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## A new stage in the history of the Idokan organization

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### Abstract

The authors describe new facts about the history of the Idokan organization, according to the source data and reveal the story of past events which are known to them as direct participants. Thus, after the analysis of sources (including 'personal documents') connected with the history of the Idokan, the authors describe the events in Munich, Neuffen and Rzeszów, from January to March 2013. These are the martial arts case studies carried out in Germany and Poland.

The scientific perspective of this study is developed from the anthropology of martial arts (the Warrior's Way) and the concept of martial arts tourism. From this perspective, the following dimensions of studies of martial arts were taken into account: practical – methodological, tourist, symbolic and strictly scientific. They are accompanied by reflections concerning the activity and functioning of the organization and problems associated with various martial arts.

The reflections on the symbolic dimension are enriched by the descriptions of medals and explanation of the rules governing the award of honorary ranks.

### Introduction

The history of *judo-do*, the WJJC<sup>1</sup> and the Idokan covers almost 65 years (1949-2014). As a teaching programme and educational system<sup>2</sup> *judo-do* has undergone transformations from modified judo to the Idokan Budo system (Jap. *idōkan budō*), as it is taught today in the Idokan Poland Association (IPA). However, it is still not possible to fully describe and explain this whole tradition, although it is an example (a phenomenon) of a unique dialogue between cultures in Europe and the Far East. The few works by Austrian, German and Polish authors [cf. Sieber, Blumentritt 1992; Sieber, Cynarski 2004; Cynarski 2009; Klinger-Klingerstorff 2010] do not cover this topic. It is still worthwhile to analyse new source materials. This paper includes so-called personal documents (correspondence).

The humanistic theory of martial arts and the holistic anthropology of martial arts [Cynarski 2012] provide a theoretical perspective for the analyses presented here. The methodology of the

humanistic theory involves the so-called martial arts i.e. their practice of psycho-physical practice (*shūgyō*)<sup>3</sup> and the acquisition of knowledge. The knowledge and skills are gained during seminars and methodological workshops, often carried out away from a home town. They are a manifestation of a specific form of cultural tourism, and at the same time, educational and self-realizational martial arts tourism [Sieber, Cynarski, Litwiniuk 2007a]. In addition, the scientific and training cooperation of several German and Polish organizations significantly promotes this kind of tourism: 'martial arts tourism' and purely scientific tourism [Sieber, Cynarski 2010; Słopecki 2012; Cynarski 2013]. *Nota bene*, it is difficult to overestimate the value of scientific/study trips [Kosiewicz 2011], among which the events described here can be included.

Participant observation by the authors of the events described enables the living history of the organization to be presented. These are the twentieth anniversaries of the Idokan associations registered in Poland and Germany, related events and commemorative souvenirs, such as the Medal of the Twentieth Anniversary of the Idōkan Poland Association.

<sup>1</sup> World Jujitsu/Judo-Do Center [see: Sieber, Cynarski 2004].

<sup>2</sup> In theory of martial arts it is considered that teaching is a part of the wider education, upbringing and training through martial arts [more: Cynarski 2009: 38-119, 2012b].

<sup>3</sup> Theory is associated with the practice of martial arts preferred by resulting from it research methodology as it is a way to explain the reality of martial arts.

We will start with a short description of past events, according to source materials and papers, to present new developments opening a new chapter in the history of the Idokan. In addition, there will be some remarks on the activities and functioning of the organization and problems of different martial arts, which have been the subject of scientific meetings in Munich, Neuffen and Rzeszów. This paper is also a contribution to the recent history of jujutsu (*jūjutsu*) and related martial arts [Cynarski 2012c].

## 1. Notes on the history and present times of *judo-to / ido*

An analysis of the source indicates that this concept appears in all lexicons in German [Velte 1976: 68; Lind 1999: 269; Velte, Matschke 2007: 40, 110]. Professor Julius Fleck (29.06.1894-1.05.1967), a student of the Japanese *sensei* Kishisaburo Ishiguro Sasaki, created *Judo-Do* (“an extended way of judo”)⁴. This happened in 1949.

The organizations of this new martial art were founded especially in Austria, Denmark and Germany until the 1970s. Then the Australian Professor Wally Strauss⁵ developed *judo-do* into a more general idea of *ido*: a continuous, smooth, perpetual movement, which is to be implemented in a variety of martial arts and combat sports.

Interestingly, *judo-do / ido* is a form of martial arts and an idea developed by people from Central Europe. Fleck was of Hungarian origin, Strauss was an Austrian. Baron Hubert von Klingerstorff Klinger, an author of the first book on *judo-do* (first edition – 1951), Josef Ebetshuber (1905-1988) [Lind 1999: 231] and Hans Schöllauf, Director of the Idokan Europe Academy, were all from Austria. The original *judo-do* has been taught up till now in Vienna by *shihan* Franz Strauss (no relation to W. Strauss).

Modified *judo-do* is currently practised in Germany by Klaus Härtel. The main master of the Idokan – *meijin* Lothar Sieber [Lind 1999: 564; Cynarski 2009: 19-23] and W.J. Cynarski teach “new *ido*”. W.J. Cynarski, L. Sieber and F. Strauss are members of the European Jujutsu & Kobudo Committee (EJKC). An IPA board member, Dr

⁴ It concerns judo without a fight - cooperation rather than competition, „a new and expanded way” [Velte, Matschke 2007: 110]. This includes new throwing techniques and ‘counter-techniques’. Sensei K.I. Sasaki awarded J. Fleck 5<sup>th</sup> dan in judo and has inspired to search for the “extended way”.

⁵ Ph.D. in politics, a diplomat, a holder of the highest ranks in *jujutsu* and *judo-do*, as well as an expert in Chinese martial arts.

Jan Slopecki from Warsaw (10 dan *jujutsu*, 3<sup>rd</sup> dan *judo*, 3<sup>rd</sup> dan *judo-do / ido*) is the leader of the EJKC.

### 1.1. Analysis of documentation and subject literature

On the basis of the analysed documents [documents, mail] the following facts can be established:

02/13/1980 the World Jujitsu / Judo-Do Center (WJJC) was registered. The first president was Stefan Ascherbrenner.

20/11/1982 – “Idokan Europe” became a unit of the WJJC.

01/03/1984 – Hans Schöllauf was promoted by Wally Strauss (10 dan) to 10<sup>th</sup> dan in *judo-to / ido*, with the right to wear the red-white and red belts.

06/01/1984 – The same W. Strauss (on behalf of Idokan International) and Frank N. Newton (International Jujutsu Federation) awarded Schöllauf 10<sup>th</sup> dan in *jujutsu*.

1987 – Start of a close collaboration between H. Schöllauf and L. Sieber and his School.

1993 – Schöllauf and von Klingerstorff appointed his successor – Lothar Sieber. Thanks to L. Sieber the Idokan Poland Association in Poland (1993) and Idokan Europe e.V. in Germany (1994) were established and registered<sup>6</sup>.

1997 – W.J. Cynarski obtains from Schöllauf the title “Roving Instructor cum Ambassador” and a promise of being awarded the 5<sup>th</sup> dan in *judo-do / ido*.

15/10/2002 – Despite the facts as above, Schöllauf made Dietmar Schmidt *soke* of the Idokan organization.

10/12/2002 – Schöllauf in a letter to L. Sieber writes that he cancels his decisions and denounced the activists from Penzberg (D. Schmidt and R. Gabert).

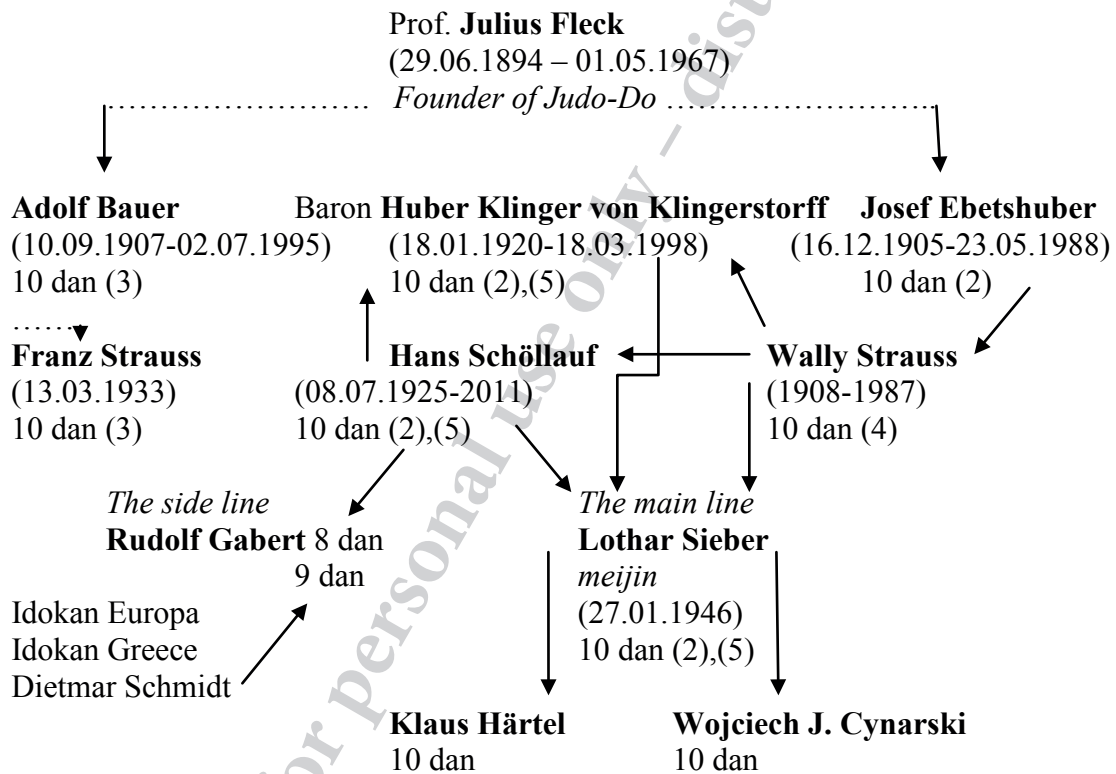
In turn, in November 2003 Schöllauf passed his leadership to Rudolf Gabert (8 dan). Thus the split in the Idokan organization has been going on for 10 years, though the crisis began a few years earlier, which was evident during the Congress of the Idokan Europe International in Vienna in 1998 [Cynarski 1999].

Now, at a seminar in Neuffen following a decision by the heirs of W. Strauss and H. Klinger von Klingerstorff two major masters of the Idokan: Klaus Härtel (photo 1) and W.J. Cynarski (photo 2, figure 1) were announced.

⁶ According to the memorandum Protocol of the Idokan Europe e.V. Statute of 10.10.1993 IE Statute was established, the president (Rudolf Gabert) and Vice-President (Lothar Sieber) were chosen. Signed by: Rudolf Gabert, Lothar Sieber, Hannelore Sieber, Hans Schöllauf, Liselotte Schöllauf, Dietmar Schmidt, Sun-Ja Schmidt.



**Photo 1.** Leaders of German *jūjutsu*. From left: K. Härtel 9 dan, B. Stumpf 10 dan, D. Lösger 10 dan, L. Sieber 10 dan [source: own collection]



- (1) International World Jiu-Jitsu, Judo, Judo-Do Federation, I.W.J.F.
- (2) World Jiu-Jitsu / Judo-Do Center, WJJC
- (3) Judo-Do Verband Österreich
- (4) Idokan Australia
- (5) Idokan Europe

.....→ probable lines of communication  
 → sure lines of communication

**Fig. 1.** Who has promoted whom for 10<sup>th</sup> dan master degree in *judo-do* [source: Sieber 2013]

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K. Härtel has for many years been practising *jujutsu*, *judo* and *judo-do*. He is the President of the Deutsche Kampfkunst Föderation e.V. (DKKF) while W.J. Cynarski (*menkyo kaiden* in the *idokan budo* system) was awarded the 10<sup>th</sup> dan for his achievements in teaching, research and dissemination of *judo*, *jujutsu* and *judo-do* [Edt. 2013; Ettlín 2013; Pawelec 2013a].

### 1.2. 20 years of the Idokan Polish Association and the new *judo-do* / *ido*

Thanks to *shihan* Lothar Sieber the idea of *ido* came to Poland. W.J. Cynarski and E. Cynarska, the activists in the Polish Kobudo and Aikibudo Union, were the first Polish students of L. Sieber. Because Cynarski was the titular representative of the Idokan (Idokan Europe International) in Poland, it was possible to found the Idokan Poland Association (IPA). Cynarski became president and technical director of the IPA. The Association at first focused on teaching martial arts and organizing *jujutsu* competitions, but over time it has become a scientific and educational society [Cynarska, Cynarski, Słopecki 2008; Cynarska 2013; Pawelec 2013b].

The *idokan yoshin-ryu budo* system has been developing since the 1990s. *Shihan* W.J. Cynarski, inspired by the practice of Budo by master Peter K. Jahnke, complemented master Sieber's teaching with *kobudo* – an old Japanese tradition of wielding cold steel and *aikijutsu*. The technical programme is complemented by the principle of *ido* and medical knowledge [Sieber, Blumentritt 1992; Cynarski 1997a, b, 2009]. The basic thing is to learn/develop real hand-to-hand fight skills: *jujutsu* [Sieber 1984; Sieber L., Sieber H. 1986] and *karate* (*karate zendo tai-te-tao*, in other words *idokan karate*) [Jahnke 1992; Bachmeier, Uebrück 1999; Sieber 2001, 2011; Sieber, Cynarski 2002-2003].

In turn, through the development of the ideas of the masters W. Strauss, H. Schöllauf and L. Sieber, the philosophy of *ido* was created, which has already been described in separate papers [Cynarski 2009: 47-85, 2012a: 183-201]. In this way, the “new *ido*” is an educational system referring to the European chivalric ethos, personalism and radical humanism.

At first *Ido* was a short version of writing down *judo-do*, and in the form developed by J. Fleck, it was taught together with *judo*. It was W. Strauss who gave *ido* the meaning “perpetual movement” and founded the Idokan organization. Sieber and Cynarski combine *ido* with the principles of the performed techniques (*aiki*, *ju-no ri*, *wa-no ri*, *renzoku waza*), the moral philosophy and the medicine of martial arts (*bujutsu ido*). Thus, the

evolution of ideas and inspiration goes from the teaching of the judo master K.I. Sasaki and Fleck to *ido* as defined by W. Strauss, and finally to a new *ido* taught in the Idokan Poland Association (IPA) [Cynarski 2012b]. Thanks to the IPA and IMACSSS the idea of (new) *ido*, has been accepted in Japan by the leaders of the Japanese Academy of Budo (Professors Taketo Sasaki<sup>7</sup>, Fuminori Nakiri, and Fumiaki Shishida).

In March 1993 the Idokan Poland Association was founded and in the same year it was registered in Rzeszów. In October 1993 the Idokan Europe Association was established in Germany, and in 1994 it was registered in Munich. Currently *meijin* Sieber has partially withdrawn from promoting *judo-do* / *ido*, leaving the leadership functions to W.J. Cynarski (his *uchi-deshi*, *menkyo kaiden*) and to K. Härtel.

The twentieth anniversary of the IPA was celebrated at a Symposium in Rzeszów, which will be discussed below.

## 2. A contribution to martial arts tourism

Study and methodological training trips, as described below, are examples of research, educational and congress tourism. Because they are also associated with the study of martial arts, they are a sign of ‘martial arts tourism’ as well [Sieber, Cynarski, Litwiniuk 2007a; Kosiewicz 2011].

As described below, these events were described from three perspectives: 1) a master-teacher, 2) a researcher, 3) a host-organizer. During the seminar in Munich, the first of the authors mainly performed the role of a host-organizer, while the other took the role of a researcher. However, during the Symposium in Rzeszów the first author was a visiting trainer (perspective 1) and the other was a witness of the events from the perspective of a third party. Whereas for example for W. Krötz participation in the Rzeszów Symposium was the reason for coming to Poland for the first time in his life, as the city of Rzeszów is not known to the world as a special tourist attraction. It is, however, one of the centres of scientific and practical study of martial arts.

Mentioning the content of the indicated martial arts events, by their programmes, serves as an illustration of the specific issues. for this kind of tourism. A characteristic feature here is a practical dimension including workshops and exercises on the mat. The seminars taking place in schools in Munich and Neuffen were largely devoted to improving the

<sup>7</sup> No relation to K.I. Sasaki.

technical skills and the methodology of teaching several martial arts: *jujutsu*, *karate idokan / zendo karate tai-te-tao*, *judo-do / ido*, *iaido* and *kobudo* (forms and techniques of several weapons - *tonfa*, *sai*, *bo*). The methodological workshops during the anniversary symposium in Rzeszów however, only included teaching the principles of self-defence and self-defence techniques (*goshinjutsu*).

### 2.1. Seminar in Munich and Neuffen

From 3 to 9 February 2013 the International Scientific and Methodological Seminar of DDBV<sup>8</sup> and IPA on the "Philosophical basis of *zendo karate* and its practical application" was held in Germany. This event essentially took place at the Sports School "Jiu-Jitsu Karate Schule L. Sieber" (JJKSS) in Munich, and in addition, at the "Karateschule H. Weitmann" in Neuffen (figure 2). This event was a joint enterprise by the above-mentioned associations and by private schools, and the implementation of international research programmes carried out by the Faculty of Physical Education UR (as WWF/PB/5. *Institutionalization of Far-Eastern martial arts in Europe – international comparative research*) and research project IPA 2: *Interdisciplinary, multi-faceted study of the phenomenon of martial arts* (October 2010 – October 2013). It was designed to establish further cooperation within the IPA, EJKC and IMACSSS – the International Martial Arts and Combat Sports Scientific Society.



Fig. 2. Logo of Karate School in Neuffen

It was a manifestation of the long-term, effective cooperation between the Idokan Poland Association and the University of Rzeszów, on the one hand, and

the Lothar Sieber School of Sport and the DDBV on the other. The itinerary of the IMACSSS and IPA leader led from Rzeszów, via Warsaw to Munich (by LOT airline). Then there was a shared car journey from the capital of Bavaria to Neuffen near Stuttgart (Württemberg land) and back. In previous years during similar seminars and research internships pursued at the Centre in Munich analogical seminars took place in the martial arts schools in Augsburg, Penzberg and Regensburg.

### The scientific and research programme and methodological issues

At the beginning of the seminar, the president of the IPA presented medals commemorating the 20<sup>th</sup> Anniversary of the IPA (no. 2 and 3) to *meijin* L. Sieber and *sensei* H. Sieber. It is thanks to the Siebers that the tradition of the Idokan organization and several variations of martial arts reached Poland, and the Association itself – as a scientific, educational and sports organization, could come into existence. It continues the theoretical and practical studies of the Idokan Europe Academy in Vienna.

The format of such seminars is quite open. There is no rigidly specified programme. There were numerous discussions and polemics. The speakers included: Dr. Nicola Ettlin from the University of Stuttgart, Dr. Ulrich Diekötter a lawyer, dealing with issues concerning martial arts, *shihan* Harald Weitmann, who joined the IMACSSS and EJKC, L. Sieber, W.J. Cynarski, Bodo Blumentritt (President of DDBV) and others. The workshops were attended by Alfredo from Spain and Bruce from France, who was educated in Germany and studied *jujutsu* in the Netherlands. In the JJKSS, which constitutes the *honbu* (global headquarters) and the central *dojo* for the karate styles of *zendo tai-te-tao* and *yoshin-ryu jujutsu*. There are many practitioners of different nationalities.

This time unfortunately, due to his illness, Dr Sven R. de Hooge a Professor emeritus at the University of Leopold Maximilian and *iaido* and *karate* master, *soke* of the *te-katana-do* styles did not attend.

The main topic at the meeting of scientists and experts was the philosophy of *karate zendo tai-te-tao* [cf. Jahnke 1992; Sieber, Cynarski 2002-2003; Sieber 2011] and the analysis of the current situation of karate in Europe, including the changes to examination requirements and the curriculum at L. Sieber's School and overall trends in European karate. This subject was connected to the subject of the report, which W.J. Cynarski prepared for this year's congress of the Japanese Academy of Budo in Tsukuba. Registered in 1976 DFK (Dan Federation

<sup>8</sup> Deutscher Dan-Traeger und Budo-Lehrer Verband e.V.

of Zen-Do-Karate Tai-Te-Tao and Budo), was a response to the institutional development of sports karate [cf. Cynarski 2009: 182-189]. Currently *zendo karate tai-te-tao* is the same as the *idokan karate*, additionally absorbing ideas from the philosophy of *ido* [Sieber 2001; Cynarski 2012a].

The second topic was the history and evolution of *judo-to / ido* resulting in the factual material and reflections contained in the first part of this study. Historical research was done using library sources and the archives of several German organizations. The first of the authors, in particular, is a direct witness of most of the events connected with the development of Idokan in Germany, the other with events in Poland.

Methodological issues of teaching, the development of technical and tactical skills and examination (equivalent to the control phase in competitive sports) referred to the art of drawing the samurai sword (*iaido*), *karate*, *judo* and *judo-do*, and other martial arts and various forms of self-defence. Methodological workshops focused on teaching *jujutsu*, *karate zendo*, *iaido* and *kobudo*, and implementing W. Strauss's idea of *ido*. Classes on kicking techniques with special warm-ups and forms using several types of conventional weapons (*kobudo*) were presented by W.J. Cynarski. Techniques of *jujutsu* and *karate zendo* were taught by Lothar Sieber (10<sup>th</sup> dan) and Hannelore Sieber (9 dan). Exercises on the wooden dummy were demonstrated later by L. Sieber and H. Weitmann.

A trip to Neuffen, to take part in another seminar workshop at the School of Karate conducted for over 20 years by Harald Weitmann (both owner and head coach, was a very good idea. It allowed for common practice of *kobudo* and on a wooden dummy, and inspired discussions about karate. *Hanshi* Weitmann practises modern *Okinawa karatedo* and modern *kobudo*, which means he does not practise according to the old patterns, and he has an open approach to teaching, fighting, the use of traditional weapons, etc. This approach is similar to the one once proposed by Bruce Lee [1975]. But can new techniques and forms (*kata*) be created without solid foundations and good models from the original martial arts?

On February 9 the leaders of martial arts organizations and specialized scientific societies met in Weichs, near Munich. The participants included: *shihan* Cynarski – President of the IMACSSS and IPA, and a member of the DDBV and the EJJC; L. Sieber – a long-time leader of the DDBV, the senior master of the DJJR<sup>9</sup>, honorary president of the IPA, a member of the EJJC and the IMACSSS; B.

Blumentritt 5 dan, President of the DDBV; H. Sieber, President of the DJJR and honorary vice-president of the IPA. The meeting was concerned, among other issues, with the ethics of the way of martial arts, organizational issues (plans for cooperation) and the medicine of martial arts, forms of diagnosis and therapy, in which L. Sieber specializes [Cynarski 2013; Pawelec 2013a].

### 10 dan in *judo-do / ido*

10 dan is the highest level of mastery in almost all Japanese and most Asian martial arts. Some masters, such as Dr Heribert Czerwenka-Wenkstetten from Austria (*jujutsu*), Hidetaka Nishiyama from the USA (*shotokan karate*) or Lucien Victor Ott from France (*kun-tai-ko*), received 10<sup>th</sup> dan after their deaths. Until recently there were only two 10<sup>th</sup> dan degree holders in *judo-do / ido*: Franz Strauss (Austria) who teaches the “old” *judo-do*, and Lothar Sieber (Germany), teaching *ido* according to the definition given to it by W. Strauss.

*Meijin*<sup>10</sup> Sieber decided to promote two people to the 10<sup>th</sup> dan (the highest degree of master of *judo-do / ido*). On 8 February 2013 in Neuffen, in the presence of the participants at the seminar, *meijin* Sieber announced Wojciech J. Cynarski to be a holder of 10<sup>th</sup> dan master degree in *judo-do / ido* and handed him a certificate confirming that fact from the German Federation of Martial Arts (figure 3, photo 2). A similar certificate was received by Klaus Härtel from Kiel, who practises a modified version of *judo-do*. Cynarski puts into practice the idea of W. Strauss and *ido* in the third sense i.e. understood as a system of martial arts (educational) along with martial arts medicine (not just restorative medicine and forms of therapy, but as building positive potential of health and prevention) [Cynarski 2010].

The master title of *shihan* is translated as master-teacher, leading students along the right way, so he is a guide on the path of life. It is specifically a function of the person responsible for teaching in a given organization. *Meijin* is the highest title, which means a master among masters of martial arts. It is more than *hanshi*, although the title of *hanshi* is given only to masters of the highest rank (8-10 dan). The title of *hanshi* signifies a high ultratechnical level of mastery in the art of combat. It is usually preceded by the titles of *renshi* and *kyoshi*. In complete systems, teaching several complementary skills, the best proof confirming an individual's achieved mastery is traditionally a licence of *menkyo kaiden* (the one who has mastered the whole system) and the title of *kaiden shihan*.

<sup>9</sup> Deutscher Jiu-Jitsu Ring “Erich Rahn” e.V.

<sup>10</sup> The highest title of martial arts grandmaster.



Fig. 3. Certificate for shihan Cynarski, signed by meijin Sieber 10 dan and shihan Härtel 9 dan.



Photo 2. Meijin L. Sieber 10 dan hands W.J. Cynarski his certificate of 10 dan rank [own collection]



Photo 3. Participants in the practical training in Neuffen, Feb. 8, 2013. From the left – L. Sieber and H. Weitmann [own collection]



Photo 4. During the symposium. From the left: Lothar Sieber, Wojciech J. Cynarski and Przemysław Pawelec (UR, March 23<sup>rd</sup> 2013)

The very first dan, which can lead to a black belt, grips the imagination. It often becomes the dream of students of martial arts and the goal of their relentless work in the *dojo*, the place of the way. The level of 4-5 dan is usually the highest rank, for which a technical examination is required. Those who possess high technical skills provided by the school programme may become *renshi*. Degrees and titles above the highest technical rank are awarded for outstanding achievements and contributions to the given art, organization and schools. In particular, the highest degree of master – 10 dan<sup>11</sup> – is reserved for Grand Masters (GM), the world's leaders and sometimes awarded jointly with the title of *soke* (master or main recognized successor of the given variety of martial arts).

In addition, during a meeting in Neuffen *shihan* Harald Weitmann received the rank of the 8<sup>th</sup> dan and title of *hanshi* in the modernized Okinawa karate, and one of his assistants Heiko Hofmann, received the 5<sup>th</sup> dan and *renshi* title (photo 3).

GM Lothar Sieber is also *hanshi* in Okinawa karate, and this title and ranks were awarded to him by the masters preferring the name of Okinawa *kenpo*. He also holds the title of *meijin* in *jujutsu* and in karate (*karate-do*), as well as *soke* in karate *idokan* – *zendo karate tai-te-tao*.

## 2.2. The 3<sup>rd</sup> IPA Symposium “Martial Arts in Scientific Research”

Training seminars and symposia (scientific and methodical-scientific) have been organized by the

IPA for 20 years. The most important international courses organized by the IPA should include a weekly seminar, which was held in Rzeszów in 1997. It was the first time in Poland when a holder of 10 dan in *jujutsu* and karate GM Lothar Sieber was teaching [Borowiec 1997; MK 1997]. The Master was assisted by *sensei* Hannelore Sieber and a group of advanced students of *honbu*. H. and L. Sieber were to come again, as well as Dr Zdenko Reguli (5<sup>th</sup> dan) and Dr Michal Vit (3<sup>rd</sup> dan) from the Institute of Combat Sports, Masaryk University in Brno (Czech Rep.), Professor Dr Fatih Hazar (Aydin, Turkey), and several other foreign guests from Europe and Asia.

In order to commemorate the twentieth anniversary of the IPA on March 23<sup>rd</sup> 2013 at the facilities of Rzeszów University a nationwide symposium on “Martial Arts in Scientific Research” was held with the participation of foreign guests. The General Assembly of the Idōkan Poland Association was scheduled for that day. Since the areas of fighting in the way of martial arts also refer to the spiritual side [cf. Sieber, Cynarski, Litwiniuk 2007b] a commemorative mass was commissioned in the academic Church of St. Queen Jadwiga and was supposed to be attended by the Bishop of Rzeszów. Eventually he was substituted by other priests. Rev. Dr. hab. Janusz Miąso (vice-dean of the Pedagogical Faculty) explained to the participants that the mass was dedicated to the members of the IPA. In his homily, the priest Jan Szczupak talked about the importance of caring for the body in sports activities and values that should not be lost. On behalf of Bishop Kazimierz Górny he also accepted the medal commemorating the twentieth anniversary of the IPA, granted to the bishop for making St. Michael Archangel an official saint patron of the Association.

<sup>11</sup> Majority of organizations of martial arts do not accept ranks above 10<sup>th</sup> dan awarded by some organizations.



The General Assembly was held in the Library Conference Room participated in by the members of the Board, the Audit Committee, delegates and individual members. Participants were shown a presentation on 20 years of IPA prepared by the general secretary Elizbieta Cynarska [2013]. President Cynarski led the meeting. The Board of Directors, received the full support of the participants. The meeting was attended by *meijin* Sieber, the Honorary President of IPA.

After a coffee break the jubilee symposium began, which was presided over by the Rector of Rzeszów University, Dean of the Faculty of Physical Education and the presidents of EJKC and IMACSSS and the editors of the quarterly journal "Ido Movement for Culture. Journal of Martial Arts Anthropology". The Opening Ceremony was performed by the Vice-rector for Science Sylwester Czopek and *Dr hab. Prof. UR W. J. Cynarski*, IPA and IMACSSS President. The participants from Poland and Germany were greeted. For more than two decades of collaboration in research and methodological training Prof. S. Czopek handed Prof. EJKC Lothar Sieber, an outstanding master of martial arts, the Medal of the University of Rzeszów.

After speeches by the invited guests the organizers presented the Medal of the Twentieth Anniversary of the IPA to the meritorious persons [III Symposium].

The Chairmen of the Plenary Session were Prof. W.J. Cynarski and GM Lothar Sieber [photo 4]. There were supposed to be 6 papers. The lead-in paper: *The training of a warrior following the teaching of the classical Japanese and Korean schools of martial arts, 14th–19th century* was delivered by W.J. Cynarski. It was a comparative analysis of the historical traditions of Japan and Korea in the field of training in martial arts. This historical perspective started deliberations on the humanistic aspects of the ways of martial arts: the philosophical, sociological and pedagogical ones. The other papers were: Grzegorz Kozdraś, MA (University of Opole) in the paper *Martial art of judo, as education for children living in a pluralistic society* presented, from the educational perspective, arguments in favour of introduction judo or any other martial arts to school education. Przemysław Pawelec, MA (IPA and University of Rzeszów) has undertaken a study of the sociological problem of the role of media in creating images based on the example of masters of martial arts, systems and combat sports. Grzegorz Wróblewski, MA (Catholic University of Lublin) presented an interesting study of the perception of values in karate practitioners *The motives of students practising shōtōkan karate-dō in the light of the somatic culture patterns*.

The following substantive discussions were greatly enriching. The speakers included: Prof. Jerzy Kosiewicz, President ISSSS (International Society for Social Sciences of Sport), Prof. Józef Lipiec (President of the Polish Olympic Academy), *shihan* Stanisław Cynarski (8 dan) from Tarnów and Dr Artur Litwiniuk from Biała Podlaska. It was a master-class of scientific discussion, and especially valuable for young scientists.

At 2 pm lunch was served, after which participants were driven to the Sports & Recreation Centre at UR for the workshops.

### 3<sup>rd</sup> Martial Arts Workshops in Rzeszów

The IPA workshops are a specific tradition of practical study. The first workshops were organized jointly with the UR and the IMACSSS at the second World Congress, in September 2010. Among the guest speakers were such experts, as GM Chuchchai Gomaratur (*Muai Thai*), GM Zbigniew Sawicki (*Signum Polonicum*), Dr Roland J. Maroteaux (9 dan *aikijujutsu, hanshi*), Dr Jan Słopecki (10 dan *modern jujutsu, hanshi*), *shihan* Wiesław Gwizd (5 dan *shinkyokushin karate*). The second workshops took place during the Second Symposium of the IPA in June 2011. Trainers included J. Słopecki (non-standard throws), W.J. Cynarski (techniques of taking over initiative) and Cpt. Tomasz Maczuga (telescopic truncheons and intervention techniques).

This time during the 3<sup>rd</sup> Martial Arts Workshops in Rzeszów the topic of *Methodology of Teaching in Martial Arts – Self-defence* was supposed to be presented by GM Sieber (10 dan in *judo-do/ido, jujutsu, karate idokan / zendo karate tai-etao*) and Hannelore Sieber (9 dan *jujutsu*, 7 dan *karate*). Ms. Hannelore was substituted by Wolfgang Krötz (4 dan in *jujutsu*), master's assistant. *Shihan* W.J. Cynarski acted as the second assistant and interpreter. Activities took place from 3.30-7.30 pm according to the plan.

*Meijin* started with the special *atemi* technique used in *zendo karate* and *jujutsu*. He referred to the techniques of the crane and snake, similar to those found in traditional schools of Chinese *chuan-fa* [cf. Sieber, Cynarski, Kunysz 2008]. He drew attention to breathing and *kime* (loosening and tightening the muscles). Then he taught the principles of self-defence in different situations of assault, technical skills training and methodology of teaching.

After the training *meijin* Sieber received a diploma (on behalf of the UR and the IPA, photo 7), and two people were presented certificates for master's degrees. W. Krötz received from the Dan Committee of the IPA 1<sup>st</sup> dan in karate, and *shihan*

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Photo 5. During the 3<sup>rd</sup> Workshops in Rzeszów



Photo 6. Participants in the Workshops

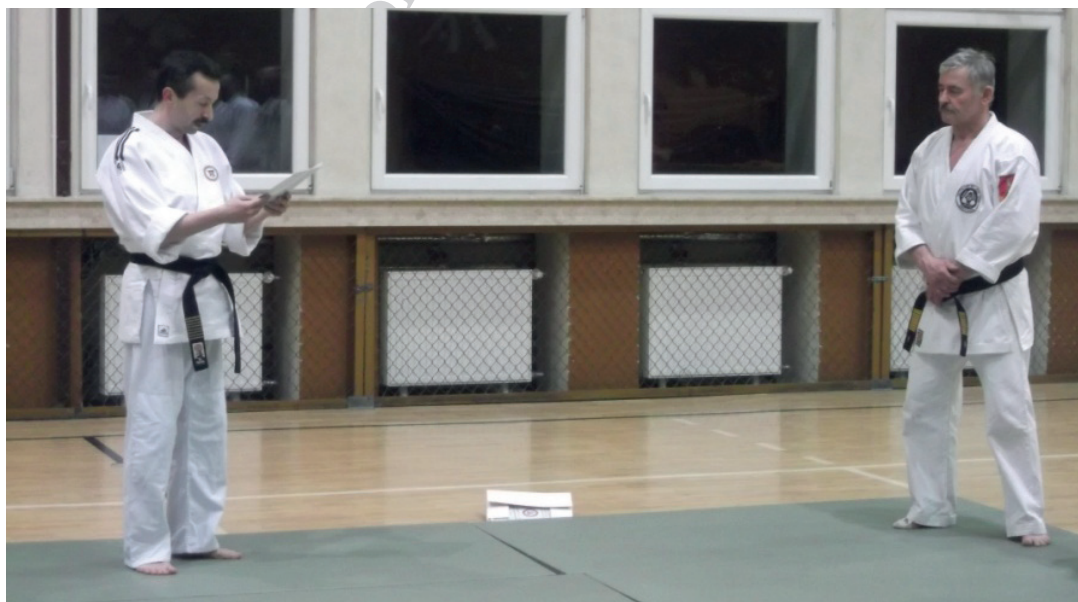


Photo 7. The ending – expressing gratitude and handing out certificates

Stanislav Cynarski (holder of 8 dan in *goshinjutsu*, 7 dan aikijujutsu) – honourable 4 dan in *judo-do* / *ido*.

### 3. Medals of Idokan

Small graphic forms, including medals and numismatics are an interesting area of research carried out from the perspective of the humanistic theories of martial arts [Sieber, Cynarski 2008]. The last facts in this field, relating to the operation of several Idokan organizations discussed here should be examined.

Probably the first medal of the Academy Idokan Europe – European Medaille in Gold – Dir. H. Schölauf was awarded to L. Sieber in 1987. The same medal was given to W.J. Cynarski in 1998, during the last (before the split) congress of the Idokan Europe International in Vienna [Cynarski 1999]. At that time, the highest distinction of the Idokan was the Order of the Knights of Fujiyama, with an image of a warrior meditating at Mount Fuji. For example, L. Sieber received the Order of the Fujiyama Knights no. 27 in Vienna, 1991.

In Poland a number of medals and trophies were awarded to the winners of the jujutsu Idokan Poland Cup tournament. Thus, there are very many winners of such trophies: gold, silver and bronze (since 1994). Similarly, the Tenth Anniversary Medal of the IPA was awarded in three “colours”: gold, silver and bronze. These are medals of mass production, used in sports competitions, but they were presented along with individually written diplomas. However, the Fifteenth Anniversary Medal of the IPA, awarded at the 1<sup>st</sup> IPA Symposium (Rzeszów 2008), was made to order with 24 copies<sup>12</sup>. Similarly only 2 brass engraved medals were made in 2007 to commemorate W.J. Cynarski’s 30 years of practising martial arts.

The greatest distinctions for outstanding achievements in martial arts are now awarded by the EJKC and European Nobility Club (ENC). The ENC is an autonomous committee of the IPA. It awards the Knightly Order of “Homo Creator Nobilis”, which is the highest honorary distinction of the Idokan and its values represented by W.J. Cynarski. To express appreciation of the mastery of following the moral way, it has only been awarded, so far, to: Prof. Andrzej Szyszko-Bohusz, Prof.

<sup>12</sup> Low numbers of commemorative medals mean that they become valuable because of their rarity. A bronze medal issued to commemorate the *kyokushin karate* in Tarnów was issued in 70 copies, there were 20 Knightly Orders *Homo Creator Nobilis* produced and so far only 4 of them have been awarded, whereas only 6 EJKC medals “For Extraordinary Achievements in Martial Arts” have been granted.



Fig. 4. Silver Medal of the Twentieth Anniversary of the IPA (project: W.J. Cynarski)

Wojciech Zabłocki, Dr Roland J. Maroteaux and *meijin* Lothar Sieber. The EJKC grants the title of Professor-Expert of martial arts and the Medal for Extraordinary Achievements in Martial Arts. It has been received so far by the following experts (in chronological order): Roland Habersetzer (9 dan), Lothar Sieber (10 dan), W.J. Cynarski (8 dan at the time), R.J. Maroteaux (9 dan), Franz Strauss (10 dan) and Dr Jan Słopecki (10 dan), President of the EJKC. Awarding the highest distinctions is often accompanied by a special ceremony and celebrations [cf. Cynarski 2011; Słopecki 2012].

Currently in the Chapter of Honorary Medals of the IPA are a number of renowned scientific and figures of moral authority including: *Prof. zw. Dr hab.* Aleksander Bobko – Rector UR; *Prof. zw. Dr hab.* Kazimierz Obodyński – Senior Dean; *Prof. Dr hab.* W.J. Cynarski (10 dan); *Prof. EJKC* Jan Słopecki (10 dan) and *Prof. EJKC* Lothar Sieber (10 dan). Designed by W.J. Cynarski the silver Medal marking the 20<sup>th</sup> Anniversary of the IPA (Figure 4) is made of brass and 50 copies were released in 2012.



Photo 8. Diploma and Medal for Prof. W. Munsters [own collection]

This medal marking the 20<sup>th</sup> Anniversary of the IPA, and awarded by the Chapter and the Board of the Association, was presented at the 3<sup>rd</sup> IPA Symposium to: Bp. Kazimierz Górny, Prof. Kazimierz Obodyński, Prof. Jerzy Kosiewicz, Prof. Józef Lipiec, Dr Gabriel Szajna, *shihan* Stanisław Cynarski, *sensei* Paweł Szlachta, *senpai* Adrian Piórko-Pawliński, Adam Hajduk and Przemysław Strzepak [Cieśla 2013; Cynarski 2013b; Pawelec 2013c]. However this medal had already been received by several other people.

During the General Assembly of the IPA in 2010 at the request of the Vice-President for Science Professor Obodyński and on behalf of the International Committee of Scientific Research, Medal no. 1 was awarded to W.J. Cynarski, along with the IPA Honorary Award for major scientific achievements, on the Tenth Anniversary of publishing “Ido Movement for Culture”. The presentation of the Medal took place in Świnoujście in August 2012, where Medal No. 4 was awarded to Prof. W. Pasterniak; in Tokyo - No. 5 to Prof. F. Nakiri in September; in Heerlen, The Netherlands - No. 6 to Prof. W. Munsters, in Nov. 2012 (photo 8), and in Munich (as described above).

As a *post scriptum* we can add the information that three further medals have been presented. On 19 May 2013 in Hockenheim at the seminar of the EWTO, at the official banquet Medal no. 35 was received by Prof. Dr Keith R. Kernspecht. And in Warsaw, during a scientific conference in the “Almamer” Higer School, the IPA President awarded Medals of the 20<sup>th</sup> Anniversary to two Polish Professors: *Prof. Dr hab.* Stanisław Tokarski (no. 24) and *Prof. Dr hab.* Zbigniew Krawczyk (no. 30).

## Final Reflections

As the science of physical education is primarily a practical science, and it is impossible to study martial arts in isolation from practice on the mat, so also this time the IPA (a scientific, educational and sports society) took care to combine a strictly scientific meeting with the workshops described above.

Practice in the two German schools concerned *karate*, *jujutsu* and *kobudo* and the workshops were conducted by Lothar Sieber 10 dan, Hannelore Sieber 9 dan and W.J. Cynarski 8 dan. The latter has been honoured with the highest level of mastery of the Idokan. He also invited master Sieber to Rzeszów.

The recently released vol. 12 of “Ido Movement for Culture. Journal of Martial Arts Anthropology” was met with great interest by participants in the meetings in Munich, Neuffen and Weichs. Several participants declared their willingness to work with the journal and the IMACSSS.

The 3<sup>rd</sup> Symposium of the IPA took place at the sports facilities of UR in March 2013. *Meijin* Sieber was an invited lecturer, teaching real self-defence techniques and showing how to teach them properly.

The 18-person Scientific Committee of this Symposium included Prof. Jong-Young Lee from South Korea, President of the Pan-Asian Society of Sport and Physical Education, Prof. Fatih Hazar from Turkey, Prof. Ales Sekot and Doc. Z. Reguli from the Czech Rep., Prof. J. Kosiewicz, Prof. Mirosław Ponczek, Prof. Jan Szmyd and Prof. Andrzej Szyszko-Bohusz. The 3<sup>rd</sup> IPA Symposium was organized by the IPA people, with the support of the Rector of the UR. The Secretary of the Organizing Committee was P. Pawelec, MA, and the

President of both this Committee and the Scientific Committee was W.J. Cynarski, Prof. UR.

40 people participated in the Symposium in Rzeszów, 12 of them with academic degrees including 4 professors. Besides the scientists specialists were also present – experienced practitioners of different martial arts, 14 of them were holders of black belts, 2 of them had the highest rank of 10 dan. However missing from the participants were Dr Jan Słopecki (10 dan), Dr Waldemar Sikorski (8 dan), Dr Juliusz Piwowarski (8 dan) and Ms. Hannelore Sieber (9 dan), who could not come for various different reasons.

The authorities of the UR were strongly represented by the Vice-rector, Prof. Sylwester Czopek, the Vice-deans from the Physical Education Department: W.J. Cynarski and Dr Paweł Król, from the Faculty of Pedagogy the *Rev. Dr hab.*, Prof. UR Janusz Miąso, the Senior Dean, Prof. Kazimierz Obodyński, and an ex-rector of the WSP in Rzeszów, Prof. Józef Lipiec. The mainstream scientific centres were represented by e.g. Jagiellonian University, the Catholic University of Lublin, Józef Piłsudski University of Physical Education in Warsaw, Opole University, and major scientific societies.

It is difficult to overestimate the value of travelling to different places for research purposes. As described in this paper, the trips to Munich and Rzeszów to participate in the study of Budo illustrate martial arts tourism well. These events are helping to create the recent history of Idokan and martial arts.

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Photos – Authors' own collection and IPA

## Nowy etap w historii organizacji Idokan

**Słowa kluczowe:** sztuki walki, judo-do, współpraca międzynarodowa, faktografia

### Streszczenie

Autorzy opisują nowe fakty dotyczące historii organizacji Idokan – według danych źródłowych oraz ukazując zdarzenia przechodzące do historii, a znane im z bezpośredniego w nich uczestnictwa. Toteż po analizie źródeł (m.in. „dokumentów osobistych”) dotyczących historii Idokanu opisują wydarzenia w Monachium, Neuffen i Rzeszowie, w okresie luty-marzec 2013. Są to przypadki studiów sztuk walki realizowanych w Niemczech i w Polsce.

Perspektywę naukową niniejszego studium tworzą antropologia sztuk walki (Drogi Wojownika) oraz koncepcja turystyki sztuk walki. Z tej perspektywy uwzględnione zostały wymiary studiów sztuk walki: praktyczny – metodyczno-szkoleniowy, turystyczny, symboliczny i *stricte* naukowy. Towarzyszą temu refleksje na temat działalności i funkcjonowania organizacji oraz o problemach różnych sztuk walki.

Rozważania o wymiarze symbolicznym wzbogacają opisy medali i wyjaśnienie sensu przyznanych stopni honorowych.

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