

Idokan and IMACSSS for Research and Practice of Judo

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Summary

The authors represent Idokan organization and IMACSSS. The aim was to present what this two scientific associations give for practice of judo. There are some institutions publishing for martial arts science discussed, too.

The explanation is done in perspective of the Anthropology of Warriors Pathway. After review of publishers in area of Martial Arts & Combat Sports and their periodicals, only one journal were analysed according to the criterion subject judo. It is "Ido Movement for Culture. Journal of Martial Arts Anthropology", journal of Idokan Poland Association and IMACSSS.

Judo in Idokan organization has a long tradition. This story is shown here very briefly. It is about 60 years of activity, and 20 – in the IPA. Since 2010 IMACSSS provides a new forum for judo researchers (conferences, publications).

Introduction

History of an institution is created by people (leaders, members) and consists of facts. According this rule, judo people – coaches, researchers and theoreticians – make new judo. What content is created in one chosen journal from area of martial arts science? The example gives us the "Ido Movement for Culture", e-Journal of Idokan Poland Association (IPA), International Association for Sport Kinetics (IASK) and IMACSSS.

The authors know IPA and IMACSSS very well, because they represent University of Rzeszów, the International Martial Arts and Combat Sports Scientific Society (IMACSSS) [1] and Idokan Poland Association (Committee of Scientific Research and Judo Division of the Dan Committee) [2]. Both of them are judo coaches and sport scientists.

In perspective of the Anthropology of Warriors Pathway [3], the analysis of the multidisciplinary judo research in this two scientific societies is presented. It should be a little step toward an explanation of institutionalization martial arts (and combat sports) science.

Among martial arts' and combats sports' institutions there are some, which are publishers of scientific journals. A part of this area are special scientific associations. The associations and their journals need discussion.

Publishers in area of Martial Arts & Combat Sports

There are some scientific societies active in area of martial arts and combat sports. But most of them are national. For instance, IHS – International Hopology Society, has over 50 years activity in USA; JAB – the Japanese Academy of Budo, 45 years in Japan. Some Chinese, Japanese and Korean journals are published – accordingly – in Chinese, Japanese and Korean. *Ergo*, their scientific global impact is very limited.

The Society of Martial Arts (a very little organization in USA, Prof. Dr E. de Silva is the editor) publishes the "International Journal of MA Research", an American-British periodical. IHS publishes "Hoplos", a journal of little impact. But the researchers collaborated with JAMA – "Journal of Asian Martial Arts" (years 1996-2011). A Spanish brother of JAMA was RAMA – *Revista de Artes Marciales Asiaticas* (2006-2011). Now, the RAMA goes his own road. JAMA was published by commercial firm "Via Media", *ergo* the contents should be well sold. For RAMA editors (Prof. Dr C. Gutierrez-Garcia, Univeristy of León) more important is strict scientific effect.

Turkish periodical JSSM – the "Journal of Sport Science and Medicine", has periodically a special issue on combat sports, really very scientific. There are Internet information JORESCAM too, published in French, and American EJMAS – *Electronic Journals*, which are rather more popularized scientific. In November 2005 was founded AB – "Archives of

Budo”, e-journal (the publisher is Prof. Dr R.M. Kalina and an American-Polish commercial firm). In AB authors must pay for publication of their own works, similarly as e.g. in the JSSM.

Since March 1993 has been working the 'Idokan Poland' Association, in Rzeszów and Munich (Germany) [4,5,6]. This scientific and educational society (a non-profit organization) publishes, still since 2000, the first in Europe periodical on martial arts and combat sports – “Ido Movement for Culture. Journal of Martial Arts Anthropology”, formerly as the Scientific Year's Issue “Ido – Ruch dla Kultury / Movement for Culture” [7,8].

In February 2010 were created the first really international scientific society for science of martial arts – IMACSSS, the International Martial Arts and Combat Sports Scientific Society [9]. During the 2nd World Scientific Congress of Combat Sports and Martial Arts in Rzeszow in September 2010 international group of experts accepted this institution as superior one for the all global movement. The quarterly “Ido Movement for Culture. Journal of Martial Arts Anthropology” (editor-in-chief is Prof. Dr W.J. Cynarski, President IMACSSS) is the e-Journal of IMACSSS, now. Additionally it has a patronage of IASK – the International Association of Sport Kinetics, and auspices of the Rzeszowski University. It is published in English with abstracts in English and Polish, as a quarterly, with open access.

Papers on martial arts and combat sports are published sometimes in other journal of thematic profile sport sciences (as “Journal of Human Kinetics”) or social/cultural sciences (as “Acta Asiatica Varsoviensia” or “International Journal of Eastern Sports and Physical Education”). In volume 3, no. 4 of the “Pan-Asian Journal of Sports & Physical Education” (Prof. Dr Y.J. Lee), published in December 2011, only one among 12 articles was connected with area martial arts / combat sports.

One of new institutions is IMAS – the Institute of Martial Arts and Science, which organized a first IMAS Conference in Wigan (UK), July 18th 2009. The first issue of the “Imas Quarterly” (Prof. Dr J. Lee-Barron) was published in December 2011. But, the authors of articles published here were only members of IMAS.

The 3rd Polish journal, called JCSMA – the “Journal of Combat Sports and Martial Arts” (Dr W. Błach, Dr W. Tomaszewski and the Medsportpress Publishing Agency Ltd.) has been published since 2009 as e-journal in English, with open access. The quality of this journal is increasing.

Judo in Idokan

Judo in Idokan organization has a long tradition. Judo people, as Prof. Julius Fleck, founded IWJF – the International World Jiu-Jitsu, Judo, Judo-Do Federation. It was in 1954. J. Fleck created *judo-do*, a ‘development of judo way’. Later was founded WJJC – the World Jiu-Jitsu / Judo-Do Center, were the leader was Prof. Dr W. Strauss (10 dan in *judo* and *judo-do*) [10]. The next stages of evolution in this organization were Idokan Europe International, Idokan Europe – Germany, Academy Idokan Europe and Idokan Poland Association (IPA). In this period some eminent judo

people were active in this institutions, as e.g. Julius Fleck, Erich Rahn, Wally Strauss, Hubert baron Klinger von Klingerstorff, Hans Schölauf, Lothar Sieber, Klaus Härtel [11,12].

Judo is still studied and taught here [13,14]. Students degrees, technical master degrees and honour degrees are awarded. There is practised JUDO, and JUDO-DO, often only as a way – not for top level sport. Idokan Poland Association co-operates with Polish and foreign judo experts, as Doc. Tadeusz Kochanowski, Professors Raquel Escobar-Molina 3 dan, Taketo Sasaki 7 dan, Hrvoje Sertić 7 dan, Stanisław Tokarski 5 dan, Roman Maciej Kalina 4 dan, Carlos Gutierrez-Garcia 3 dan, Stanisław Sterkowicz 2 dan, with Dr Waldemar Sikorski 8 dan, Dr Wiesław Błach 7 dan, Dr Kazimierz Witkowski 5, other coaches, as Piotr Majcher 4 dan, and Waldemar Chmurowicz 1 dan. Co-workers of the Association were Prof. Shizuya Sato 9 dan, Prof. Ewaryst Jaskólski 5 dan and Sensei Józef Niodomagała 8 dan, who were gone away. We always remember of our master-teachers. For Prof. Jaskólski was published special issue of the “Zeszyty Humanistyczne AWF in Wrocław”, 2011, no. 3 [15,16,17,18]. Important events of this history are described in the “Ido Movement for Culture”, too [19].

The first Division of Dan Committee IPA has 20 members. There are *inter alia* Prof. T. Ambroży 3 dan, Prof. H. Ebishima 2 dan, Prof. C. Gutiérrez-García 3 dan, Prof. W. Jagiełło 2 dan, Prof. R.M. Kalina 4 dan, Prof. L. Sieber 8 dan, Doc. Z. Reguli 2 dan, Dr W. Błach 7 dan, Dr S. Leitmann 5 dan, Dr E. Margnes 5 dan, Dr W. Sikorski 8 dan, Dr J. Słopecki 3 dan, Dr K. Witkowski 5 dan. It is the big potential for judo, and for the special research. The analysis of the effects were presented during the Congress of Judo in Warsaw in February 2012 [20].

The judo potential of IPA was multiplied through close co-operation with the second scientific society founded in Rzeszów, Poland – IMACSSS, the International Martial Arts and Combat Sports Scientific Society [21,22]. This two institutions organized, with co-operation with the University of Rzeszów, the 2nd World Congresses in Rzeszow (September 2010), and some other scientific conferences. The effect of synergy makes possible a quantitative progress in scientific research connected with judo and other combat sports.

Judo people from Idokan Poland Association and IMACSSS are often authors of papers presented during conferences and published in scientific periodicals. One of this possibilities gives “Ido Movement for Culture. Journal of Martial Arts Anthropology”, the Journal of IPA and IMACSSS. And in is an open forum for not members of the societies, too.

Publications about judo – analysis of contents

In the “Ido Movement for Culture” [7] we can find some thematic issues of judo research. One of the most important and close connected with judo practice is sphere kinesiology and coaching. Authors are looking for coefficients of development and physical efficiency of the people practising judo [23], or e.g. effects of strength and endurance training in the

mesocycle in the performance in judokas [24]. Researchers ask about an influence of a programmed judo training for practising people – adult judoka or children [25,26]. Analysed are teaching of balance, judo performance tests and application of kinematical analysis of techniques [27,28,29]. Particularly the technical and tactical issues are important for judo fight. We can take knowledge from teaching of master Kano [30], or follow in champions footsteps [cf. 31,32,26].

The second area of research realized for reality of this Olympic combat sport are psychological issues. Judo athletes are investigated with some psychological tests [33,34]. And a psychological training of judosits is analysed [35,36].

Historical studies are focused on old judo [30] and on new one. In IPA it was investigated since beginning of this scientific and educational association [37,38,39, cf. 40]. Later, historical research are connected with Olympic judo, teaching of judo in Poland and Europe, practicing judo in Podkarpacie region [41,42,43,44,45].

Other authors, that are not judo people, has published in the "Ido Movement for Culture" their papers on other subjects and issues, on example of other combat sports (karate, fencing), but very interested for judo, too. The exemplification are works of two honorary members of IPA – Prof. Dr W. Starosta on feeling the enemy (issue important in various combat

sports including judo) and Dr Z. Czajkowski, and his reflections on the theory of training and combat sports psychology.

IPA and IMACSSS members publish not only in "Ido Movement for Culture". E.g. physical features and psychological profiles of judoists were described in some books [46,47]. The new forum gives IMACSSS, their conferences and publications. E.g. during the first¹ IMACSSS *International Conference* in Genoa 17% works published in the Proceedings [48] were related directly to judo, and only 6% – to jujitsu for example. And workshops during the Conference were focused on judo (judo handicap demonstration, judo in pictures / exposition, judo *kata* demonstration).

Conclusions

Judo experts develop science, and science can develop judo. Some scientific association publish effects of judo research. Particularly two societies analysed here give an open forum (and not commercialized) for exchange of knowledge for researchers and judo coaches. Special scientific journal should be such forum for co-operation, and for new creation of judo. The effect of synergy makes possible a quantitative progress in scientific research connected with judo and other combat sports.

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¹ There were some other conferences hold under auspices of IMACSSS, too. But, the conference in Genoa was formally the first.

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