

HISTORY

PAWEL SWIDER

Faculty of Physical Education, University of Rzeszow, Rzeszow (Poland)

Contact e-mail: pswider@univ.rzeszow.pl

Aikido and Judo in teaching of *shihan* Wojciech J. Cynarski

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Abstract

Background. Scientific framework is defined by sociology and anthropology of martial arts, and the Humanistic Theory of Martial Arts.

Problem. The author describes and attempts to explain a short history of the pathway – study and teaching of Cynarski *sensei*. The description will be focused on *aikido* and *judo*.

Method. The main methods are: sources analysis (documents and newspapers), and scientific literature review - a broad discourse.

Results. The study presents a person who played an important role in the institutionalisation of martial arts in Europe, i.e. development of related organisations and academic research. He is also a martial arts teacher, an activist and a researcher. He mainly promotes Idokan style martial arts, but his work is also important for *aikido* and *judo*.

Conclusions. Techniques and ideas of *aikido* and *judo* are present in Cynarski's teaching. Yet, it is not competitive *judo*, or *aikido* as developed at a later period by Ueshiba, but Idokan *judo* and techniques of classic *aiki-jujutsu*.

Introduction

In 2017 Wojciech J. Cynarski celebrates a double jubilee: 40 years as a practitioner and 30 years as a teacher of martial arts [Pawelec 2017]. He is one of the leaders of the martial arts and combat sports community in Poland; he is also widely recognized for his expertise and frequently invited by European and Japanese universities and by martial arts organizations.

In the 1980s he focused on the practice of *karate* – the hard style of *Kyokushin* [Szajna 2011: 273-275, 278, 425-426], and at the same time he trained *judo*, *jujutsu*, *aikido*, etc. He succeeded in a number of martial arts, but he mainly strove to achieve mastery in the way of the warrior, in Japanese referred to as *Budo* [cf. Pawelec 2013, 2014; Cynarski *et al.* 2015].

The theoretical framework is provided here by sociology and anthropology of martial arts, and the Humanistic Theory of Martial Arts [Cynarski 2012]. Here we also cover an area of interest for history of physical culture.

The author describes and attempts to explain a short individual history of the *Budo* pathway – study and teaching of Cynarski *sensei* (last 40 years). The description will be focused on *aikido* and *judo*.

The main methods are: sources analysis (documents and newspapers), and scientific literature review - a broad discourse [cf. Krippendorf 2004]. In a way this is also a case study. The description will cover: terminology definitions, short biography, and outline of *aikido* and *judo* related teaching, as well as a conclusion.

Terminology definitions

Aikido – understood broadly. Single *aikido* does not exist. Many schools which originated from *Daito-ryu Shu-ryu* or from *Takeda-ryu Gen-ryu* [Maroteaux 1993a: 20-21] today use the name *aikido*, referring to various concepts. Other names sometimes used deliberately include *aikijutsu*, *aiki-no jutsu* and *aiki-jujutsu*. Yet, the term *aikido* is most commonly used, along with the name of the school, style or teacher, e.g. Tomiki *aikido*. *Aikido* stands for various martial pathways and methods based on the principle of *aiki*.

Judo – understood broadly, as well. Like in the case of *aikido*, there are many forms of *judo*. In addition to Kodokan *judo* created by Master Jigoro Kano, as well as competitive *judo* known from Olympic Games, there are other types, e.g. *judo* taught in accordance with Idokan,

as well as *judo-do*, and various types of *jujutsu* (the ‘ju-no ri’ principle). Similarly, classic *jujutsu*, from which competitive judo was derived, as well as its various modern variations (such as competitive *jujutsu*) represent the ways of “ju” among various *budo*.

Shihan – is a title awarded in traditional Japanese martial arts. It designates master instructor, senior instructor, a person responsible for teaching. Literally it means: “to lead along a good way”. In Poland the only *shihan* in the system of *Idokan Yoshin-ryu bu do* is Wojciech J. Cynarski. Being a holder of *menkyo kaiden* licence, which certifies proficiency in the entire system (teaching curriculum), he is authorized to use the title of *kaiden shihan*.

On the other hand *sensei* – generally means “a teacher”. In the tradition of Japanese martial arts the term refers to those who have achieved at least the 3rd dan and who operate their own *dojo* (training place).

Other specialist terms are described in anthropology and the humanistic theory of martial arts [cf. Cynarski 2012; Cynarski, Skowron 2014].

Short biography

Wojciech J. Cynarski (photo 1) has practiced martial arts for 40 years. He has been active in numerous organizations for decades, in addition to being an instructor and researcher involved in both empirical and theoretical studies. He is one of the pioneers of *aikibudo* and *kobudo* (*aikijutsu*, *kenjutsu*) in Poland.

From March 1993 he is the President and Technical Director of the Idokan Poland Association, IPA. In 1993 he was a co-founder of the Polish Jujitsu Association. He is a leader of the complete martial art system of Idokan Yoshin-ryu bu do and the Shibu Kobudo in Poland [Sieber, Grzywacz 2015], representing old Japanese schools of martial arts, such as *Tenshinshoden Katorishinto-ryu* and *Takeda-ryu*. Furthermore, since 2010 he has been a President of IMACSSS – the International Martial Arts and Combat Sports Scientific Society. He is the main organiser of (e.g.) three World Scientific Congresses of Combat Sports and Martial Arts – 2nd, 3rd, and 4th (Rzeszow, 2010 and 2014, and 2018).

He has been practicing martial arts and combat sports since 1977; he studied under such outstanding *budo* Grand Masters as Yoshio Sugino (10 dan, *meijin*), Hisashi Nakamura (10 dan, *hanshi*), Krzysztof Kondratowicz (10 dan, *hanshi*), Lothar Sieber (10 dan, *meijin*), Alain Floquet (9 dan, *hanshi*), Roland J. Maroteaux (9 dan, *hanshi*), Shizuya Sato (10 dan, *meijin*), Kenji Tose (10 dan, *meijin*), and Stanislaw Cynarski (9 dan, *hanshi*). He was an *uchi-deshi* (“inside student”) successively training under S. Cynarski, Floquet, Maroteaux and Sieber.

As a representative of *kenjutsu* (the first one in Central and Eastern Europe to hold a rank of *yudansha*

of the *Tenshinshoden Katorishinto-ryu*) he conducted two demonstration fights against hussar sword of Prof. Wojciech Zabłocki (Warsaw 1992). He won Polish Championship in *jujutsu* in technical forms competition (Sosnowiec, 1994). He represented Poland in World Championships in Tokyo ‘2000, IMAF (International Martial Arts Federation), winning the second and third place in *karate* and *kobudo*, respectively. He is a licensed instructor and international referee in *jujutsu* and *karate* (A class), and he holds international licence of A category instructor in *iaido* and kick-boxing, and B category in *judo*. In *Idokan Yoshin-ryu* system he achieved the highest licence of *menkyo kaiden*. He holds the following IPA recognized master degrees and titles:

- 10 dan *judo-do* / *ido*, *kaiden shihan*
- 9 dan *jujutsu* (*Idokan Yoshin-ryu*), *hanshi*
- 8 dan *Idokan karate* / *Zendo karate Tai-te-tao*, and *karatedo*, *hanshi*
- 7 dan *aikijutsu* / *aiki-jujutsu*, *kyoshi*
- 6 dan *kobudo* and *kenjutsu*,
- 6 dan *iaido*, *renshi*
- 4 dan *judo*
- 4 dan/master degree in kick-boxing and 2nd instructor degree in *WingTsun kung-fu*.

Being an active martial arts instructor Cynarski hands down to his students such values as respect for tradition and authority. He is one of only two (besides Klaus Hoertel from Germany) active leaders in *judo-do ido* / *Idokan* worldwide, with the highest master degree, 10th dan. He has also acquired eight master grades in other arts (being one of the select few in Europe), as well as the titles of *hanshi* in *karate* and *jujutsu*. Prof. Cynarski is an expert in close combat and is proficient in using weapons, in particular the samurai sword. He is a pioneer in competitive *jujutsu* in the Podkarpackie region and one of the first instructors in Poland; his students have won medals in national championships. He also won the title of Champion of Poland in this martial art [DDBV 1999; A.O. 2009; Sieber, Cynarski 2013].

The International Martial Arts and Combat Sports Scientific Society, chaired by Cynarski, cooperates with the University of Rzeszow, Japanese Academy of Budo and other schools, organizations and researchers worldwide. Besides that, W.J. Cynarski is a member of the board in other international scientific societies: European Association for Sociology of Sport (EASS), and International Society for Social Sciences of Sport (ISSSS). He represents physical culture studies and sociology, yet he also conducts research into hoplology, cultural anthropology and theory of tourism. So far he successfully provided academic supervision for five doctoral students and reviewed academic achievements during three professorship award proceedings abroad (Brno, Bratislava, New York).

He holds the function of Deputy Dean for Science and International Cooperation at the Faculty of Physical Education, the University of Rzeszów, and has been

awarded a number of times for the highest academic achievement at the university. His scientific expertise is also recognized abroad, which is manifested e.g. by numerous invitations addressed to him as a visiting professor (University of Illinois at Urbana-Champaign and Masaryk University in Brno), invited keynote speaker to universities in Europe (Brno, Iasi, Maastricht), and in other parts of the world (Chengdu, Osaka, Taipei, Tokyo, Tsukuba) as well as a chairman of scientific committees during congresses (Genoa, Rzeszow, Rio Maior) [cf. Koyama 2012; Pawelec 2017].

He authored over six hundred research publications (over two hundred of these published in foreign languages in twenty five countries), including fifteen monographs, and he contributed as an editor to a number of collective works. Since 2000 he has been in charge (as the editor-in-chief or deputy chief editor) of the publishing policy in the periodical entitled “Ido Movement for Culture. Journal of Martial Arts Anthropology”.

For his contribution to martial arts, *shihan* Cynarski received e.g. the Honorary Gold Medal of *Idokan Europe International* federation (Vienna 1998), “Sports Merit” Gold Badge of the Polish Ministry of Sport and Tourism, and the Medal of Honour WTMF – *World Takeda-ryu Marotokan Federation* (Avignon 2010). Cynarski received the Medal “For Extraordinary Achievements in Martial Arts” with no. 3 (*European Jujutsu & Kobudo Committee*, Warsaw), and the Professor-Expert title; and the Medal of Erich Rahn from the DJJR – *Deutscher Jiu-Jitsu Ring Erich Rahn e.V.* (tradition of E. Rahn’s School in Berlin since 1906). He is also a chevalier of the Order of Knighthood, *Homo Creator Nobilis*, awarded by European Nobility Club.



Photo 1. Prof. Wojciech J. Cynarski – a presentation during AIESEP Congress in Auckland (New Zealand), February 2014. Photo courtesy of W.J. Cynarski.

He is an outstanding scholar, awarded with the Laurel of the University of Rzeszów, and a number of other distinctions [cf. Maroteaux 2010; Kubala 2015; Sieber,

Pawelec 2016]. Recognized as a leading representative of the community of researchers taking socio-cultural approach to martial arts, he is also a theoretician and author of humanistic theory of martial arts [Obodyski 2003; Kosiewicz 2005; Cieszkowski, Sieber 2006]. He has an academic title of Full Professor in physical culture sciences.

Martial arts instruction

Aikido

At an early period Morihei Ueshiba was a disciple of *sen-sei* Sokaku Takeda (*Daito-ryu*), and a teacher of Minoru Mochizuki (*Yoseikan*). M. Mochizuki instructed A. Floquet [1989], who in turn taught Stanislaw and Wojciech Cynarski. They also practised *Yoshinkan aikido*, comprising elements of *Yoshin-ryu jujutsu*. W.J. Cynarski also practised *Takeda-ryu Nakamura-ha* under Roland Maroteaux and GM Hisashi Nakamura [Maroteaux 1993a, b]. He acquired here the master degrees in *aikido/aikijutsu* and *iaido*. He also studied, more briefly, “soft” *aikido*. Stanislaw Cynarski today has 9th dan and the title of *hanshi* in *aiki-jujutsu*, and W.J. Cynarski has 7th dan in *kyoshi*, as well as 10th dan in *judo-do/ido*, where the rules of movement are similar to those in *aiki-no ri* (*aiki* principle).

As *shihan* W.J. Cynarski points out in an interview [2017], for years he has been interested in *aikido*, in which techniques of classic *aikijutsu* were preserved. These are mainly the schools of *Yoseikan* and *Takeda-ryu*. Both of these schools teach relatively complete systems. *Aiki* indicates a principle rather than combat with no weapons (like in *judo*, *jujutsu*, *taijutsu*) or with bare hands only (like in *karate*). Therefore a warrior may achieve *aiki* – balancing of energy – both in armed fighting or in close combat, as well as for instance while practicing a sport. However, both schools in Japan use the term *aikido*, to emphasize the *do* “moral path” rather than a technique or method of efficient killing – *jutsu*. Yet, in order to set themselves apart from the “pacifist” *aikido* of Aikikai foundation (late period of Morihei Ueshiba), the schools of *Daitokan Daito-ryu* and CERA (*Akikibudo Kenkyukai*) use the term *aikibudo*, where the *bu* ideogram means “combative”.

W.J. Cynarski and his cousin, Stanislaw Cynarski made an attempt to practise hard style *Yoshinkan aikido* founded by Gozo Shioda 10 dan, *meijin*. Then they mainly focused on *aikibudo* according to A. Floquet, including *Daitokan aiki-jujutsu*, and *Yoseikan aikido/ jujutsu* techniques according to Minoru Michizuki 10 dan, *meijin*.

Shihan Cynarski met, along his way, such people involved in *aikido* as e.g. Hisashi Nakamura (10 dan), Fumiaiki Shishida (8 dan), Edmund Kern (7 dan), Zdenko Reguli (6 dan), and from *Idokan* – Hans Schoellauf and Lothar Sieber – both 10th dan holders in *judo-do ido*. Along

the way he studied old forms of *aikijutsu* according to the schools of Daito and Takeda-ryu, evolutionary modernized Yoseikan and the related forms, he also practised contemporary aikido – although more briefly.

As an *aikibudo* instructor, W.J. Cynarski taught in the centres (regular groups, off-site groups, practice seminars) operated by Polish Kobudo and Aikibudo Union, Polish Takeda-ryu Union [Maroteaux 1993b; Cynarski 1997a], Idokan Poland Association, as well as cooperating organizations, such as Polish Martial Arts Federation, and Polish Ju-Jitsu Association. For instance *sensei* Cynarski was invited by Polish Ju-Jitsu Association to make a demonstration of *nihonden kobudo* (*Daito-ryu aikibudo* and *Tenshinshoden Katorishinto-ryu kenjutsu*) during the First Polish Championships in *jujutsu*, Jaworzno 1992 (photo 2). He taught *aikibudo* and *kobudo* in such cities as Czestochowa, Krakow, Myslowice (photo 3), Rzeszow, Tarnow and Warsaw. In 1993 (September-October) *sensei* conducted in Warsaw a course for *aikibudo/kobudo* instructors, the first one in Poland. His most advanced students include for instance Robert Wyskiel.



Photo 2. *Sensei* Cynarski's demonstration of *Daito-ryu* techniques during the First Polish Championships in *jujutsu*, 1992.



Photo 3. *Sensei* Cynarski teaches *aikibudo* during a seminar in Myslowice, June 19, 1993. *Uke* – *senpai* Mariusz Mis (3 *kyu*).

In his research and in publications *shihan* W.J. Cynarski focuses not only on classic *aikijutsu* (historical forms), but also on evolutionary and modernised styles, contemporary *aikido*, as well as practitioners'

motivation, sphere of values, and impact of *aikido* practice in human life, etc. A series of studies resulted from his cooperation with Dr Litwiniuk [cf. Cynarski 1997b; Litwiniuk, Cynarski 2003; Litwiniuk, Daniluk, Cynarski 2005; Litwiniuk, Cynarski 2006a, b]. Their research findings for instance showed higher physical fitness in *judo* practitioners compared to individuals practicing *aikido* [Litwiniuk, Cynarski 2006a]. Following scientific cooperation has been developed under umbrella of IMACSSS [cf. Reguli *et al.* 2015; Szczepanowska, Bartkowiak 2015].

Judo

40-year long practice of various methods based on *ju* principle (*judo*, *judo-do*, *jujutsu*), i.e. broadly understood *judo*, brought to Cynarski a recognition from Polish Judo Association (4th dan in *judo*), as well as, most notably, appreciation of masters of Idokan and DDBV¹ (10th dan in *judo-do*). Dr Nicola Ettlin wrote:

<< The “gentle way” of *judo* is for Professor Dr Wojciech Cynarski passion and life at the same time. Especially in the last twenty years he contributed like no other to the dissemination of the *Judo-Do*, the 1947 by Judge Julius Fleck “extended way of *judo*”, in Poland. He made pioneer work in the early years, and his initiative and commitment soon led to numerous contacts and activities at national and international level.

Lothar Sieber, Honorary President of Idokan Poland and first honorary president of the DDBV, paid tribute to this indefatigable effort and his long-term teaching activities on February 8, 2013 Prof. Dr Cynarski on the occasion of his visit to the *karate* school Weitmann with the highest and rarest grandmaster degree, which can be lent during his lifetime: the tenth dan in the *Judo-Do*.

Also Klaus Haertel from Kiel, who has also learned the martial arts of *judo* for many decades, received in the absence of this extraordinary graduation of the tenth dan *Judo-Do*. >> [Ettlin 2013].

Along his way he met e.g. H. Schoellauf (10 dan *judo*), Tadeusz Kochanowski (10 dan), Shizuya Sato (10 dan *nihon jujutsu*, *meijin*, 9 dan *judo*, *hanshi*), Jon Bluming (9 dan *judo*), Jozef Niodomagala (8 dan), Taketo Sasaki (7 dan), Kunihiro Miura (7 dan) and many more *judokas*, yet he owes most to his first teachers of the “gentle way”, i.e. Cynarski and L. Sieber. This is a kind of *judo* where Kodokan meets Idokan [Cynarski, Slopecki 2012].

In the *Idokan Yoshin-ryu* IPA system, *judo* instruction is a supplementary program. However, elements of *judo* technique and tactics are used here in the practice of competitive *jujutsu*. A few of his students obtained *kyu* degrees, and the most outstanding competitor – Wojciech Klak – achieved master degree in *judo*.

W.J. Cynarski taught *judo* in the Eastern Martial Arts Club at the Pedagogical University of Rzeszów, at

¹ *Deutscher Dan-Traeger und Budo-Lehrer Verband e.V.* (German Dan-Holders and Budo Teacher Association)

the faculty of physical education (options for choice – combat sports) at the State Higher School of Vocational Education in Krosno, and in Catholic College in Torhout (Belgium).

Cynarski's research related to *judo* focuses on various aspects of this sport and martial art and is carried out in collaboration with such experts in *judo* as Dr Wiesław Blach (7 dan), Dr Jan Slopecki (4 dan) and many others [Blach, Cynarski, Litwiniuk 2004; Blach *et al.* 2006; Litwiniuk, Cynarski 2006a; Cynarski 2009: 149-160; Cynarski, Slopecki 2012; Starosta 2015; Arziutov *et al.* 2016; Korobeynikov *et al.* 2017].

Other Budo Methods

Sensei W.J. Cynarski teaches *karate*, *jujutsu* and *kobudo* on a regular basis during IPA courses. The practice of *kobudo* comprises *kenjutsu* and other weapons, as well as *aikijutsu*. *Iaido* is a part of *kenjutsu*. The program also includes *bujutsu ido*, including *ki-keiko*, *shiatsu*, etc. [Cynarski 2009].

Judo-do originally was a supplement to *judo* and in Idokan was taught jointly with *judo* [Cynarski 2009: 149-160; Klinger-Klingerstorff 2010]. *Ido* is an idea which is an evolutionary form of *judo-do*. This is not only an "expanding of the way" of *judo* or an expression of mastery in *jujutsu* and *judo*, but also for instance manifestation of excellence in *karate* and *iaido*, i.e. the martial arts in which Cynarski follows the principles of harmony and continuity in uninterrupted movement. He explains the philosophy of *Ido* in a study accepted by "Acta Univ. Carolinae Kinanthropologica" [Cynarski 2017c]. He also teaches the use of concept in *kaeshi-waza*, *renraku-waza* and *renzoku-waza*, as was the case in 2017 in Neuffen (Germany) [Cynarski 2017b].

Besides IPA *shihan* Cynarski sometimes teaches the following arts: 1) *jujutsu*: Poland (Katowice, Jaworzno), Belgium (Torhout), Germany (Neuffen, Regensburg); 2) *karate* – Italy (L'Aquila), Germany (Munich, Neuffen), Romania (Constanta); 3) *kobudo*, *kenjutsu* and *iaido* – Germany (Penzberg, Munich, Neuffen) [cf. Sieber, Grzywacz 2015].

Lectures focusing on martial arts are also a way of teaching these methods. This way the Polish *shihan* teaches in many European countries and in other parts of the world (China, Korea, Thailand, USA), as well as Japan.

Discussion

Martial arts tourism [cf. Cynarski 2013; Cynarski, Sieber, Mytskan 2015; Cynarski 2017a] comprises travels connected with self-education and with teaching of martial arts. In the case of *sensei* Wojciech J. Cynarski, his itineraries related to teaching do not overlap with the destinations of his study visits. He studied mainly in France and in Germany, yet as a teacher he travels

to various countries, such as Belgium, Germany, Italy, Japan, Korea, Thailand, USA.

The book entitled *International Dialogue: Global, European, National and Multicultural Dimensions of Tourism* presents itineraries of *Self-educational tourism on the way of budo* of Cynarski *sensei* (years 1984-2004) [Obodynski, Cynarski, Litwiniuk 2005; cf. Ettlin 2013; Kubala 2015; Cynarski 2017b]. These are journeys connected with practical studies and with teaching of martial arts. This way "geography of martial arts" is created along with maps of destinations connected with the study of martial arts [Obodynski, Cynarski, Litwiniuk 2005: 167-181]. These maps and photographic records show the ways of transfer of martial arts related knowledge and represent institutional development of martial art organization.

Prof. Cynarski has greatly contributed to the process of martial arts institutionalization in Europe, to development of organizations and research; he also plays an important role as an expert practitioner [Sieber, Pawelec 2016]. He is mainly involved in teaching and promoting Idokan style martial arts, yet his work is also important for *aikido* and *judo*, even though it does not have much in common with *aikido* representing the later period of Morihei Ueshiba [cf. Ueshiba 2004].

Conclusion

Sensei W.J. Cynarski teaches the style of *Idokan Yoshin-ryu*. In particular *jujutsu* taught by him, links selected elements of *judo* and *aikido*, in terms of ideas (philosophy of *Ido*), and in the technical domain. The latter in particular comprises techniques of the original *aikijutsu* and *jujutsu*, as well as their evolutionary forms. He also teaches *aikijutsu* (*aikido Idokan Takeda-ryu*) and *judo*, yet only to a limited extent.

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Aikido i judo w nauczaniu shihana Wojciecha J. Cynarskiego

Słowa kluczowe: sztuki walki, *budo*, Wojciech Cynarski, drogi nauczania

Abstrakt

Perspektywa. Ramy naukowe dla badań daje nam socjologia i antropologia sztuk walki, oraz Humanistyczna Teoria Sztuk Walki.

Problem. Autorzy opisują i podejmują próbę wyjaśnienia krótkiej historii drogi studiów i nauczania *sensei* Cynarskiego. Ten opis został skoncentrowany na *aikido* i *judo*.

Metoda. Głównymi zastosowanymi tu metodami są: analiza źródłowa (dokumenty i prasa), oraz analiza treści naukowej literatury przedmiotu - szeroki dyskurs.

Wyniki. Ukazano postać ważną dla procesu instytucjonalizacji sztuk walki w Europie – rozwoju organizacyjnego i badań naukowych. Jest to jednocześnie nauczyciel sztuk walki, działacz i badacz. Propaguje on głównie sztuki walki w stylu Idokan, ale jego dorobek jest ważny także dla *aikido* i *judo*.

Wnioski. W nauczaniu Cynarskiego znajdujemy techniki i idee *aikido* i *judo*. Nie jest to jednak *judo* wyczynowe ani też *aikido* w wersji późnego Ueshiby, lecz *judo* Idokan i techniki klasycznego *aiki-jujutsu*.