President of the Alentejo and Ribatejo Tourism Region

### Scientific Committee

- Wojciech J. Cynarski (President) – Poland
- António Vences Brito – Portugal
- Maria António Castro – Portugal
- Orlando Fernandes – Portugal
- Pedro Pizarat – Portugal
- Abel Figueiredo – Portugal
- Helder M. Arsénio Lopes – Portugal
- Luis Catita – Portugal
- Ágata Cristina Marques Aranha – Portugal
- Ana Rosa Fachardo Jaqueira – Portugal
- Paulo Coelho Araújo – Portugal
- Marco António Colaço Branco – Portugal

Applicants to these awards present their work in a specific section of the congress and are evaluated by a jury on the basis of the quality of the abstract submitted to the conference and the quality of the presentation.

This IMACSSS Congress Abstracts are composed of 64 abstracts (five conferences, two workshops, 39 oral presentations and 18 poster presentations), presented by a total of 152 researchers from 19 different countries and three continents. For the first time, the IMACSSS Congress Abstracts are published as a special issue of a regular journal, the *Revista de Artes Marciales Asiáticas*, which is one of the journals patronizing the event. This will increase the visibility of the works presented at the congress, improve their identification – as they all have an independent digital object identifier (DOI) – and will also help authors to spread their work easily. Due to these advantages, we hope this procedure will be followed in the next IMACSSS congresses. We also hope that many of the abstracts published in this special issue will be soon published as regular papers and encourage authors to work for that purpose.

We know that, in many cases, nowadays it is not easy for researchers to attend to international congresses due to economic constraints. Indeed we have missed some of our dear colleagues of the IMACSSS for the event. This is why we want to express our sincere gratitude to all participants attending the congress and we wish the rewards make the effort worthwhile. Finally, special thanks to all institutions and colleagues who have helped to organize and manage the event: the Organizing Committee, the Honor Committee, the Scientific Committee, the Patrons and many other colleagues involved in the Congress. Thank you all.

### References

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- Mário André Rodrigues-Ferreira – Portugal
- Marco Alexandre da Silva Batista – Portugal
- Rui Jorge de Abreu Veloso – Portugal
- Stanislaw Sterkowicz – Poland
- Emerson Franchini – Brazil
- Juan Bonitch – Espanha
- Raquel Escobar Molina – Spain
- Zdenko Reguli – Czech Republic
- Michal Vit – Czech Republic
- Carlos Gutierrez-Garcia – Spain
- Cristiano Roque – Brazil
- Thomas Green – USA
- Fumiaki Shishida – Japan
- Sergio Raimondo – Italy
- Keith Kernspecht – Germany
- Fuminori Nakiri – Japan
- Jong-HoonYu – USA/Korea
- Howard Zeng – USA/China
- Michel Calmet – France
- Andrew M. Lane – UK
- Carl de Créé – Belgium
- Rudolf Jakhel –Germany/Slovenia
- José Luis López-Elvira – Spain
- Isaac Estevan – Spain
- David Brown – UK
- Raúl Sánchez García – Spain
- Roberto Ruiz-Barquín – Spain
- Carlos Montero-Carretero – Spain
- Zhang Guodong – China
- Mikel Pérez-Gutierrez – Chile
- Ewa Polak – Poland

### Patronage

- Polytechnic Institute of Santarém
- Rio Maior City Hall
- Portuguese Institute of Sport and Youth
- Olympic Committee of Portugal
- Paralympic Committee of Portugal
- Portuguese Confederation of Coaches Associations
- National Karate Federation - Portugal
- Portuguese Taekwondo Federation
- Portuguese Federation of Wrestling
- Portuguese Federation of Capoeira
- National Association of Judo Coaches
- National Association of Karate Coaches
- Portuguese Association Of Taekwondo Coaches
- Research Unit of the Polytechnic Institute of Santarém
- Research Center in Life Quality
- DESMOR
- Tourism of Alentejo and Ribatejo
- *Ido Movement for Culture. Journal of Martial Arts Anthropology*
- *Revista de Artes Marciales Asiáticas*
- *Revista da UIIPS*
- *Physical Activity Review*
- *Human Kinetics Europe Ltd.*

## Welcome Message

Prof. Dr. Wojciech J. CYNARSKI

*President of IMACSSS*

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Dear Colleagues, Participants of the Congress in Rio Maior,

Ladies and Gentlemen,

I am very glad that the 5th World Congress of IMACSSS is organised this year in Rio Maior, Portugal. In this place we have the historical, very important event for Combat Sports and Martial Arts when researchers and people from practical world (leaders of associations, coaches, athletes, martial artists) can meet and develop own knowledge. I would like to express thanks for Professor Dr. António Vences de Brito and other organisers, and for people that are very helpful for this Congress.

Behind us now lies several years of good organized work, integrating society of researchers of martial arts and combat sports. We held conferences in Genoa, Tsukuba, Rzeszow and Brno. During this year we will meet in Rio Maior, Portugal, in the following years - in Osaka (in conjunction with 50 year anniversary of JAB) and Rzeszow (25 year anniversary of IPA). We are carrying out a number of joint research projects as well. We are looking forward to continue to hear site proposals to organize the next conference of IMACSSS - in 2019 and in the following years. Especially seeing that in 2020 we will celebrate the first decade of our formal existence.

IMACSSS is also the patron of the quarterly *Ido Movement for Culture. Journal of Martial Arts Anthropology*. The Journal is, since December, in Thomson Reuters database for the purpose of indexation on Web of Science. Its SJR is currently rising in Scopus/Scimago index. The *Revista de Artes Marciales Asiáticas* is also constantly improving, meeting all the substantive and formal criteria.

I wish all participants of the meeting interesting and pleasantly spent days in Rio Maior, and for the organizers - a complete success.

## Welcome Message

Prof. Dr. João MOUTÃO

*Director of ESDRM*

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Dear Colleagues and Congress Participants,

On behalf of the Sport Sciences School of Rio Maior, Polytechnic Institute of Santarém, I am delighted to welcome all the delegates, researchers and their guests to the 5th IMACSSS World Scientific Congress and conference to be held in Rio Maior – Portugal from 6 to 8 October 2016. This will be a privileged opportunity for researchers, coaches and for practitioners to exchange new ideas, disseminate their work and fostering high level approaches in Martial Arts and Combat Sports. Rio Maior is a beautiful sport city and it will give participants the perfect context to reacquaint with colleagues and meet new friends.

