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Abstract

The relationship between the study of martial arts and the methodological and training seminar at “Sportschule Tao” in 2011 was analysed from the perspective of the theory of martial arts and the sociology of tourism. The qualitative methods of participant observation, textual analysis, face-to-face interview were used, complemented by comparative analysis. The results show that the location of international training courses is not chosen at random. The participants of these courses are teachers invited to Aurich due to their high professional skill level. “Sportschule Tao” school reached a certain degree of institutional and organizational maturity. Therefore, it invites renowned martial arts experts, well-established within the martial arts community, to conduct training courses. The methodical and training courses conducted by these masters, as well as the subject matter of the lectures are an explicit testament to their high professional qualifications. It translates to didactic skills and the leaders’ concern for the proper education of the young generation through martial arts practice. For those attending the seminar it is an event constituting the main goal of the trip and the recreational participation, i.e. a form of martial arts tourism, realised during leisure time.

Introduction

The theoretical background of the research is provided by the sociology of martial arts teacher profession, Budō-Pedagogy, the concept of martial arts tourism, and the humanistic theory of martial arts. The issue concerns the profession of a martial arts teacher on the European scale, exchange of experience, and using Budō-Pedagogy in the education of the young generation. The scope of research covers Northern Germany.

The qualitative methods of participant observation, textual analysis and face-to-face interview were used, complemented by comparative analysis. The basis for the research consists of reports from the seminar, notes on Budō-Pedagogy courses, the analysis of pre-recorded films, and interviews with martial arts masters, which constitute “perfecting the professional skills and knowledge” in its purest form. The main goal of the trip, i.e. participation in meetings aimed at professional improvement and exchange of knowledge, is connected with the goals of broadening the knowledge of professional skills by a martial arts teacher and educating the young generation. The

use of Budō-Pedagogy in martial arts training is a particularly interesting aspect of the seminar. The whole contemplation contributes to presenting the phenomenon of martial arts tourism as a form of cultural tourism. [Obodyński 2008; Cynarski 2010].

Impressions and observations

Another International Martial Arts Seminar focused on methodology and training took place under the auspices of “Sportschule Tao.” It was devoted to the issues of perfecting the skills and knowledge of a martial arts teacher, interdisciplinary research on the use of Budō-Pedagogy in the education of the young generation, building character through the practice of Far Eastern martial arts.

“Sportschule Tao,” the private school of Großmaster Herbert Bruns (7th dan in *jūjutsu*), is an elite sports and martial arts teaching centre. Apart from its core sports and martial arts training activities, the school is involved in spreading and popularizing the concept of “sport for all.” Its offer is aimed at everyone, regardless of age, sex, or physical

aptitude. The wide variety of recreational activities, highly-skilled personnel, and regular courses in methodology contribute to its high ranking and place it in the lead among the best private schools in Northern and Central Germany.

The good experiences of the German training centres should serve as an example to be followed. They deal with the positive influence that martial arts have on the education of the young generation. The initiative of using Budō-Pedagogy in the education of the young generation should also be thoroughly contemplated by other countries. It is prudent to use the knowledge and experience of other martial arts teachers, who have been dealing with these issues for many years.

One of the main points of theoretical training consisted of courses by a Budō-Teacher, *taekwondo* master, Uwe Mender (4th dan). He touched upon the theoretical issues, as well as the practical application of martial arts teacher's pedagogical skills in educating students. The topics discussed involved: preventing aggressive behaviour and its escalation in youth, building the authority of a martial arts teacher. The main aim of the course was answering the question of whether practicing the noble martial arts could be helpful in educating young people? The participants of the course found the combination of the theoretical knowledge and practical skills of using Budō-Pedagogy in educating martial arts students particularly interesting. Mender passed on to the group his own professional experiences involving youth education through martial arts practice. He also focused on important social problems plaguing the young people: issues with accepting oneself, lack of self-esteem, conforming to the group due to helplessness. He directed the participants' attention to building a positive image of oneself and reinforcing self-esteem. A person with a positive outlook on his or her own image, he underlined, has the strength to deal with aggression and can resolve conflicts. Education through martial arts should be modelled in this way. People who are strong both spiritually and physically and have high self-esteem can say “no” to drugs, alcohol and nicotine.

Comprehensive education entails the all-round shaping of body and soul – holistic practice, training and study. Teaching the self-discipline and perfectionism of the “way of the warrior,” martial arts can undoubtedly be useful in forming valuable pro-social character [Cynarski 2006, pp. 314-315]. The function and duty of a master-teacher is indicating the goals and values and the ways of attaining them, explaining the meaning of the undertaken efforts, showing the noble ideals, and validating it all by setting a good example. As Cynarski argues, all

these behaviours and the principle of “one's own example” are essential in any kind of education and teaching ethics [Cynarski 2006, p. 314].

Apart from the interesting courses on Budō-Pedagogy, other theoretical courses were conducted during the seminar, including: *Warm-up – aims and types*, by Merlin Steinbrück; *ACS theory – Knife-Eskrima-Fencing*, by Michael Nietz; *Ju-Jitsu theory*, by Edgar Bonar, Larst Wistuba, Petra Gódde; *Kubotan – Schulhof SV theory*, by Norbert Schulze; *Karate-Jutsu – Theory*, by Hans Simon; *ACS – Theory*, by Frank Kramer and Herbert Bruns; *Karate – Theory*, by Rafał Brinkegers; *Jiu-jitsu*, a lecture by Ute Murrara; *Mental training*, by Petra Schottner, *ACS – Jiu-Jitsu*.

The three-day training internship at “Sportschule Tao” was conducted by 30 combat sports and martial arts masters. Each of the invited masters taught his or her respective discipline. The three-day meeting was attended by over 360 people. The training internship took place on four mats concurrently. International martial arts experts taught the following disciplines: *Modern Ju-Jitsu*, *Jiu-Jitsu*, *Jūjutsu*, *Brazilian Jiu-Jitsu*, *Teakwondo*, *Kick-Boxing*, *Hapkido*, *Kenjutsu*, *Shaolin Kempo-Bo*, *Karate*, *Kobudō*, *Bōjutsu*, *Eskrima*, *ACS*, *Karate-Jutsu*, *Taebo-Kickboxing*, *Kubotan*, *Yoga-Jiu-Jitsu*, *Hip-Hop*, *Yoga*, *Aerobic*, *Teakwondo-ACS*, *ACS self-defence techniques*, *ACS-Jiu-Jitsu*.

Hanshi Słopecki conducted classes on “modern ju-jitsu,” familiarising the participants with reverse throw techniques. During the training session he underscored the importance of hip work in performing reverse throws.

On Saturday evening, after the training sessions on the mat, dan examinations took place in accordance with the requirements of the World Combat Association. Three *jūjutsu* practitioners took the exam. Two of them took the exam for the 1st dan and one of them for the 3rd dan. *Hanshi* Jan Słopecki, 10th dan, was selected as the head of the board of examiners. The board of examiners was of international character, there were two German members, and two Polish members: *hanshi* Jan Słopecki and Krzysztof Dawidowicz, 8th dan, both representing the “modern ju-jitsu” system. All three examinees passed the exam and received higher dan ranks from *hanshi* Słopecki.

One of the examinees deserves special consideration – Stefan Claus, a “Sportschule Tao” representative, who achieved the 3rd dan. The first part of his exam was the presentation of *kata* forms. Claus asked the examiners to allow him to present his own interpretation of *kata* forms, the combination of moves, which he prepared with his teacher, Herbert Bruns. Innovative approach to *kata*

form, combined with the preservation of traditional style and sophisticated execution of technical tasks made his demonstration particularly enjoyable.

The presentation of technical program for the 3rd dan in accordance with the rules of World Combat Association constituted the next part of the exam. Each member of the board of examiners received the list of individual techniques, types of attack and defence and technical combinations. The technical exam and the manner in which it was performed were extremely interesting. Each technical combination was demonstrated in a correct, swift and effective manner. Certain elements of the *jūjutsu* techniques often resembled real combat form. The third part of the exam verified the theoretical knowledge which also covered the area of pedagogy, psychology, ethics and the history of *jūjutsu*. The final examination stage tested the hand-to-hand combat with four opponents. *Uke* attacks were fast-paced and delivered one by one. The fight lasted five minutes with the last three minutes verifying the effectiveness of defence against four opponents at the same time. This stage in the exam aimed at assessing the trained ability to fight hand-in-hand with several opponents, tactical thinking and control of ability to perform a specific effort made within a given specialty [Sozański 1999, p. 125]. The entire technical exam for the 3rd dan lasted two hours. The exam taken by Stefan Claus was marked as very good by the board of examiners.

In the following days – 14 and 15 June – *hanshi* Słopecki conducted training sessions in two other German cities, i.e. Rhaderfehn and Varel. Such trainings constitute, in a sense, professional development, while the trip and participation are a form of martial arts tourism. “Martial arts tourism is dominated by attitudes driven by cognitive and self-development needs, we can talk about the self-studying and learning role of travel resulting from the path of martial arts study. Actions advocating and promoting a given style contribute to the development of this specific tourist and recreational form. All these actions support the cultural encounter of the master-teacher with his students, and cultural dialogue constituting the secondary influence of Far-Eastern martial arts” [Cynarski, Sieber, Litwiniuk 2006, pp. 226-228].

According to Cynarski, the types of martial arts tourism are: training camps, internships and seminars, tournaments and shows, sightseeing trips “back to the roots”, and “organizational” trips. It is particularly relevant in the case of instructors, teachers, and martial arts masters, who at the same time play the role of organisers, activists, but also advanced and more ambitious students [Cynarski, Sieber, Litwiniuk 2006, p. 228]. In the concept of

“tourism education” developed by Turos [2005], the issue of cognitive and self-development motivation is particularly important. It is especially valid for the participants of seminars, training internships, martial arts camps [cf.: Litwiniuk, Cynarski, Piech 2005; Funk, Bruun 2007; Blumentritt, Cynarski 2008; Raimondo 2011].

Conclusion

It is not incidental that the annual meeting is organised at “Sportschule Tao.” The private school of Großmaster Herbert Bruns is a centre for sport and recreation, with a certain degree of institutional and professional maturity, with substantial educational achievements in the field of martial arts. The long-standing cooperation between the school and experienced martial arts experts yields visible educational results. The high level of training conducted by the school proves that such meetings are necessary. The idea of international seminars at “Sportschule Tao” sports club has been successful for many years now. Year by year it is transformed into the meeting of martial arts experts, with a tint of tradition, educational achievements, shared memories, and professional experiences.

Lack of opportunities to verify one’s knowledge with that of other experts, inability to use the experience of other masters, confinement within a local martial arts community may become a significant obstacle on the way to professional development for martial arts teachers. Training sessions of this kind enable the participants to get to know each other better as a result of self-fulfilment and development of specific martial arts tourism.

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Super Seminar: seminarium szkoleniowe i staż naukowo-badawczy w niemieckim klubie Sportschule Tao, Aurich 11–13.06. 2011

Słowa kluczowe: *jūjutsu*, samoobrona, turystyka sztuk walki, pedagogika *budō*, egzamin techniczny

Streszczenie

Praca dotyczy powiązań studiów sztuk walki z seminarium metodyczno-szkoleniowym w „Sportschule Tao” w roku 2011. Perspektywę teoretyczną dla badań współtworzą tu: socjologia zawodu nauczyciela sztuk walki, Budō-Pedagogika, koncepcja turystyki sztuk walki oraz humanistyczna teoria sztuk walki. Problematyka dotyczy zawodu nauczyciela sztuk walki w wymiarze europejskim, wymiany doświadczeń oraz wykorzystania Budō-Pedagogiki w wychowaniu młodego pokolenia. Obszar badań obejmuje Północne Niemcy. Zastosowano metody jakościowe – obserwacji uczestniczącej, analizy tekstu i wywiadu bezpośredniego, co uzupełnia analiza porównawcza. Wyniki badań prowadzą do wniosku, że miejsce międzynarodowych szkoleń jest nieprzypadkowe. Uczestnikami corocznych szkoleń są nauczyciele sztuk walki zapraszani do Aurich z racji wysokiego poziomu umiejętności zawodowych. Szkoła „Sportschule Tao” osiągnęła już pewną dojrzałość instytucjonalną i organizacyjną. Sportschule Tao” jest elitarną szkołą sportów i sztuk walki, prywatną szkołą Großmastery Herberta Bruns (7 dan *jūjutsu*). Bogata różnorodność zajęć rekreacyjnych, wysoki poziom umiejętności zawodowych instruktorów, cykliczne szkolenia metodyczne, wystawiają „Sportschule Tao” wysoką oceną i stawiają ją na czołowym miejscu wśród prywatnych szkół północnych i środkowych Niemiec. Prowadzone przez poszczególnych mistrzów warsztaty metodyczno-szkoleniowe oraz podjęta na wykładach tematyka, jednoznacznie świadczą o ich wysokiej kompetencji zawodowej. Dla uczestników seminarium jest to impreza będąca celem wyjazdu i rekreacyjnego udziału, czyli formą turystyki sztuk walki realizowanej oczywiście w czasie wolnym od zajęć.