

## Report on the 4<sup>th</sup> International Martial Arts and Combat Sports Scientific Society (IMACSSS) Symposium

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Recepción: 11/12/2015; Aceptación: 25/12/2015; Publicación: 14/01/2016.

### REPORT

#### Abstract

The report deals with the symposium of the International Martial Arts and Combat Sports Scientific Society (IMACSSS) which was held as a part of the 10<sup>th</sup> International Conference on Kinanthropology at Masaryk University. The symposium was organised by the Department of Gymnastics and Combatives of Faculty of Sports Studies, Masaryk University, Brno, the Czech Republic. The symposium was attended by 20 members who contributed their knowledge and experience, which provoked the international cooperation aimed at spreading and developing experience with training in martial arts and combat sports. The members of the symposium discussed new approaches and knowledge in martial arts, combat sports, self-defence and education in security field. Presented topics showed the progress and continuous development in the field of martial arts and combat sports at the scientific level.

**Keywords:** Martial arts; Combat sports; Self-defense; Education in security field; Scientific research; Scientific meetings; Congresses; IMACSSS.

#### Informe sobre el 4th International Martial Arts and Combat Sports Scientific Society (IMACSSS) Symposium

##### Resumen

Este informe resume el simposio de la International Martial Arts and Combat Sports Scientific Society (IMACSSS), celebrado como sección de la 10<sup>th</sup> International Conference on Kinanthropology, en la Universidad de Masaryk. El simposio fue organizado por el Departamento de Gimnástica y Sistemas de Combate de la Facultad de Estudios en Deporte de la Universidad de Masaryk, Brno, República Checa. El simposio contó con 20 asistentes, que aportaron sus conocimientos y experiencia, fomentando la cooperación internacional para la difusión y el desarrollo de experiencias sobre entrenamiento en artes marciales y deportes de combate. Los asistentes al simposio discutieron nuevos enfoques y conocimientos sobre artes marciales, deportes de combate, autodefensa y la educación en el campo de la seguridad. Los temas que se expusieron mostraron el progreso y el continuo desarrollo que existe a nivel científico en el campo de las artes marciales y los deportes de combate.

**Palabras clave:** Artes marciales; Deportes de combate; Defensa Personal; Educación y defensa; Investigación científica; Reuniones científicas; Congresos; IMACSSS.

#### Relatório sobre o 4th International Martial Arts and Combat Sports Scientific Society (IMACSSS) Symposium

##### Resumo

O presente artigo diz respeito ao simpósio da comunidade científica internacional das artes marciais e desportos de combate, que integra a 10.<sup>a</sup> conferência de Kinanthropologia da Universidade de Marsaryk. O simpósio foi organizado pelo Departamento de Ginástica e de Combates da Faculdade de Estudos do Desporto, da Universidade Masaryk, Brno, da República Checa. Este evento contou com a participação de 20 membros, tendo contribuído para a partilha de experiências e de conhecimentos, favorecendo a cooperação internacional no domínio das artes marciais e dos desportos de combate. Os membros deste simpósio discutiram novas aproximações sobre o treino nas artes marciais e desportos de combate, a autodefesa e a educação no campo da segurança. As conclusões mostraram a existência de progressos e de desenvolvimento continuo no campo científico sobre as artes marciais e os desportos de combate.

**Palavras-chave:** Artes marciais; Desportos de Combate; Auto-defesa; Educação e Defesa; Investigação Científica; Encontros Científicos; Congresos; IMACSSS.

## 1. Introduction

One year after the fruitful 3rd World Scientific Congress of Combat Sports and Martial Arts in Rzeszow, Poland, the International Martial Arts and Combat Sports Scientific Society (IMACSSS) organised the 4<sup>th</sup> Annual Scientific Meeting as a satellite symposium at the 10<sup>th</sup> International

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Conference on Kinanthropology “Sport and Quality of Life” in Brno, the Czech Republic (2015, 18-20 Nov.). The conference was divided into seven sections, which were focused on Sport medicine, Sport and Social Science, Sport training, Healthy lifestyle, Active aging, Sport management, and Analysis of human movement. There were two symposia included in the conference. Martial arts and Combat sports section was created within IMACSSS Symposium, and the second satellite symposium was aimed at Sports injuries.

From the perspective of Kinanthropology, Martial Arts and Combat Sports represent an application level in terms of movement and education. Due to connections between Kinanthropology and Martial Arts or Combat Sports, the Faculty of Sport Sciences at Masaryk University asked the IMACSSS to organize its symposium there. Important support for symposium organization was the Department of Gymnastics and Combatives with the head of the Department prof. Zdenko Reguli, who is the vice-president of the IMACSSS and also author of many publications, which is dealing with teaching of combatives in physical education (the last one as free e-book, Vít & Reguli 2015). As Prof. Cynarski, the president of the IMACSSS, mentioned, this department is a prominent workplace in Europe, or even in the World, dealing with education in the field of combatives and security.

## 2. The Conference

The symposium participants presented current knowledge and innovations in the field of martial arts, combat sports, self-defense and education. Overall, there were seven presentations where a keynote speaker was Prof. Wojciech Cynarski, who launched the international symposium with a presentation entitled: *The meaning of self-defence, an expert definition, a contribution to the theory of self-defence and combat*. The presentation was focused on explanation of the rapid growth of self-defence arts in the western countries today, and analysis of the forms in which they are manifested. Another presentation by Z. Bujak was entitled *A four-year study of Taekwon-do injuries of senior national championships*. This presentation deeply explored types and frequency of injuries in Polish Taekwon-do national senior championships in the years of 2012-2015. *Coordination-related success factors in Greco-Roman wrestlers aged 17-18* by Gierczuk presented coordination-related factors to achieve high sports results by wrestlers aged 17-18. J. Johnson from Korea came up with *The Pedagogical process of Taekwon-do*. A very interesting connection in Korean and Japanese principles raised a lively discussion.

The next presentation, which enriched the whole section, was by Jindřiška Kohoutková. She concentrated on *The Flow experience in Qigong and its impact on quality of life* and presented the proposal of research design to examine flow experience in Qigong exercise. We know that experiencing flow is a very subjective phenomenon as we talk about the state of mind of an individual. Subsequently, we observe the effect of experiencing flow state in Qigong on quality of life of the practitioners. After an interesting presentation about the flow experience in Qigong, Martin Lykkegaard from Denmark carried on with his presentation entitled *Connection between Martial arts & RTP (Tough and tumble play)*. He discussed development and consolidation of martial arts as a subject in physical education in Denmark. This way was also shown how play and games in martial arts may contribute to the curriculum of physical education regarding children's development of motor skills and risk management. In the seventh and final presentation prof. Zdenko Reguli talked about *Educational background of security bodies identification in the study programme of applied sport education of security bodies*. Prof. Reguli analysed the study programme of Applied Sport Education of Security Bodies (ASESB) at Faculty of Sports Studies, Masaryk University in Brno which is a unique not only in the Czech Republic but also within the European Union. The program is unique thanks to educational process which is based on experience and modern knowledge about tactics and strategy of self-defense. This knowledge helps us understand the cycle of conflict or reasonableness of defence.

After all presentations Dr. Michal Vít introduced a proposal of new international cooperation which deals with sharing knowledge and experience with education in martial arts, combat sports and self-defense. The project *European Network of Combative Activities* is planned to be realized with funding of the Strategic Partnership for Higher Education in Erasmus+framework



programme. The new project could improve education and scientific cooperation between members of the IMACSSS and other academic bodies in the EU. Thereafter prof. W. Cynarski made summary of the whole IMACSSS symposium. After that he opened the second part of the meeting with members of the scientific board. In this part, members were talking about future plans and improving ways of communication and knowledge sharing between members of the IMACSSS. Because of constantly growing interest in information in the field of martial arts and combat sports, the possibility to share knowledge should be offered.

With regard to combat sports, another interesting meeting was held under the chairmanship of prof. Zdenko Reguli on the last day of the conference. The Satellite Symposium on Sport Injuries was focused on relevant issues connected with safety of combat sports training and competition practice by presence of prominent experts in the field. The opening lecture *Fundamentals of sports injury epidemiology/establishing and injury surveillance system* by Prof. Eric Zemper introduced all participants to the issue of traumatology. Next presentations *Epidemiology of injuries in fencing* by Prof. Peter Harmer or *Epidemiology of injuries in the martial arts (judo, taekwondo)* by Willy Pieter were focused specifically on combat sport. Presenters' interesting findings were followed by a fruitful discussion where the importance of safety practice was stressed. Finally, next research in the field was recommended by the satellite symposium participants.

### 3. Conclusion

The symposium again revealed new types of research in martial arts, combat sports, self-defense and education in the security field. We saw many interesting presentations and heard new ways of cooperation at international level. The cooperation is very important for the future development of science, not only in martial arts and combat sports but also for better sharing information between scientists. Therefore, we would like to thank all members for their participation in the symposium, for their scientific knowledge and for interesting opinions. We also thank prof. Zdenko Reguli for realization of the symposium. The organisers have prepared *Book of Proceedings* from this conference which is available at [http://conference.fsps.muni.cz/media/8152/book\\_of\\_abstract\\_isbn.pdf](http://conference.fsps.muni.cz/media/8152/book_of_abstract_isbn.pdf).

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