

WOJCIECH PASTERIAK

Łużycka Wyższa Szkoła Humanistyczna w Żarach, Żary (Poland)
Phone no. 048-068-3232660

Remarks on the philosophy of martial arts

Submission: 3.12.2012; acceptance: 15.05.2013

Key words: philosophy of sport, axiology, meditation, relaxation

Like all great works, a monograph by Professor Wojciech Cynarski [2012] contains a lot of extremely valuable topics which encourage discussion, and problems from which I will select only a few due to the understandable limits of time and place of expression.

I consider the author's justified belief that successes in life and sport are “decided by organized spiritual matters” which are vital for the development of sports and the enrichment of sports training [Cynarski 2012: 62]. We know very little about it, but with no spiritual training it is usually difficult to achieve the highest results. Maybe there is a need for collaborative work, some symposiums, workshops and conferences.

The second issue, aptly indicated by the professor is the problem of the unity of self-education and sports training and an athlete's life outside training. From a moral and axiological perspective an athlete is, or rather should be, equally mature in both cultural and life spaces. Self-knowledge, which is an essential component of self-education, is necessary.

The third topic, only briefly touched upon concerns Eastern and Western meditation. I consider it extremely reasonable to indicate the similar moral principles which underpin the two approaches which are reflected in other less well-known publications such as Freeman's *Christian Meditation: Your Daily Practice* [Freeman 2006].

Leaving aside the extremely rich in content work by Wojciech Cynarski [2012] I would also mention the possibility of using music in sports training and sports relaxation, as well as special music therapy and art therapy through visual art (especially paintings).

One last issue, properly presented in this excellent book by Professor Cynarski, is how to prepare coaches for their work. A balance of theoretical and practical competence is desirable but not always possible. Interdisciplinary experts are needed but there are no places where they could be educated.

Many of the issues arising from the work of Wojciech Cynarski obviously enhance the philosophy of sports training and require further detailed research, analysis and interpretation.

References

1. Cynarski W.J. (2012), *Antropologia sztuk walki. Studia i szkice z socjologii i filozofii sztuk walki* [in Polish], Rzeszów University Press, Rzeszów.
2. Freeman L. (2006), *Christian Meditation: Your Daily Practice – Medytacja chrześcijańska. Twoja codzienna praktyka*, Homini, Kraków.