

REVIEWS

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An overview of fighting arts studies AD 2022

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Abstract

Background. The activity of specialised associations and other institutions, and researchers, are co-creating the present fighting arts arena and the recent history of this phenomenon. It is therefore worth describing these events and new publications and also evaluating them.

Problem. The cognitive aim of this research is to describe and analyse the area of martial arts and combat sports (people and scientific institutions) and activity in this field during the last year in the research centres in the small town of Strzyzow, Poland and in Central Europe, as well as on the wider international scale. Scientific and methodological events and new literature on the subject have been reviewed.

Method. The main qualitative method used here is a survey of multiple case studies, which are descriptive, interpretive, and evaluative. Data were collected between October 2021 and October 2022. In many cases, the co-authors were participants / direct observers of the events. Publications and other materials were evaluated using a content analysis method and analysis of other sources (documents, films, electronic sources).

Results and conclusions. Several events, as well as publications, which are interesting from the point of view of the thematic profile of our journal, have been indicated and evaluated in short reviews. The situation of the martial arts and combat sports community and its researchers is monitored on an ongoing basis using descriptive and/or photographic documentation. This is done by taking into account the cultural context and historical perspective.

Introduction

What did another year past, starting from October 2021, bring? Despite the continued fight against the COVID-19 pandemic, science and sports, including various institutions and research in the area of fighting arts, are still active. As is well known, the concept of fighting arts – in the light of the General Theory of Fighting Arts – includes

combat sports, martial arts, special combat and self-defence systems. *Nota bene*, this theory is to be taught by Prof. Cynarski at the Doctoral School of the University of Rzeszow starting from the academic year 2022-2023.

On the international scene, there has been another case of a large power attacking a weaker one. Confirmation was obtained of the long-known knowledge that a nation must have defenders in order to exist inde-

pendently. The heroic fight of the Ukrainians in defence of their homeland is impressive. Would every nation today have its defenders, ready to risk their lives? In war, it is the army and its morale that counts, but also national identity and valour, as the journalist present at the scene points out [Maciejewski 2022]. The martial arts and combat sports community should not remain indifferent to these events. As a result, the International Judo Federation (IJF) announced that Vladimir Putin's status as Honourable President and Ambassador of the IJF has been suspended due to "war conflict in Ukraine". The IJF then announced that Vladimir Putin and Arkady Rotenberg (a Russian businessman) have been removed from all positions held in the International Judo Federation. In turn, the World Taekwondo Federation stripped Mr Putin, as the aggressor, of his previously awarded honorary rank of 9 dan in taekwondo¹.

Moral force can hardly be overestimated. According to many military analysts, the Russian Federation lost the first phase of the war against Ukraine. "In general, the Russians were not able to measure what is the most elusive factor i.e. the determination of a free and democratic society standing up for its homeland. Not understanding freedom, not valuing democracy, they were also unable to include this factor in their calculations. They acted like Tolkien's orcs, for whom mass and strength are what counts, while morale and the spirit of resistance are non-existent. Maybe this is why Russian soldiers are known by this name in Ukraine, and maybe their aggression will end up like the invasion of the ruler of Mordor" [Budzisz 2022: 35]. In *The Return of the King*, the onslaught against the West came similarly – from the east and south, but there was also a happy ending. We should add that the struggle between good and evil is also resolved realistically in the realms of politics. Chivalrous and noble states and nations unequivocally support the invaded, while the states and governments of merchants / stallholders primarily guard their own selfish gains.

For the first time, the *Kyokushin Karate World Championships* were held in Europe. Nearly 700 male and female athletes competed in fights and technical forms in Krakow (Poland), which took place on November 19-20, 2021. It is also a significant fact for the process of the cultural globalization of martial arts that the Ukraine competitors won and the Polish team was second in the overall medal table. The main organizer was *shihan* Andrzej Drewniak, 9 dan. Also in November 2021, former U.S. President Donald Trump accepted the honorary 9 dan in taekwondo. This degree was awarded by *Kukkiwon*, the World Taekwondo headquarters located in South Korea. This is more an expression of the world-

¹ *Nota bene*, the acts of aggression and violence are „anti-way” - they contradict the principles of the noble way of martial arts. In contrast, fighting in self-defence or in defence of the homeland is just. A person has the right to do so, and it is also a duty. to the homeland,

wide promotion of *taekwondo* and Korean culture, rather than a form of recognition of merit. In turn, Alexander Staniszew (Poland), a student of Kenyu Chinen (*Shorin-ryu*), was awarded 9 dan karate and *hanshi* title.

Important people

Prof. Dr **Wladimir Bozilow** (17.05.1933-12.02.2022) has passed away. He was a Polish professor of medical sciences of Bulgarian origin, a physician and anthropologist, member of the Committee of the Anthropological Institute of the Polish Academy of Sciences [photo 1]. He was mainly associated with the Medical Academy in Bydgoszcz but also worked for several years at the Faculty of Physical Education at the University of Rzeszow [more: Cynarski 2003]. For one year he served as a member of the Scientific Council of our Journal, providing advice and contributing many interesting suggestions to improve our Journal. In the course of lively discussions, sometimes conflicting views and paradigms clashed. The open formula of our Journal has always allowed for different methodological and interpretative views (since its beginnings in 2000) in the pursuit of truth and proven scientific knowledge.



Photo 1. Prof. Wladimir Bozilow in Rzeszow, about 2005. In the background – Prof. Kazimierz Obodynski [courtesy of W.J. Cynarski].

Also Professor **Andrzej Szyszko-Bohusz** of the Odyniec coat of arms (25.09.1934-24.11.2021), a person of deep faith, was called by the Lord. Thus, an honorary member of the IPA, a colleague on our Editorial Board, a professor of pedagogy and an excellent humanist, has passed away. Academically, he was involved in the topics of relaxation and yoga, meditation and Eastern religions, the problem of the inheritance of consciousness, etc. He was the founder of Holistic Pedagogy [Szyszko-Bohusz 1989, 1998; Obodynski, Cynarski 2001; Cynarski 2021: 163]. In addition, he practised chess and karate.

In Idokan, he obtained the 2 dan in the *Zendo* style of *Tai-te-tao karate*, as well as the 2 dan of *ido*, and the honorary degree of 1 dan of *jujutsu*. He was a knight of the Order of Knighthood *Homo Creator Nobilis*. Honour to His memory!

Dr Roland J. Maroteaux 9 dan, *hanshi* [photo 2] celebrated 60 years of his practical martial arts studies (1961-2021). This French expert is a pioneer of *Hakko-ryu jujutsu* and *Takeda-ryu aiki-no-jutsu / aiki-jujutsu* in Europe. He continues the line of transmission of master-teachers Tadakatsu Takeda, Kichio Nakamura, Ichio Oba, and Hisashi Nakamura, under the name Takeda-ryu Maroto-ha [more: Cynarski 2021: 104-105; Maroteaux 2021a]. Our sincere congratulations on this beautiful anniversary. Japan's International Martial Arts & Culture Federation has awarded him an honorary membership.

Dai-shihan Maroteaux is a leader of the World Takeda-ryu Marotokan Federation (WTMF). His students are already achieving high grades and titles. For example, S. Baudet, O. Gustin and A. Vangheluwe from France, M. Camilleri from Malta, and L. Voiculescu from Romania obtained 7 dan *aiki-jujutsu*; Renaud Seguin (7 dan *aiki-jujutsu*), Olivier Gustin and Michel Hennequin from France – 5 dan *iaido*; Serge Charlopeau 8 dan – *hanshi* title in *aiki-jujutsu*, Mamy Rastefano from Madagascar – *kyoshi* title; Christian Barnavol (8 dan *aiki-jujutsu*, *iaido kyoshi*, 2 dan *jodo*, 1 dan *kenjutsu*) – *kaiden shihan* title / licence of the *Takeda-ryu sobu-jutsu* (a set of disciplines of the complete fighting system of the Takeda school), and Renaud Seguin – *okuden shihan* licence.



Photo 2. Roland J. Maroteaux, *Takeda-ryu battojutsu / iaido* [Cynarski 2021: 67].

In addition, this past year Serge Robert (Belgium) received the Grand Gold Medal of Honor of the WTMF; Mamy Rastefano (7 dan *Takeda-ryu aiki-jujutsu*, Madagascar), Masashi Yokoyama (15th *soke Mondo-ryu heiho*, Japan), and Frederic Boin (3 dan *Takeda-ryu iaido*, France) received silver Medals of Honour of the WTMF.

At DDBV (a German umbrella organization), several people have been promoted to higher ranks in martial arts including Winfried Laube – 9 dan in kickboxing, Thomas Gerold – 8 dan *jujutsu*, Bodo Blumentritt – 7 dan *jujutsu*, Christian Brandt – 7 dan *Zendo karate Tai-te-tao*, all from Germany. Manfred Geiger (5 dan *jujutsu*) received the Golden Badge of DDBV [cf. Blumentritt 2019].

Important places

Let us now turn to a small, but sociologically significant, local event and a small town in southeastern Poland. The town of Strzyzow – the seat of our Journal's editorial office – has become the focus of researchers' attention. This is because it represents a successful example of urban infrastructure development and innovation toward making the place more friendly for residents and also for tourists [Cynarski, Wozniak 2022].



Photo 3. From left: president W.J. Cynarski, Dorota Materna-Ziobro, Adam Hajduk (ensign), Daniel Ziobro, Dr Jacek Kulpiński. 11.11.2021, Strzyzow [IPA].



Photo 4. IPA flag post at the monument to Marshal Jozef Pilsudski in Strzyzow, Poland [archives IPA].

St. Michael the Archangel is the patron saint of both the city of Strzyzow and the Idokan Poland Association,

appearing on its banner [photo 4]. This banner was displayed here on Poland's Independence Day on November 11, 2021 [photos 3-4]. Soldiers, police officers, firefighters, representatives of schools and some organizations marched under the banners. Poland's regaining of independence after 123 years of partition is traditionally celebrated by all patriotic circles, excluding communists. In 1920, the entire nation defended Poland, and only very few communists fought on the side of Moscow at the time [cf. Cynarski 2017, 2022].

As Bernard Margueritte [2021] points out, "our security depends more on our moral and spiritual renewal than on the strength of our armaments". It is a matter of cultural and national self-identity, patriotic pride and Christian values, determining the survival of Western civilization [cf. Cynarski 2022]. Meanwhile, Poland seems to still show a strong national identification, as evidenced by the large demonstration at the Independence March in Warsaw (100,000 to 150,000 people under white and red flags), as well as numerous local celebrations similar to those in Strzyżów.

In recent months, the president of the IPA and IMACSSS, was visited in Strzyżów by Dr Stanislaw Dyndal (a Catholic priest and also an officer in the Polish Army and a judo trainer, 4 dan) and Dr Tomasz Maczuga (a police major as well as an expert in intervention techniques). These were work meetings – scientific consultations, not directly related to the practice of fighting arts. It is also in Strzyżów where *sensei* W.J. Cynarski continues to teach (practically) Japanese martial arts, especially *jujutsu* and *karate* since February 1, 1992. A local monthly magazine published an article by Przemyslaw Pawelec [2021] on this occasion.

Idokan Poland Association is preparing for its 30th anniversary. The 2022 General Assembly and IPA 29th General Assembly Commemoration Symposium, as well as the 30th Idokan Poland Summer Camp, were organized. The Symposium (Rzeszów, March 26) was attended by 21 people. In two sessions, chaired by Prof. Z. Borysiuk and Dr *hab.* C. Kusnierz (Opole University of Technology) 8 papers were presented and discussed [photos 5-6]. The topics covered a wide range of issues in the area of fighting arts – from history and hopology, through socio- and psychological analyses, to sports science. Dr Zbigniew Sawicki's lecture and two other papers were devoted to the traditions of Old Polish martial arts.

At the end of 2021, two new members joined the IPA – Iwona Wiktorska from Warsaw (experienced in *Oyama karate*) and Kamila Wojcik from Rzeszów (*Muai Thai*). It is significant that more girls and women than men are currently practising martial arts at Yoshin Academy. Other people who joined the IPA included Milosz Markiewicz and Pawel Pietruszewski from Wrocław (*Signum Polonicum*), Dr Monika Błaszczyszyn from Opole University of Technology (physical culture sciences), and

Dr Malgorzata Janusz from the University of Rzeszów (physical culture sciences).



Photo 5. IPA 29th General Assembly Commemoration Symposium in Rzeszów. Oral presentation of Dr Z. Sawicki, chairman – Prof. Z. Borysiuk [courtesy of W.J. Cynarski].



Photo 6. Group of participants of the IPA Symposium, Rzeszów, March 2022 [courtesy of M. Markiewicz].

There have also been scientific promotions of members of the IPA and IMACSSS. Dr *hab.* Tadeusz Ambrozy was awarded the title of professor of physical culture sciences for his rich scientific and teaching achievements. Mr Edvard Sefer defended his doctoral dissertation in Ljubljana (Slovenian Academy of Sciences) entitled: *Cultural history of training forms (Kata) of Far Eastern self-defence martial arts*, and obtained a PhD degree in cultural anthropology. This dissertation was written under the guidance of Prof. W. J. Cynarski, and mainly deals with the aspect of self-defence in classical technical forms, as shown in a broad cultural discourse.

The Rzeszów headquarters of IMACSSS and IPA were visited by, among others: Dr *hab.* Pawel Rozycki from Krakow (AWF), Dr Andrzej Mroczkowski from Zielona Gora (Zielonogorski University) and several times by Prof. Leszek Wozniak (Rzeszów University of Technology), which operates as part of the Laboratory of Martial Arts. A. Mroczkowski (2 dan *aikido*) carried out, among other things, consultations with *hanshi* W.J. Cynarski on selected technical-tactical and methodological issues of fighting with two batons. In turn, Romuald Wlodyka received from the hands of the president a cer-

tificate for the rank of 8 dan and the title of *hanshi* in the field of traditional martial arts medicine – *bujutsu ido*, and Joanna Skowron received a certificate of appreciation for her social work for the IPA and for her cooperation with the Editorial Board of the “Ido Movement for Culture” [photo 7].



Photo 7. Joanna Skowron, Wojciech J. Cynarski and Romuald Wlodyka at the headquarters of IPA and IMACSSS, Rzeszow, July 2022 [courtesy of P. Swider].

World Congress of IMACSSS 2022 in Rzeszow

The highlight of the year was the 11th IMACSSS International Conference with the IMACSSS election congress (Rzeszow, October 13-15, 2022). The authorities of this scientific society were elected for the next four-year term. Dozens of abstracts of papers were submitted, which were thoroughly reviewed and evaluated in order to accept the best ones for presentation. A practical, workshop element was also scheduled, as well as a panel discussion with martial arts masters of the highest rank.

This was the fifth consecutive World Scientific Congress of Combat Sports and Martial Arts organized in Rzeszow, Poland. More about it will appear in the next volume of our Journal.

Other conferences and training seminars

3rd Satellite Symposium of United World Wrestling / UWW Scientific Commission “**Challenges and Perspectives in Wrestling**” was organised from 25-27 November 2021 in **Cherkassy, Ukraine** [photo 8]. This event was dedicated to 150th anniversary of the birth of the legendary wrestler, “Champion of Champions” Ivan Piddubny. Co-organisers were: United World Wrestling, International Association of Sport Kinetics, National University of Ukraine on Physical Education and Sport, UWW Scientific Commission, International Network of Wrestling Researchers, Ukrainian Wrestling Association, and Ukrainian Federation of Greco-Roman Wrestling,

and directly – Prof. Georgiy Korobeynikov (National University of Ukraine on Physical Education and Sport). The main topics included research in wrestling including: the science of training, physiology, psychology, sports medicine, biomechanics, pedagogy, history, sociology, and sports management.



Photo 8. Ongoing, conference in Cherkassy [courtesy of G. Korobeynikov].

Due to the celebration of the anniversary of the birth of the Great Ivan Poddubny, the Symposium was held in his homeland, at Bohdan Khmelnytsyi National University of Cherkassy. As G. Korobeynikov reported, the Symposium was attended by experts from Ukraine, Croatia, Serbia, Moldova, Greece, Uzbekistan, Spain and Kazakhstan. The main presentations were dedicated to current questions regarding sports wrestling. On the first day, 16 papers were presented and discussed. The second day of Symposium was devoted to visiting the birthplace of Ivan Poddubny (1871-1949). This event was possible with the support of the Federation of Greco-Roman Wrestling of Cherkassy region and Chornobayiv village and the head Serhiy Lyuvimiy. The symposium participants visited the museum of Ivan Poddubny in the village of Krasenivka, Chernobayiv district, Cherkasy region. The round table was attended by the 1964 Olympic champion Andrei Khimich.

Polish humanists involved in physical culture meet every year at the Symposium of the Salesian Sports Organization of the Republic of Poland in Warsaw as was the case on December 11, 2021, on which day another monograph [Dziubinski, Mazur 2021] was also published. This book presents 29 works on 412 pages. One of them concerns the area of fighting arts: *The relationship of athletes with a coach or sensei - in sports and martial arts, respectively* (pp. 335-344), by W.J. Cynarski.

Munich, Germany. The methodological and scientific seminar of *DDBV e.V.* in cooperation with IMACSSS, IPA and Jiu-Jitsu und Karate-Schule L. Sieber (Tradition and Innovation in Teaching of Martial Arts – Part 2), which was scheduled for February 2022, has been postponed indefinitely. The recurring pandemic and the regulations passed as a result, make it difficult for

martial arts institutions to function. GM Lothar Sieber's Jujutsu and Karate School (*Honbu dojo*) has been closed again. Although it is possible to practise at home, doing gymnastic exercises on one's own (as described in Warchol *et al.* [2021]) and technical forms, it is difficult to replace training in the *dojo*, which takes place directly under the guidance of a master-teacher.

Tuebingen, Germany. The 2022 EASS (European Association for Sociology of Sport) Conference took place on June 7-10, 2022. The local organising committee of the 2022 World Congress of Sociology of Sport invited the President of IMACSSS and IPA to attend the first joint ISSA (International Sociology of Sport Association) and EASS Conference also held from June 7 to 10, 2022 in Tuebingen, Germany. The conference theme was "Why does sociology matter?". For early career researchers (i.e. PhD and Master students) there was a pre-conference workshop on June 6, 2022.

Huckeswagen, Germany, June 24-26, 2022. 5th Symposium on Budo Therapy – "Budotherapeutic interventions for problems of impulse control and regulation of affect". Among those invited to participate were the president of IMACSSS & IPA and a group of specialists who also contribute to the martial arts anthology edited by Alexander Ewald. Alexander Ewald, a German martial arts scholar, was the organizer of this interesting venture.

The President of IMACSSS and IPA was invited to the 30th Summer School for Kinesiologists – International scientific and professional conference with the main topic "Kinesiology in Europe – Challenges of Changes" (June 29 to July 2, 2022, in the city of **Zadar, Croatia**, on the beautiful Adriatic coast). This conference combined three different subtopics and events: Croatian physical education teachers' (kinesiologists) professional and scientific conference; International scientific conference from the field of physical education and kinesiology; Wrestling Scientific Symposium. It happened under the patronage of the International Association of Sport Kinetics (IASK) and President of IASK, Prof. Włodzimierz Starosta, who is also an Honorary Member of IPA.

Similar invitations were issued for the 3rd Euro Conference on Sports Medicine-Fitness and Physiotherapy, October 17-18, 2022, **Paris, France** – i.e. immediately after the IMACSSS Congress in Rzeszow. It concerned "Investigating Current Challenges in Sports Medicine and Rehabilitation". And also to Psychology 2022 – the 32nd International Conference on Psychology, Psychotherapy and Mental Wellness. The event was scheduled on November 21-22, 2022, also in **Paris, France**.

The International Network of Wrestling Researchers (INWR) once again co-ordinated a Scientific Symposium in 2022 during the World Wrestling Championships in **Belgrade, Serbia** – working with the Serbian Wrestling Federation and the Scientific Commission of United World Wrestling. The symposium was entitled, "Using the Scientific Foundations of Olympic Wrestling to Advance

Our Sport". It was held on September 14th at the Holiday Inn, Belgrade.

Two *shihans* – Stanislaw and Wojciech Cynarski – conducted the 30th Idokan Poland Summer Camp in Chlapowo near Wladyslawow (Poland) in August 2022. It was mainly devoted to *karate* and *kobudo* in the Idokan system. The two cousins then trained for one more week at the Polish Shibu Kobudo Jastarnia '2022 advanced forms workshop of *Tenshinshoden Katorishinto-ryu – kenjutsu, iaijutsu* and *naginata-jutsu* [photo 9].

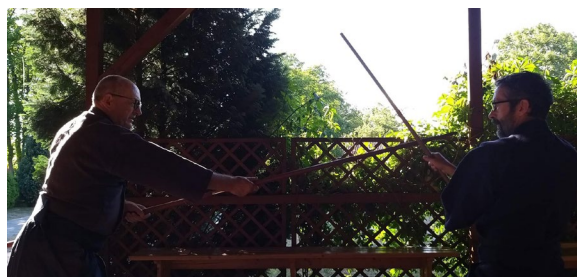


Photo 9. Workshops of the Polish *Shibu Kobudo* in Jastarnia, August 2022 [courtesy of W.J. Cynarski].

On the other hand, the previously planned international workshop in Katowice (Poland) on historical Polish and Japanese fencing under the supervision of Grand Masters Dr Roland J. Maroteaux (*Takeda-ryu Maroto-ha*, WTMF, France) and Dr Zbigniew Sawicki (*Signum Polonicum*, Poland) did not take place.

New interesting issues and publications

The scientific studies of martial arts are carried out in an interdisciplinary and multifaceted way. They involve seemingly distant issues. Sustainability, for example, is a concept that has arisen from the growth of ecological awareness; this, in turn, has translated into new scientific areas of interest and economic canons of conduct. This applies especially to people functioning in harmony with nature and caring for the natural world, but also to anthropogenetic areas created by people such as parks and other green areas. Buildings, such as historic fortresses and monasteries, built on hills and islands, and integrated into the landscape and nature, are also objects of ecological care for both cultural and natural heritage [cf. Giacobello 2021] according to the canon of sustainable tourism and tourist use of similar places. Then there is "biophilia", a term introduced by Erich Fromm and popularized by Edward Wilson [Fromm 1976; Wilson 1984], which means love of life and its various forms. This is extended to an affinity with all living things, as well as man's tendency to get close to nature and to feel in harmony with nature. This is manifested in "green cities", attention to human ecology and human health, especially mental health. Physical culture plays an important role here. In particular, the idea of sustainability is

at odds with stunts in sports, and is compatible with the recreational practice of various exercises. Health-promoting goals (multiplying positive health potential) in accordance with the idea of sustainability are brilliantly realized by martial arts recreation [Bielec *et al.* 2021]. It is a leisure-time physical activity carried out in conjunction with affirmative attitudes towards nature and the environment [*cf.* Dolega 1998; Sieber, Litwiniuk, Cynarski 2010; Ying 2019; Bielec *et al.* 2021].

A Special Issue of the *Sustainability* journal: "Cultural Heritage Tourism on the Example of Knightly Traditions and Other Historical Warrior Cultures" was devoted to the sustainable use of the sorts of historical sites described above. It included an article devoted to Polish and other European castles, which served originally as fortresses, a manifestation of the medieval art of fortification, and today mainly function as tourist sites [Kulpinski *et al.* 2022]. But **martial arts tourism** is also described in other contexts, in other venues of tourist events and in other scientific periodicals. An interesting description of a source location for *taijiquan* is found in the work by Raimondo, Rea and Wang [2022]. It is obviously about Chenjiagou in China, which is described from an appropriate theoretical perspective and illustrated with photographic material.

Institutional scientific research in the area of fighting arts is particularly carried out in departments and institutes of physical culture sciences. Poland has had this tradition since 1948, if one does not count publications before 1 September 1939 (the outbreak of World War II) [Cynarski, Litwiniuk 2010; Perez-Gutierrez *et al.* 2021]. It is true that *jujutsu* research is dominated by centers in Krakow (Institute of Sport, *Akademia Wychowania Fizycznego* / Academy of Physical Education) and in Rzeszow (Department of Prof. Cynarski, Institute of Physical Culture Studies, University of Rzeszow / UR) [Ambrozy *et al.* 2021; Perez-Gutierrez *et al.* 2021]. It is not without significance that WJ Cynarski and Tadeusz Ambrozy are longtime trainers and activists in the Polish Ju-Jitsu Association (*Polski Związek Ju-Jitsu* / PZJJ); the first is chairman, and the second is vice-chairman of the Science Committee at PZJJ. The PZJJ is only slightly younger than IPA and in 2023 it also celebrates its 30th anniversary. The authors of the study / meta-analysis of publications on *jujutsu* represent IPA and IMACSSS, with Dr Mikel Perez Gutierrez from a Spanish university and the co-authors from the Department of Social and Humanistic Foundations of Physical Culture, UR Rzeszów. So there is a kind of synergy of activities across a number of institutions. The new publications cited here are the achievements of their co-authors and the institutions mentioned. The head of the Sports Institute of the Krakow Academy of Physical Education, Tadeusz Ambrozy (10 dan PZJJ) – developed, as a team leader, a specialized test of special fitness for athletes of sports *jujutsu*, and verified its usefulness for controlling the effects of training [Ambrozy *et al.* 2021]. This is the first such test for sports *jujutsu*,

a discipline developed in Europe. Another type of institutionalization of martial arts concerns the formation and activities of martial arts organizations, especially expert councils, institutions granting degrees and master titles and diffusion of cultural patterns, as was elaborated in an article on EMAC (European Martial Arts Committee) [Korobeynikov, Czarny, Cynarski 2022].

There are also some interesting new meta-analytic studies on fighting arts other than *jujutsu*. For example, there is a paper on fighting time in *judo* [Brabec *et al.* 2022], which was written by people with expertise in the subject. Similarly there is the work by Blomqvist Mickelsson [2021] on Brazilian *jiu-jitsu* (Bjj), the practice of which can cause a "mitigating effect on aggression". Bjj is used quite widely in MMA, a competitive formula already practised by both men and women. Women's participation and their fighting strategies in this formula are the subjects of further research and publications [Tropin *et al.* 2022].

Bjj is also the subject of a film by Alex Ranarivelo [2021]. The educational value of *jujutsu* and its value as a lifetime sport is shown. Interestingly, there is a strong reference to Christian values and traditions, which is not often present in contemporary action cinema. The film shows love, marriage, childbirth and baptism, and the moral and responsible conduct of the father. In this context, the path of martial arts also refers to spiritual struggle in the face of serious difficulties in life.

The use of physical exercises in educating students is a constant subject of research by various research teams. New research confirms that regular exercise has a significant impact on reaction speed, psychomotor skills and efficiency of mental processes [Korobeynikova *et al.* 2021]. This, of course, is also important for people training in combat sports (*judo*, wrestling, fencing) and traditional martial arts (*jujutsu*, *karate*), where the speed of reaction and manual skills often determine effectiveness in combat [*cf.* Borysiuk, Cynarski 2009; Vences de Brito *et al.* 2015; Witkowski *et al.* 2018; Borysiuk *et al.* 2020; Cynarski *et al.* 2021; Korobeynikov *et al.* 2021a; Korobeynikov *et al.* 2021b]. The same martial arts are successfully used in educational practice, as described in his book by Rev. Dr Stanislaw Dyndal, who conducted a pedagogical experiment with the use of *judo* [Dyndal 2021: 7-301].

The Lexicon of Fighting Arts. Masters and Their Schools has already obtained several published reviews [*cf.* Cynarski 2021; Maroteaux 2021b; Club 2021; Bartik *et al.* 2022: 75]. It can be assumed that it was met with interest by specialists and researchers. Dr Maczuga [2021] suggested that with the scientific effort of the IMACSSS and IPA an even larger, more complete work could be created. If there is a serious publishing house that wants to publish such a larger lexicon / encyclopedia, or if an appropriate grant can be obtained, then such a joint, collective work will probably be prepared.

Meanwhile, a sociological reflection on the phenomenon of the "sports hero" is the subject of a monograph

by Prof. Karl-Heinrich Bette [2019]. Among these contemporary heroes of sports and mass culture, we find ring and mat champions among others. However, do we really live in postheroic times? After all, more wars are currently taking place before our very eyes, where today's warriors show heroism in defending their homeland.

A new book by Prof. Zbigniew Dziubinski was also devoted to the sociology of sport. In this quite large (460 pages) monograph among its many topics there is a description of sport, man in sport and social processes in the world of sport [Dziubinski 2022]. It is a work that grew out of Zbigniew Krawczyk Science School. It is a pity that traditional and combat sports that originate in Asia are not included in it in any way. Maybe a separate book on the sociology of fighting arts is needed? Prof. W.J. Cynarski is already working on such a monograph.

While the role of the coach as a sports teacher and instructor influencing the physical capabilities of an athlete is already fairly well recognized, the psychological side and the endocrine response of the coach's body to the stress of competition is of interest. The athlete lets off steam in the competitive fight, while the coach is left stressed out. So it is interesting to study the impact of sports emotions on the biological function of the body [cf. Obminski *et al.* 2022]. A different kind of psychological research was conducted by a Polish-Ukrainian team to determine the personality characteristics of the Ukrainian *Kyokushin karate* team [Piepiora *et al.* 2022]. This work was featured in the Special Issue of "Impact of Martial Arts and Combat Sports on Health".

In addition to popular martial arts and combat sports, the study also includes lesser-known ones, such as athletic wheelchair fencing. Biomechanical research using electromyography was presented in the periodical "Applied Sciences" [Borysiuk *et al.* 2022]. The Special Issue of this Journal "Athletes' Performance and Analysis in Combat Sports and Martial Arts" contains a series of interesting scientific reports. Among other things, the handshake strength and dexterity of *karatekas* practising the two most popular styles – *Kyokushin* and *Shotoka* – were examined [Wasik *et al.* 2022]. The guest editors of the issue were: Lukasz Rydzik, Tadeusz Ambrozy, Wojciech Czarny, Wojciech J. Cynarski, and Wieslaw Blach.

New books by specialists are also due to come out, including one devoted to traditional *Takeda-ryu ju-kenpo*, written by EMAC Prof. Dr Roland J. Maroteaux. In its 148 pages we find techniques with applications in terms of self-defence [Maroteaux 2022]. This book is prefaced by another French specialist in *aiki-jujutsu* and *bujutsu ido*, Bernard A. Lalandre (9 dan, *hanshi*).

Summary

History is people and events. More important facts influencing the activities of the martial arts and combat sports

and scientific community are cited, and events organized by these communities over the past year are described. The reality is observed mainly from the perspective of the countries of Central Europe and the headquarters of several cooperating organizations. The names of the contributors who create the history of fighting arts are cited, and more important events (especially scientific conferences) are reviewed or at least alluded to, and presented within the current socio-political context.

A series of new scientific publications and those from the world of mass culture have been described with an emphasis on several subject areas: sport (sport sciences, sociology of sport); fighting arts (according to the General Theory of Fighting Arts); sustainability and martial arts tourism [cf. Bielec *et al.* 2021; Bartik *et al.* 2022]. Significantly, the history of martial arts and martial arts science is created both in large cities (Belgrade, Munich) and small towns (Chlapowo, Strzyzow).

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Przegląd obszaru studiów *fighting arts* A.D. 2022

Słowa kluczowe: *fighting arts*, studia sztuk walki, zrównoważenie, publikacje naukowe, turystyka sztuk walki, wydarzenia

Abstrakt

Tłó / perspektywa. Działalność wyspecjalizowanych stowarzyszeń i innych instytucji oraz badaczy współtworzą współczesny obszar sztuk walki i najnowszą historię tego zjawiska. Warto zatem opisywać te wydarzenia i nowe publikacje, a także je oceniać.

Problem. Celem poznawczym niniejszych badań jest opisanie i analiza obszaru *fighting arts* - sztuk walki i sportów walki (ludzie i instytucje naukowe) oraz aktywności w tej dziedzinie w ciągu ostatniego roku. Badania skupiają się na małym mieście Strzyżów, Polsce i Europie Środkowej, a także dotyczą szerszej skali międzynarodowej. Dokonano przeglądu wydarzeń naukowych i metodologicznych oraz nowej literatury przedmiotu. Materiał i metoda. Główną zastosowaną tutaj metodą jakościową są studia wielokrotnego przypadku (*multiple case studies*), które mają charakter opisowy, interpretacyjny i oceniający. Dane zbierano między październikiem 2021 a październikiem 2022. W wielu przypadkach współautorami byli uczestnicy / bezpośredni obserwatorzy wydarzeń. Publikacje i inne materiały zostały ocenione metodą analizy treści oraz analizy innych źródeł (dokumenty, filmy, źródła elektroniczne). Wyniki i wnioski. Kilka wydarzeń, a także publikacji interesujących z punktu widzenia profilu tematycznego naszego czasopisma zostało wskazanych i ocenionych w krótkich recenzjach. Sytuacja środowiska sztuk walki i sportów walki oraz jego badaczy jest na bieżąco monitorowana za pomocą dokumentacji opisowej i/lub fotograficznej. Odbywa się to z uwzględnieniem kontekstu kulturowego i perspektywy historycznej.