

## REVIEWS

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## Brief review of scientific events and publications – in the sphere of human and cultural problems, and martial arts discourse 2020

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### Abstract

Background. Specialised associations and eminent individuals contribute to present day fighting arts as an area of research and as a cultural phenomenon. This, in turn turns imperceptibly into history. Is it not worth monitoring these events on an ongoing basis, and recording the facts? Inevitably the choice will always be subjective.

Problem. The cognitive aim of the study is a factual analysis of the environment (martial arts and combat sports and warrior cultures), and in particular the researchers in this field. The study is based on the city of Rzeszów, the home of the Idokan Poland Association (IPA), and IMACSSS, and also takes a wider international view. Scientific and methodological events and new literature on the subject are reviewed.

Method. The main qualitative method used here is the multiple case study research method, both descriptive and interpretive, and evaluative. Data was collected between November 2019 and November 2020 and in many cases, the authors were direct observers of the events. The publications however were evaluated using the content analysis method.

Results and Conclusions. A series of events was identified and evaluated in short reviews, as well as a series of publications which are all of interest given the thematic profile of our Journal. The situation of both the fighting arts environment and researchers in the field is being monitored on an ongoing basis, with photographic and descriptive documentation.

### Introduction

The title of this article refers to work first published twenty years ago [Cynarski, Sieber, Obodyski 2001], in the journal “Ido Movement for Culture”. This is a long-standing tradition of the Journal. The publisher at the time was *Shibu Kobudo* of the Rzeszów “Dojo Budokan”, Centre which was also W.J. Cynarski’s school. It subsequently became the Idokan Poland Association, IPA, which it still is known by specialised associations such as this one, and eminent individuals all contribute to present day fighting arts, which are understood as both an area of research and as a cultural phenomenon. This, in turn, turns imperceptibly into history. So is it

not worth monitoring these events on an ongoing basis, and recording the facts? This of course will always be a subjective choice, and this time it is mainly from the perspective of Rzeszów and Central Europe.

The cognitive aim of the study is a factual analysis of the environment (martial arts and combat sports and warrior cultures), and in particular the researchers in the field. The study is based on the city of Rzeszów, home of the IPA and IMACSSS, and also takes a wider international view. Scientific and methodological events and new literature on the subject are reviewed and evaluated.

What methods were used? The main qualitative method used here is multiple case study research, both descriptive, interpretive and evaluative [Skinner,

Edwards, Corbett 2015: 116-133]. Data was collected between November 2019 and November 2020. In many cases, the authors were direct observers of the events, whereas the publications were evaluated using the content analysis method [Krippendorff 2004].

## 1. People

The main wealth of scientific societies is their people. In the case of the Idokan Poland Association (IPA), a public benefit organisation, this is the case. The IPA therefore celebrates every new member and tries to help them with scientific and practical studies. This is done by organising symposia with free participation, and by publishing a scientific quarterly (also non-commercial) which enables the exchange of the latest knowledge.

IPA was joined by Mr Daniilo Contiero, *karate Shoto-kan* instructor (2 dan) from the UK, and Dr Bogdan Kindzer, 3 dan *karate Kyokushin*, from Lviv State University of Physical Culture, Ukraine. IPA is gradually becoming an international organisation, while people from Poland are still joining. One of them is Jozef Pokojski (MA), of the Ostoja Coat of Arms, who has been practising *Signum Polonicum* fencing; another is Dr Jacek Kulpinski (physical culture sciences), and a third is Lukasz Ryzdik (MA), kick-boxing instructor, 1 dan.



**Photo 1.** In the headquarters of IPA, from the left: Dr Roza Gumienna, Prof. W. J. Cynarski, Dr Pawel Piepiora and Dr Jaroslaw Maslinski [courtesy of P. Piepiora].

The headquarters of IPA & IMACSSS was visited by Dr Bogdan Kindzer (*karate* coach) and Dr Serhii Nikitenko (boxing coach) from Ukraine in autumn 2019 who came for a meeting with Prof. W. J. Cynarski. Both of them were from the Fencing, Boxing and National

Martial Arts Department, Faculty of PE and Sport at Lviv State University of Physical Culture named after Ivan Boberskyj. They undertake a lot of research in the area of fighting arts and natural healing methods from the perspectives of coaching, the methodology of training, diagnostics, biomechanics and physiotherapy [cf. Savchin 2003; *Department of Fencing ...* 2006; Stasiuk, Kindzer 2012; Busol 2016]. This could be the beginning of a scientific cooperation. In December 2019 three young researchers from Wroclaw Physical Academy spent two weeks on a scientific internship at the seat of IPA, at the University of Rzeszow. All the scientists with PhDs in physical culture sciences) became members of IPA. They are: Dr Roza Gumienna (1 dan *karate Shoto-kan*, kick-boxing champion and self-defence instructor), Dr Pawel Piepiora (coach, 7 dan *karate Shotokan*) and Dr Jaroslaw Maslinski (coach *judo*, 4 dan, *jujutsu* and self-defence instructor) [Photo 1]. In February the headquarters of IPA was visited by Dr Rafal Kubacki, a highly acclaimed *judoka* (6 dan) and coach, also from Wroclaw Physical Academy.

Edvard Sefer (Schaeffer) from Slovenia came to Towarnickiego Street 3 (IPA Headquarters). Sefer is a PhD student studying cultures/cultural history, in Ljubljana. He had a scientific consultation with Prof. Cynarski, and practical workshops. Mr Sefer is a specialist in *Bubishi*, *jintai kyusho* and White Crane techniques, which are the roots of karate. The workshops took place at Yoshin Academy, IPA Centre in Rzeszow; in Primary School no. 3, 11 Hoffmanowa Street; in a small, intimate gym; and with a small group of participants. In July 2020, Dr Wieslaw Blach, Sports Director of the European Judo Union, visited the Rzeszow headquarters of IPA & IMACSSS. The discussions, which took place in terms of research and scientific publications concerned not only judo.

### 1.1. Promotions, awards and distinctions

There were promotions to higher master degrees. *Shihan* Harald Weitmann, *karate hanshi*, received 9 dan in *Okinawa kobudo* from DFKB & IPA. During the IMACSSS Conference in Viseu, Dr Rudolf Jakhel was awarded a certificate of recognition of 10 dan in karate and the *hanshi* title (IPA). During the ceremony at the University of Rzeszow, Dr Z. Sawicki was presented with a doctorate in history [Photo 2].

GM Alain Floquet (9 dan, *hanshi*) awarded degrees from his *aikibudo* school to Rafal Salapski – 4 dan, and Marcin Bednarz – 2 dan. *Aikibudo* in Poland is developing, but not just in one way. The pioneers of this martial art in Poland are the cousins Stanislaw and Wojciech Cynarscy. Some students of Stanislaw (9 dan, *hanshi*) were granted ranks in *aiki-jujutsu Idokan*: Dr Jaroslaw Jastrzebski – 7 dan, and Marcin Bednarz – 2 dan. Przemyslaw Pawelec, an active member of IMACSSS

and IPA, passed the exam and obtained 1 dan in *iaido* (IPA). Another long-time student of W.J. Cynarski – Piotr Jaskolski (Photo 3), who is also a 5 dan *shihan renshi Okuyama-ryu aiki-jujutsu*, passed the exam for 1 dan *karate Idokan / Zendo karate Tai-te-tao*. During IPA 27<sup>th</sup> General Assembly Commemoration Symposium in Rzeszow, P. Jaskolski received the Golden Medal of Honour. President W.J. Cynarski, elected for a next term of office, was then awarded the “Warrior of Noble Way/Way of Truth” Medal of Honour (no. 3) and the Badge “Deserved for *Signum Polonicum*”.



**Photo 2.** Dr Zbigniew Sawicki receives a doctoral diploma. UR, Rzeszow, Feb. 2020 [courtesy of M. Swiecicki].

### 1.2. Obituaries- People who have passed away and are still remembered

Dr **Kornel Morawiecki** (1941-2019) has passed away. He was a physicist, leader of “Fighting Solidarity”, and a Bachelor of the Order of the White Eagle. He was a righteous and unbreakable model of a *Homo Creator Nobilis*. Another great Pole, patriot and aristocrat of the spirit was Cardinal Stefan Wyszyński (1901-1981), about whom a biography by Milena was written in 2019. His beatification process is in progress. A similar freedom fighter was the recently deceased dissident **Vladimir Bukowski** (1942-2019), a Russian, and the great-grandson of a Polish officer who was an insurgent from 1831 [cf. Bukowski 2008].

On the occasion of the 80th anniversary of the Battle of Visa (7-10 September 1939) the National Bank of Poland issued a silver 20 zloty coin in the “Polish Thermopylae” series. On the reverse side there is a bust of Major Vladislav Raginis (against the background of a battle shelter), who commanded the Polish defence against overwhelming enemy forces. The Swedish group Sabaton sings about it in the song “40 to 1”. In turn, the 420<sup>th</sup> anniversary of the birthday of the great Polish hetman Stefan Czarniecki of the Lodz coat of arms was celebrated by the issue of two coins – a 200 zloty coin and a 10 zloty silver coin with his image [Cynarski, Szajna 2017; NBP 2019]. The glorious history of Polish armour is described in popular literature, as in Dr Sikora’s book

“Not Only Hussars” [Sikora 2020]. The Polish nobility fought bravely, fighting in various military formations or as a common movement, similarly, to the Cossack infantry. Apart from the great leaders, there was no shortage of lesser known soldierly heroes.

This year, the Dutch *sensei* **Loek Hollander** (1938-2020), holder of 10 dan *karate Kyokushin*, passed away. He was a pupil of J. Bluming and M. Oyama, and the teacher of many European instructors. In particular, he co-created the power of Dutch karate and instilled the *Koykushinkai* organization in Poland. The highly-acclaimed *judo* coach and long-time coach to the Polish Olympic team **Ryszard Zieniawa** (1933-2020, 9 dan *judo*, 1 dan *aikido*) also died this year. He was a lecturer at the Academy of Physical Education and Sport in Gdansk, and co-author of a series of scientific articles and several books.

## 2. Important events

Due to the coronavirus pandemic, the date of the **IPA 27<sup>th</sup> General Assembly Commemoration Symposium in Rzeszow**, planned originally for March 28<sup>th</sup> was postponed. It was finally organised for September 12<sup>th</sup> as a national conference with foreign guests participating. It was direct participation, and obviously with appropriate security measures. The Scientific Committee was supported by the presence of Professors: W. Czarny, G. Korobeynikov, M. Luczak, Z. Borysiuk, J. Wasik, J. Piwowski and W. J. Cynarski (president), and doctors W. Blach, S. Skowron-Markowska, G. Szajna, P. Swider and K. Warchol. Out of the 12 submitted, 9 papers were presented and discussed (as oral presentations), in two sessions. The dominant analysis was that of old Polish fencing, the institutionalization of *Shaolin kung-fu*, the image of martial arts in the media, and a history of *karate* (E. Schaeffer, Slovenia).

On April 25, 2020 celebrations to mark the **40<sup>th</sup> anniversary of DDBV** – German Dan-Holder and Budo Teacher Combined was planned. It was to have taken place in **Allerhausen** (Germany). The following teachers were invited: H. Weitmann 9 dan (*Okinawa karate & kobudo*), W. Laube 8 dan (kick-boxing), T. Preiss 6 dan (*jujutsu*) – for MMA, B. Blumentritt (6 dan *jujutsu-karate & Zendo karate*), Ch. Brandt 5 dan (*jujutsu-karate & Zendo karate*), W. Kroetz (5 dan *jujutsu-karate*, 3 dan and Instructors from *jujutsu-karate* (students of *meijin* Lothar Sieber) to teach real self-defence. *Shihan* W.J. Cynarski and IPA have been cooperating with DDBV for many years [cf. Blumentritt, Cynarski 2008; Blumentritt 2019; Cynarski 2019a]. Unfortunately, this entire event was cancelled due to the pandemic.

Similar reasons also led to the postponement of the scientific project “The Morphogenesis of Martial Arts in the Modern World” at the Southwest University in

Chongqing (China). This international project will be continued. However, in the meantime, we do not yet know when it will happen and how.

**The Polish sabre** and the “art of the cross” are Polish national heritage, which still awaits formal patronage from the Ministry of Culture and National Heritage. Apart from the IPA Fencing Commission, other centres operate in this field [cf. Taborska 2018]. A film was made about the old Polish sabre (*carabella* and others) and the ethos of the Polish nobleman. The subject concerns the 17th century – the period of the power and glory of Polish armour [Delag 2019; Gajda-Zadworna 2019]. In August this year, a seminar of traditional fencing was to be held in Katowice, with the participation of the Grand Masters Roland Maroteaux (*Takeda-ryu Maroto-ha*) and Zbigniew Sawicki (*Signum Polonicum*). It was postponed until next year.

On November 6, 2020 the 2<sup>nd</sup> International Taekwondo Conference at Youngsan University, **Yangsan City** (Korea): “Taekwondo and the Olympics: Past, Present and Future Directions” was held. It was the **4<sup>th</sup> iACT Conference**, and was carried out entirely online.

### 2.1. Conference in Putrajaya, October 10-12, 2020.

References to the IMACSSS conference in Viseu can be found not only in our Journal but also in “RAMA”, and other publications such as “Aiki Goshindo Kaishi” [*Au 8 Congres Scientifique ... 2019*] and “Gazeta Uniwersytecka UR” [Pawelec 2019]. The full text of Maroteaux’s paper on balance control was published in a popular specialist magazine [Maroteaux 2019]. The success of the scientific event in Viseu [Pawelec, Yu, Cynarski 2020] attracted great interest at the Putrajaya conference. Or maybe it was influenced by the “charm of the place”?

The 9<sup>th</sup> IMACSSS Conference and 2<sup>nd</sup> Global Scientific Martial Arts and Cultural Congress (GSMACC) 2020 in Putrajaya, Malaysia was organised by Dr Mohamad Nizam Mohamed Shapie, 9 dan. Due to the coronavirus pandemic, participation in this conference was mixed – for the first time in the history of IMACSSS. Foreign participants participated online. Arrival in Malaysia would have required a two-week stay in enforced quarantine.

The special guests and invited keynote speakers for this events were Prof. Wojciech J. Cynarski, leader of IMACSSS and IPA, Prof. Abel A. Figueiredo, vice-president of IMACSSS and Prof. Carlos Gutierrez-Garcia, also member of the IMACSSS Advisory Board. These three European specialists presented their papers on, respectively, the attitude to tradition and innovation in fighting arts (between formality and spontaneity); the science metrics of works on combat sports & martial arts in relation to publications in scientific periodicals; and the training of combat sport from a systemic perspective.

The conference was linked to the competitions in Malaysian *Silat*, and with the Gala of Martial Arts, as well as with meetings of the boards of IMACSSS and GSMACC. 50 abstracts and presentations were accepted. Due to the lower participation of foreign participants, most of the participants represented Malaysian universities and other institutions. It was a well-organized event which served well to promote various fighting arts and, above all, to exchange knowledge about research results in this area.

### 2.2. Other invitations for the President of IMACSSS and IPA

Prof. Gregory S. Patience, from Canada, the Research Chai at Polytechnique Montreal, invited Prof. W.J. Cynarski. He wrote: <<We came across your paper entitled “Between Prague and *Muju*. A contribution to non-entertainment tourism research” in the journal “Ido Movement for Culture-Journal of Martial Arts Anthropology” (that Web of Science has indexed in the science category “Hospitality, Leisure, Sport & Tourism” and has 2 citations). We flagged your article because it is related to our upcoming **world forum “Principles of Scientific Publication”** that has 5 themes: authorship, ethics, review process, data reduction (statistics), communication (oral and written). Our global survey of the top cited researchers across all science categories demonstrate opinions on who deserves to be an author varies even within the same field. This conference will address these differences and the publication process [<https://www.polymtl.ca/authorship/en>]. We welcome you to Montreal (Canada), June 10, 11, and 12 to present your work and participate in work groups that we intend publishing in highly cited journals as white papers. (...)>> There are points here for our Journal.

A similar invitation was received from the East – for participation at the international **ScienceMag Conference+Crossref Day** that was due to take place in sunny Odessa, Ukraine on June 18-21, 2020.

The European Academy for Taxes, Economics and Law invited Prof. Cynarski to a video conference – the **15<sup>th</sup> Annual EU Funds Symposium 2020: The New Programming Period in focus**, 23-25 March in Berlin (Germany).

For humanities and social sciences it was an invitation to the **3<sup>rd</sup> World Congress on Humanities and Social Sciences (WCHSS-2020)**, on May 25-26, 2020 in Amsterdam, Netherlands.

A further invitation was to the **4<sup>th</sup> Annual World Education Day Assembly (WEDA) 2020**, which was to be held from September 27-29, 2020 at the International Conference Center (Official Venue for the Summer Davos World Economic Forum), in Dalian, China. WEDA-2020 is devoted to becoming a leading Congress for all educators such as Chancellors, President, Chairper-

son, Director / Dean, Professors, Associate Professors, Researchers, and Teachers.

For health sciences and physical culture sciences it was an invitation to join the “**World Congress on Physical Medicine and Rehabilitation**” scheduled for May 4-5, 2020, in Bangkok, Thailand.

In the area of the fighting arts there were a number of invitations: firstly to **The 2<sup>nd</sup> Satellite Symposium of United World Wrestling Scientific Commission “Challenge and Perspectives in Wrestling”** in Kyiv, Ukraine, November 27-28, 2019. The organiser of this Symposium was Prof. Georgiy Korobeynikov in cooperation with Dr David Curby (USA) and Prof. Mario Baic (Croatia). One of the next was to “**Risks and safety in combat sports and martial arts international congress**” **15<sup>th</sup> JORRESCAM**, May 28-29, 2020, Lille (France). The organiser was the Faculty of Sport Sciences and Physical Education, University of Lille. The 15<sup>th</sup> “Days of Reflection and Research on Combat Sports and Martial Arts (JORRESCAM)” also continues the ideas and objectives of preceding events, the first of which was held in 1991. Prof. Cynarski was invited to the Scientific Committee of this congress.

He was similarly invited to the **15<sup>th</sup> Security Forum Krakow 2020 – LIV CICA**, May 14–15, 2020. The organiser was the *Wyzsza Szkola Bezpieczenstwa Publicznego i Indywidualnego* “Apeiron” in Krakow on its 15<sup>th</sup> anniversary. The pandemic mentioned earlier has caused many promising events to be postponed or cancelled.



**Photo 3.** In navy blue – from left: Stanislaw Cynarski *hanshi*, Wojciech J. Cynarski *hanshi* and Piotr Jaskólski, assistant of W.J. Cynarski. 28<sup>th</sup> Summer Camp Idokan Polska 2020 [courtesy of E. Cynarska].

Meeting for practising martial arts are most important for martial arts tourism, and for the individual pathway of every *budoka*. Such an event was the **28<sup>th</sup> IPA Summer Camp** in Chlapowo (Poland). Between 2 and 8 of August members of IPA and Yoshin Academy practised under the care of two *senseis*: S. Cynarski *hanshi* and W. J. Cynarski *hanshi* [Photo 3]. The work-

shops were particularly devoted to *karate* (*Zendo karate Tai-te-tao*) and *kobudo* (*Tenshinshoden Katorishinto-ryu*). Thus, participants practised in the broad context of the martial arts tradition (15-20th c.), its technical and tactical issues, distance control, wielding weapons of various range (*naginata*, *bo* and *kenjutsu*), self-defence and hand-to-hand combat. The 25th anniversary of *Shibu Kobudo* in Poland is a significant milestone. It has also been 40 years since the large *Tenshinshoden Katorishinto-ryu* show in Bercy near Paris, which was organised by D. F. Draeger and *shihan* Risuke Otake, and 60 years since this school of martial arts was awarded the title of “Intangible Cultural Asset” by the Japanese Ministry of Culture (Tokyo 1960).

There are also **other places** in Europe which are interesting for ‘scientific tourism’ and ‘**martial arts tourism**’. According to chronicles [e.g. Bartik *et al.* 2020], these include Rzeszow, the headquarter of IPA and IMACSSS on Towarnickiego Street 3. In Munich it is the School of *meijin* L. Sieber [Cynarski 2019a]. In Viseu it is the Main Auditorium of the Polytechnic Institute [Pawelec, Yu, Cynarski 2020]. In the Polish village of Stara Wies is the main training hall of the *budo* centre. To celebrate the 10<sup>th</sup> anniversary of this centre, an album ‘Dojo Stara Wies’ [EBCF 2019] was published. Ideograms *budo* points to the fact that the centre is designed for all disciplines of *budo*. *Stara Wies* means “Old Village”. Some Polish settlements are really very ancient.

### 3. New publications

A study concerning a fortified settlement in Maszkowice (the area of today’s Poland and the legendary *Lechia*), surrounded by a stone wall from about 1750 BC, has been published in a book [Przybyla 2018]. The author of this book suggests that the builders could have come from the south, and the settlement was located on a route from the south to the north, as in today’s concept of the Three Seas. They were probably Indo-European (Aryan-Slavic peoples?) and must have been well organised (social cohesion, institutions, sense of identity). Since around 1270 BC the predecessors of today’s Poles were fighting under Doleza (*Ger.* Tollense), the organisation of the several thousandth army in those years (Bronze Age) which required the existence of much earlier state structures. Admittedly, M. Przybyla does not take into account the results of the Y-DNA research and does not conclude who the inhabitants of that settlement were, but one can think that they represented the semi-legendary *Lechia*, like the Wenedas – also known as the Vandals. Genetic research has confirmed continuity of the settlement of the Lechian/Polish lands for several thousand years, since about 2000 BC or at least 200 BC [cf. Underhill *et al.* 2015; Haarmann 2016: 249-261; Cynarski 2018a, b, 2020b].

The archetypes of ancient warriors function well in fantasy literature. The works of the Polish writer Andrzej Sapkowski (“Fantastyka”, Dec. 1986) have been adapted to the screen again. *The Witcher* (Pol. *Wiedźmin*) is a series produced by Netflix USA in 2019. The script of the series was created by Lauren S. Hissrich according to Sapkowski. The directors included Alik Sakharov, Alex Garcia Lopez, Charlotte Brandstrom, and Marc Jobst. Henry Cavill, playing the title role, does well in the battle scenes. In the first season (8 episodes) the choreography of battle scenes was prepared by Vladimir Furdik. The sword fights are much better than in previous productions. The next expert, responsible for choreography, is to be Wolfgang Stegemann. And the title character himself has lived to see a significant place in mass culture, which we find in the collection of curiosities by Flamm [2020].

**Military culture** (*cultura militaris, cultura militum*) is commonly associated with militarism and is reluctantly used in the scientific community for fear of being accused of political misconduct. Fighting arts are therefore examined as a manifestation of physical culture [Cynarski, Sieber, Szajna 2014], *security culture* [Cynarski, Piwowarski 2016] or *psycho-physical culture* [Cynarski *et al.* 2015]. Juliusz Piwowarski founded a Journal for the *security culture area* – “Kultura Bezpieczeństwa. Nauka-Praktyka-Refleksje” (*Security Culture: Science-Practice-Reflections*). In turn, the quarterly “*Ido Movement for Culture. Journal of Martial Arts Anthropology*” refers to kinesiology and cultural research in its broadest sense (‘movement culture?’). The concept of ‘culture of adversaries’ in relation to the martial arts should therefore be carefully considered [Dai, Lu 2019]. Dai and Lu do so using the example of Chinese martial arts to explain the essence of *wushu*. This appears to be a form of sports culture linked to a specific humanism. Such a generalisation seems too simplistic if it refers to several hundred schools and style varieties of the *wushu/kung-fu* traditions. This may, however, be appropriate in the case of modern *wushu*, which is understood as a sporting discipline. Similarly, we can analyse the culture of *kenjutsu* and *kendo* [cf. Bennett 2015; Oboki 2015; Mor-Stabilini 2016; Cynarski 2017b], the Chinese *Tai Chi* culture [Lin 2016], the culture of Mexican *Xilam* and also the culture of Japanese *budo* in Poland [Jennings, Cynarski 2019].

A derivative of military culture in the Western world is the game of chess. This royal game is featured in an interesting book entitled “*Chess in historical and psychological terms*” (382 pages). We find here references to fencing [Gajewski, Przewoznik 2020: 57-63], to the history of chess and to selected psychological issues, and also many interesting facts. The scientific content is presented in an accessible way.

The application of Asian martial arts to European conditions, such as the culture of work and leisure, the culture of cooperation, and physical and spiritual culture is interesting, and is studied and described from the per-

spective of broadly understood anthropology [cf. Cynarski 2019a]. Cynarski [2019a] has analysed the functioning of **fighting arts** in Germany and some European organisations. Guo Ye [2019] has undertaken a martial arts analysis in the Chinese province of Guandong. *Kung fu*, from that region is known throughout global mass culture, mainly from the films of Hong Kong-based film companies. This tradition is sometimes called Chinese boxing. Meanwhile, *wushu* also has great health-promoting potential, which in the case of dynamic forms of fighting arts is rarely used [Fu 2019; cf. Zeng, Cynarski, Xie 2013]. Research is carried out through different perspectives. What is the self-perception of *wushu* teachers now? “Several respondents expressed the belief that one of the main goals of martial arts is not only improving fighting skills but also transforming the self” [Partikova 2019: 247].

It was not until the end of 2019 that an interesting book (432 pages) on the history of the Ukraine Federation Kyokushinkai Karate Union, published seven years earlier, reached the Rzeszow IPA headquarters. The author of this nicely published and richly illustrated book is the leader of the Union, Stanislav Blizniuk, 6 dan in *Kyokushin karate*. The current GM Oyama Masutatsu; the rules of his *karate* school; a group of technical forms (*kata*); a history of the style in Ukraine, and a dictionary of important terms is included. There are two emblems on the cover (trident and *kanku*), and two silhouettes: A Cossack in traditional clothing; and *karateka* meditators [Blizniuk 2012]. This is another important contribution to the **institutionalization** of martial arts in Europe. Prof. Fuminori Nakiri [2019], president of the Japanese Academy of **Budo** (JAB), contributed to the publication of a memorial book for the 50th anniversary of JAB. In its 294 pages we find documentation in writing and photographic material plus scans of documents. In this way the cooperation between JAB and IMACSSS is well illustrated. There are also references to joint conferences. This beautiful, album edition was published in Japanese.

The holder of a master’s degree should, obviously, have competence acquired during their studies, including in research methodology. Therefore, the book by Wojciech Blazejewski and Eugeniusz Szala is a practically useful item, including for students of the humanities [Blazejewski, Szal 2019; cf. Cynarski 2017a: 88-97; Kulpinski 2018: 11-290]. This new guide or handbook, reviewed by Prof. W.J. Cynarski, contains in its 178 pages (in addition, four pages are intended for one’s own notes) an appropriate compendium of knowledge necessary for the correct preparation of a thesis.

The educational systems are certainly different in different countries [Archer 1972], which also applies to the training of teachers of different subjects, including physical education. Judo, as both a martial art and an educational system, is applied in physical education. This is described, from the perspective of the research

conducted by Dr Grzegorz Kozdras [2018]. His book, published in the spring of 2020, presents in 287 pages the results of his pedagogical experiment and the application of conclusions.

The Polish National Centre of Culture has published a book by the British professor, Margaret Scotford Archer [1996, 2019] entitled „Culture and Agency”. This work (544 pages) is introduced by Krzysztof Wielecki. Publishing it in the series: “Thoughts on Culture” is a special expression of recognition – these are “books which have influenced the way we think about culture, played an important role in the formation of humanities and turned out to be important in reflecting on the state of Western culture”, as the publisher states, and the author herself, in an excerpt entitled “From the Author. With warm regards to my Polish Readers”, expresses her gratitude for this distinction, as well as the effort of translation and elaboration [Archer 2019: 4, 9-11].

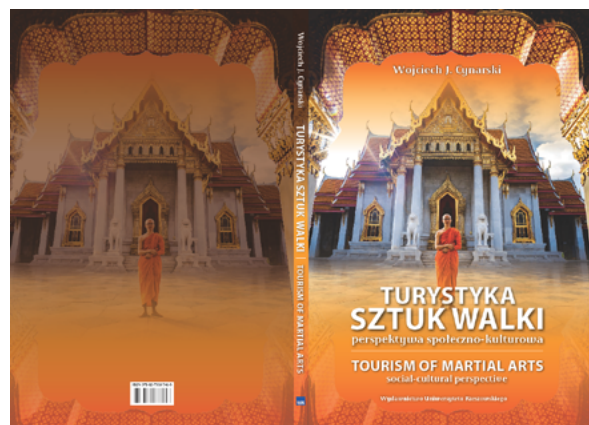
Archer’s achievements are indeed a significant step in the development of **social/sociological theory**. Her theory avoids the mistakes of many previous authors, including ideological traps. On the basis of a systemic approach and critical realism, it creates a fairly coherent picture of culture, the human being and *agency*, without losing man himself. The translation was made by Paweł Tomanek. He translated ‘agency’ into ‘causality’, which sounds better than the term used in the Polish edition of her previous book [cf. Archer 2000, 2013]. It is only a pity that the author omits F. Znaniecki’s achievements in the field of cultural theory and humanistic sociology – the Polish sociologist is not included in the personal index of this book, nor the latter [Archer 2013: 337-339, 2019: 538-540].

From the perspective of the long experience of various authors, **knowledge about martial arts medicine** (*bujutsu ido* or *ido-jutsu*) is enriched and works are published either in scientific and popular periodicals, or books. In “Aiki Goshindo Kaishi”, the issues connected with the phenomenon of martial arts are analysed in a wider cultural context. This time Ghislaine Driutti (4 dan *aiki-jujutsu*) analyses gymnastics and massage – *doin*, *shiatsu* and *jukuatsu* (massage with fingers and foot respectively), and the study concerns the circulation of energy in the body [Driutti 2019, 2020]. In a different publication W. J. Cynarski (10 dan ido) expresses his critical opinion on the role of special diets [Cynarski 2019b], and Helmut Kogel (Prof. med. and 8 dan *kyusho-jutsu*) shares the results of his Chinese and Okinawa studies on ‘vital points’ and qigong exercises [Kogel 2018, 2019]. Incidentally, *doin* is the Japanese equivalent of the Chinese *dao-yin*, the old Chinese name for *qigong* health exercises. The “Art of the Five Animals” (movements and behaviours, especially crane, dragon, leopard, snake and tiger fighting) of the 16th century master Hua Tuo evolved in two directions – fighting techniques and health gymnastics [cf. Lind 1996: 188-189, 930-931].

Practical applications of knowledge about martial arts medicine are also now beginning to appear. For example, GM Chen Xiaowang has suggested a series of *qigong* exercises against coronavirus, performed to strengthen the lungs. In turn, Dr Roland Maroteaux has created the *iaido* form: “The coronavirus-no-kata”.

Studies on wrestling are the domain of INWR (International Network of Wrestling Researchers). This organisation reports on the work on wrestling (not only Olympic), citing titles and abstracts of articles from the given year [cf. INWR 2019]. These are usually studies for the purposes of competitive sport practice. From this perspective, the problem is interesting: reception and neuro-psycho-physiology in relation to coaching in combat sports. A few new papers address this rather complicated issue [cf. Russo, Ottoboni 2019; Romanenko *et al.* 2020]. Such interdisciplinary approaches enrich practical knowledge about training and combat.

A new book by W. J. Cynarski [2020a] on **martial arts tourism** is the first in-depth monographic study of this phenomenon (pp. 160, 19.15 of the publishing sheets). It concerns a set of issues occurring here, such as: methodology of research; historical approach (tradition of *mushashugyo*); geography of martial arts tourism; typology of participants; varieties; directions of trips; relationship with sports tourism and scientific tourism. Noteworthy is the editorial design of the book – graphic design, colour photographs (110 photos, including the cover, of autotelic, artistic and documentary value). The cover design is by Julia Sonska-Lampart [Photo 4], and its publication in Polish and English, significantly increases its range of impact.



**Photo 4.** "Tourism of Martial Arts: Social-Cultural Perspective" by W. J. Cynarski [Rzeszow University Press 2020]

The bibliographical records of the IPA were used here, which is worth noting. It is also the 29<sup>th</sup> volume in the Lykeion Library publishing series. This particular publishing series is celebrating its 20<sup>th</sup> anniversary this year. An important fact is that the editorial reviewer was Prof. Milan Duricek (Slovakia), a leading expert in tourism theory, tourism geography and physical recreation. Its reception by the scientific community indicates

two facts: 1) there has been no similar monograph so far; 2) the method of visual sociology is still not very popular. Tourism researchers have noted this position with interest [cf. Plichta 2020], as have researchers into 'martial arts' or 'fighting arts' [cf. Blach, Swider, Sieber 2020]. The phenomenon of martial arts in globalization and tourism are described and explained by successive authors. For example, *Pencak silat*, traditional (exotic) music and dance help in the promotion of martial arts, and are also helpful for martial arts tourism [Siswan-toyo, Kuswarsantyo 2017; Sunardi 2019]. It is difficult to overestimate the touristic importance of a special place, such as Shaolin Temple and its role as a sport and tourism centre today [Yang *et al.* 2019]. The great importance of national martial arts/combat sports for the image of a country, its economy, and tourism is in particular almost unanimously underlined by various authors [cf. Park 2019; Cynarski, Johnson 2020]. The media also play a very important role here, encouraging people to visit interesting places [Pawelec 2019]. There are other reasons for visiting a particular place, not included in the reasons outlined above. Examples of such martial arts tourism destinations are Rzeszow [Bartik *et al.* 2020] and Viseu [Pawelec, Yu, Cynarski 2020], both small-size European cities. The reasons are explained by Cynarski's theoretical concept of non-entertainment, self-realisation and educational tourism [Cynarski 2020a].

## Summary

Thanks to the cooperation of several martial arts and scientific institutions, such as the Yoshin Academy, IPA and IMACSSS, the situation of the fighting arts environment and researchers is being monitored on an ongoing basis, with photographic and descriptive documentation. This is a factography of the activities of specialised organisations, and reviews of publications and events. In this particular year, organisational achievements seem all the more commendable as they took place against the backdrop of the coronavirus pandemic. In turn, in its reviews of dozens of publications, and the selection of interesting things, it is also a kind of thematic guide.

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### Skróty przegląd wydarzeń naukowych i wydawnictw – w kręgu problemów człowieka i kultury, oraz dyskursu sztuk walki Anno Domini MMXX

**Słowa kluczowe:** ludzie sztuk walki, wydarzenia, konferencje, nowe publikacje, Idokan

#### Abstrakt

Tłó. Wspecjalizowane stowarzyszenia oraz wybitne jednostki współtworzą terazniejszość *fighting arts*, jako jednocześnie obszaru badań i fenomenu kulturowego. To zaś niepostrzeżenie przekształca się w historię. Czy nie warto monitorować tych

wydarzeń na bieżąco, spisując ich faktografię? Siłą rzeczy, będzie to zawsze dobór subiektywny.

**Problem.** Celem poznawczym badania jest faktograficzny opis i analiza środowiska (sztuk walki i sportów walki oraz kultur wojowników), szczególnie badaczy tego obszaru. Badanie dotyczy miasta Rzeszowa, siedziby SIP (i IMACSSS) oraz szerszej skali międzynarodowej. Dokonano przeglądu wydarzeń naukowych i metodyczno-szkoleniowych oraz nowej literatury przedmiotu.

**Metoda.** Główną zastosowaną tutaj metodą jakościową jest

badanie wielu studiów przypadku, zarówno opisowe, interpretacyjne, jak i oceniające. Dane gromadzono między listopadem 2019 r. a listopadem 2020. W wielu przypadkach autorzy byli bezpośrednimi obserwatorami wydarzeń, a publikacje były oceniane przy użyciu metody analizy treści.

**Wyniki i wnioski.** W krótkich recenzjach wskazano i oceniono szereg wydarzeń, a także szereg publikacji, interesujących z punktu widzenia profilu tematycznego naszego czasopisma. Sytuacja środowiska sztuk walki i badaczy jest na bieżąco monitorowana za pomocą dokumentacji fotograficznej i opisowej.

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