

HISTORY & SOCIOLOGY

WOJCIECH J. CYNARSKI^{1(ABCDEFG)}, ELZBIETA CYNARSKA^{2(BEF)}

1 ORCID: 0000-0003-1252-5456

Institute of Physical Culture Studies, College of Medical Sciences, University of Rzeszow, Rzeszow (Poland)

2 ORCID: 0009-0000-4090-3974

Committee of Scientific Research, Idokan Poland Association, Rzeszow (Poland)

Corresponding author: Prof. W. J. Cynarski, e-mail: ela_cyn@wp.pl

30 years of the Idokan Polska Association (1993–2023): scientific and educational activity

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Abstract

Problem. 30 years of activity of the Idokan Poland Association (IPA) have passed. Is this a sufficient period to evaluate institutional achievements and concrete achievements? The aim of this study is to describe IPA – in diachronic and synchronic perspectives, in its current activity and axiology, with an emphasis on the specificity and state of institutionalization.

Method. The main research method here is over 40 years of participant observation by the author, analysis of documents and press reports, and analysis of the content of the literature on the subject.

Results and Conclusions. The content of teaching and upbringing, values and symbols, institutional development, and changes in the priorities of action were shown. It is more and more a scientific society, but it still implements practical teaching of martial arts. Institutional advancement manifests itself here in cyclically organized training camps, symposiums, and methodological workshops, in social activities in the field of research and development, in the process of teaching and educating young people, in nurturing the ethos of a noble warrior and in the *Ido* philosophy.

Introduction

How many years must pass to talk about a certain tradition and maturity in the process of institutionalization? The *Idokan* organization has been operating in Europe and on a larger international scale since around 1947, which is more than 75 years. But what is that compared to more than a century of *judo* history in France and Great Britain [*cf.* Brousse 2005; Bowen 2011]? Especially that in Poland it is only 30 years of activity. However, it is not a jubilee of a given martial art, but of an organization and a school at the same time. Here it is worth appreciating this relative durability.

The *Ido* philosophy refers to the idea of *Karate-do* by Gichin Funanoshi, an example of the life of former martial arts masters and the tradition of European knighthood [Cynarski 2017, 2022a, b]. The *Idokan* tradition is not clearly younger than many style schools and organizations of *karate* or other Asian martial arts. It is, however, a good example of the adaptation of East Asian traditions, their modification and a kind of synthesis. Modifications took place in the scope of the training program (repertoire of techniques and teaching methods), as well as in the ideological sphere. It is not a random synthesis or an eclectic mix of different concepts. The basis for the ethos and educational activities here are universal Christian values – personal dignity (person-

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alism), friendship and brotherhood, protection of life, faithfulness to the truth, honesty and self-discipline.

As GM Lothar Sieber wrote: „Sensei from Rzeszów has been the president and technical director since March 1993, responsible for the level of training of the Idokan Poland Association (IPA) – a unique scientific and educational society dealing with martial arts and combat sports by statute. (...) IPA has gained international reach. Meetings, seminars and methodological consultations have been held regularly since January 1993 in my *Sportchule Sieber* in Munich.” [Sieber 2009: 7]. *Meijin* Sieber also sent his congratulations on the 30th anniversary [Appendix 2].

Idokan Poland Association (IPA) is celebrating its 30th anniversary. Because there was a split in the international *Idokan* movement, the IPA is now perhaps the most representative organization bringing together experts of the highest rank [Sieber, Cynarski 2013]. Originally, it was the Polish representative office of the *Idokan Europe* organization and the Idokan Europe International Federation [Urbanik 1994], but soon the IPA gained full independence. It is also the 30th anniversary of: *Idōkan Yōshin-ryū budō* – the “Way of the Warrior” educational system [Vide: Cynarski 2009: 38-119] and for *Shibu Kobudō* in Poland [cf. Sieber, Grzywacz 2015]. *Budō* is cultivated here with respect to the cultural context of Japanese tradition and values known as warrior virtues – *butoku* [cf. Maroteaux 2007; Sasaki 2009; Nakiri 2015]. There are also two international, autonomous opinion-making and expert institutions operating at the IPA: the European Nobility Club (ENC) and the European Martial Arts Committee (EMAC).

This 30-year history of the IPA can be compared to monographic descriptions of other organizations – sports, scientific, and the world of martial arts. Much longer is the history, activity and institutional advancement of many Polish unions, associations and sports federations, especially combat sports of European origin (boxing, fencing, wrestling) and *judo* [cf. Godlewski 1994; Sikorski 2009; Bowen 2011; Szajna, Cynarski 2018; Kolodziej *et al.* 2020]. Scientific societies often operate in isolation from the practice of the field which is the subject of their research. In turn, martial arts organizations focus on the practical side and the promotion of individual martial arts. This applies to some associations and sports clubs with a similar experience and level of advancement in the process of institutionalization [cf. Skowron-Markowska 2017; Cynarski, Siekanski 2019; Sadecka, Janusz, Sochacka 2019; Kulpinski 2020]. Combining practice with scientific activity is quite a rare phenomenon. This is probably done by the longest-serving activists and members of the Japanese Budo Academy (JAB), by *taekwondo* researchers (International Association for Conference on Taekwondo, iACT), to some extent by Germans from DDBV (German Association for Dan-Holder and Budo-Teacher) and ”Sports School of L. Sieber”, and a few more environments [cf. Cynarski, Sieber, Mytskan 2015; Johnson

2019; Nakiri 2019]. Thus, the IPA brings together scientists from various scientific disciplines and practitioners of martial arts, also from various disciplines.

Problem and Method

The aim of this study is to describe the jubilarian – IPA – in diachronic and synchronic perspectives, in his current activity and axiology (values and symbols), with an emphasis on the specificity and state of the institutionalization process. It is a statistical elaboration in the meaning of: „research of facts and public figures”, from the Latin *statisticus*, „political, concerning politics”, i.e. it concerns the method of analysis and presentation to describe the phenomenon. However, it is more about a socio-cultural phenomenon and the process of institutionalization, with a qualitative analysis.

The main **research method** here is over 40 years of participant observation of the author, analysis of documents and press reports, and analysis of the content of the literature on the subject. Reaching for various categories of sources and studies is typical for monographic works.

Results

1. *Idokan* style

Idokan style is of partially Japanese and Central European origin. *Judo-do* was founded in 1947. The founder was **Julius Fleck**, Hungarian from Vienna, student of **Koshisaburo Ishiguro Sasaki**. Next Grand Masters were Austrians: **Wally Strauss**, **Hubert Kinger von Klingerstorff**, **Hans Schoellauf**. The idea of *Ido* (by W. Strauss) refers to various martial arts as a tactical principle and of exercise technique. *Judo-do* was a „European *judo*”, a development of Japanese *judo* (new throws and counter-techniques). The *Idokan* organisation still teaches *judo-do* techniques, but within the *Ido* concept, it includes a set of martial arts. In IPA it was called *Idokan Yoshin-ryu budo* because in the *Idokan* tradition the teaching of modernised *Yoshin-ryu jujutsu* is combined with other martial arts traditions and the achievements of European masters. Other non-Japanese traditions and Old Polish fencing are also promoted at IPA. *Ido's* philosophy refers to the wisdom of East Asia, but also to the ethos of European knighthood. Among today's *Idokan* Grand Masters are two Germans and one Pole, holders of the highest grade 10 dan. So it is still, after over 75 years, an area of Central Europe.

On the one hand, pure technical forms from Japan from the 15th century, such as fencing *Tenshinshoden Katorishinto-ryu*, are grown here in pure form. A novelty is creating the style of *Zendo Karate Tai-Te-Tao (Idokan karate)*. It was created in 1975. The founder was the

German, **Peter K. Jahnke**, and the successor – **Lothar Sieber**, also from Bayern (Bavaria), Germany. East Asian martial arts traditions and the achievements of Central European experts are still combined here [more: Sieber, Cynarski 2013; Cynarski 2019a, b].

Idokan style of martial arts is an example of intangible cultural heritage. Can one be, as in paradoxical logic, at the same time traditionalist and modern, eclectic and original? What is the phenomenon of *Idokan* organisation and style? In *Idokan* we find a synthesis of *jujutsu* from the Japanese tradition with the achievements of *jujutsu* in Central Europe since the turn of the 19th and 20th centuries. Added to this is the achievements of *judo* and the *judo-do* developed on its basis since 1947. Since then, *Idokan* has been operating independently of Japanese masters. The next leaders come from Hungary, Austria, Germany and Poland. There is a kind of divergence of knowledge and cultural dialogue. Masters of *Idokan* draw on knowledge and traditions of martial arts of Asian countries, but also refer to the ethos of European knighthood and humanism. The teaching system includes a Japanese sabre from the 15th century, but also the *Zendo Karate Tai-Te-Tao* style created in Munich. This style, also called *Idokan karate*, combines Chinese and Japanese, and Korean techniques [cf. Sieber, Cynarski, Kunysz 2008; Cynarski 2016; Cynarski, Johnson 2017].

IPA teaches self-defence and self-realisation, with sport discontinuation. Peter K. Jahnke, creator of *Zendo karate*, sought wisdom in Buddhist and Taoist knowledge, and in reading the Bible. Similarly, W. Strauss and H. Schöllauf tried to develop the philosophy of *Ido*. Today's *Ido* is a practice of *judo-do*, *jujutsu* and *karate* with the principle of continuous perpetual movement in counter-techniques and combinations, as well as the practice of natural medicine of martial arts. The *Idokan style* also includes wielding traditional weapons, in particular the *Tenshinshoden Katorishinto-ryu* sword. At the workshops *Idokan* representants meet specialists from Old Polish sabre fencing, experts from Chinese, Korean and Thai traditions, etc. The *Idokan* phenomenon is not only an interesting, over 75-year-old tradition of Central Europe, but also openness and an attitude of dialogue. All three *Idokan* Grand Masters who are still active belong to IPA. IPA, as an organisation, is a platform for cooperation.

2. People

People are the most important asset of any organization. They are regular, supporting and honorary members. In the IPA, ordinary members are individual members and institutional members. For example, if the Centre in Tarnów (an association registered there) is registered in the IPA, then the members of this centre obtain membership in the IPA. Usually, the manager of such a centre is part of the management board.

The title of an honorary member of the IPA was accepted by professors of various fields. They included: honorary president **Lothar Sieber**, honorary vice-president **Hannelore Sieber** (Germany), as well as Duricek Milan (Slovakia), Green Thomas A. (USA), Gutierrez-Garcia C. (Spain), Lee Jong-Young (Korea), Nakiri Fuminori and Sasaki Taketo (both from Japan), Kosiewicz Jerzy, Krawczyk Zbigniew, Lipiec Jozef, Migasiewicz Juliusz, Starosta Wlodzimierz (from Poland). This distinguished group also includes the late professors: Obodinski Kazimierz (former vice-president for science), Czajkowski Zbigniew, Jaskolski Ewaryst, Ponczek Mirosław, Szyszko-Bohusz Andrzej, and Zablocki Wojciech in alphabetical order of surnames.

Each of these personas deserves a separate monograph and quite a lot has already been written about them. Let us just mention Prof. **Mirosław Ponczek**. This noble man collaborated with the IPA as a researcher and reviewer; he left behind his works on the practice of martial arts by people of the Catholic Church and his opinion on the methodology of research in the sciences of physical culture with a simultaneous description of the state of the humanities of physical culture in Poland [Ponczek 2011]. He was a member of the European Nobility Club and the IPA Committee of Scientific Research.

The founder and president from the beginning has been **Wojciech J. Cynarski**, a scientist and teacher of fighting arts [Zielinska 2013; Kubala 2015; Borowiec L. 2016; Ozog 2016: 26]. GM Lothar Sieber, the honorary president, was Cynarski's teacher. People who have also been awarded during successive anniversaries of activity – especially the 20th and 25th – have been operating in the IPA for years. It refers in particular to the late Prof. Kazimierz Obodinski (3 dan *jujutsu*), former vice-president who lived and acted according to the strategic principles of *jujutsu* [Cynarski 2020a]. It is difficult to overestimate his merits for the IPA publishing activity, organization of a series of conferences, scientific research, cooperation with the University of Rzeszow, the establishment of IMACSSS (International Martial Arts and Combat Sports Scientific Society), etc. Other social members of the IPA board and individual committees were also very meritorious: Elżbieta Cynarska – a long-time secretary general; Adam Hajduk – a long-time treasurer; and such activists as: Gabriel Szajna, Juliusz Piwowarski, Stanisław Cynarski, Przemysław Pawelec, Adrian Piorko, Zbigniew Sawicki, Zbigniew Borysiuk, and Dariusz Bajkowski, previously also Jan Slopecki and Leszek Siekanski.

The **Committee of Scientific Research** gathers 88 people. Its Programme Board includes professors: Zbigniew Borysiuk (Poland) – president, Abel A. Figueiredo (Portugal), Carlos Gutierrez-Garcia (Spain), Keith R. Kernspecht (Germany), James Lee-Barron (UK), Gregory T. Papanikos (Greece), Sergio Raimondo (Italy), and Tadeusz Ambrozy (earlier – Teresa Socha, Poland).

Kolegium Dan / Dan Committee – consists of 10

sections plus subsections. In the JUDO section, there are several high-ranking experts in a fairly large international group, such as: Prof. Lothar Sieber – 8 dan, Dr. Wieslaw Blach – 8 dan, Dr Taketo Sasaki – 7 dan, Dr Rafal Kubacki – 6 dan, and the recently deceased Dr Waldemar Sikorski – 8 dan. Here worked the late lamented Prof. Ewaryst Jaskolski – 5 dan; Dr Kazimierz Witkowski – 6 dan, Dr Stefan Leitmann (Slovakia) – 5 dan, Prof. Carlos Gutierrez Garcia (Spain) – 4 dan, Dr Eric Margnes (France) – 4 dan, Prof. Hitoshi Ebishima (Japan) – 2 dan, and others.

The JUJUTSU section registers outstanding experts in this martial art in several styles. These are *Yoshin-ryu jujutsu-karate* (modern *jujutsu kenpo*) – *meijin* Lothar Sieber – 10 dan and Hannelore Sieber – 9 dan (Germany); *Mukashi to kindai* – Jan Slopecki v 10 dan, *hanshi*; *Idokan Yoshin-ryu* v Wojciech J. Cynarski – 10 dan, *hanshi*; sport *jujutsu* – Tadeusz Ambrozy – 9 dan (10 dan in the Polish Sports Ju-Jitsu Association), and Leszek Siekański – 8 dan. Among the holders of lower master's degrees there are numerous citizens of Germany and Poland.

The KARATEDO & ZENDO KARATE section is divided in accordance with the name into two subsections. More general karatedo is especially Japanese *karate* styles. Here we have Lothar Sieber 10 dan (who is also highly honored in the category of *Okinawa karate* – 8 dan, *hanshi*), Roland Habersetzer (9 dan, *hanshi*, France, founder of *Tengu-ryu*), Harald Weitmann – 10 dan *karatedo* & *Okinawa karate*, *hanshi* (Germany), Sergio Mor-Stabilini – 9 dan *karatedo*, *hanshi* (Italy), Roberto A. Gonzalez Haramboure – 9 dan *Goju-ryu karate*, *hanshi* (Peru), Artur Krzyzanowski, Dariusz Bajkowski and Pawel Piepiora – 8 dan *Shotokan karate* (Poland), Abel Figueiredo – 7 dan *Goju-ryu karatedo* (Portugal). Sport *karate* is represented by Rudolf Jakhel v 10 dan (*Emeskai*, Slovenia) and Juliusz Piwowarski – 10 dan (*All-style karate*, Poland). *Zendo karate Tai-te-tao* style (*Idokan karate*) is represented by *meijin* Lothar Sieber – 10 dan, *soke*. Wojciech J. Cynarski v 9 dan, *hanshi*, Hannelore Sieber – 9 dan, *hanshi*, Bodo Blumentritt – 6 dan, and others act in his line of transmission. This section records a large group of karatekas from Germany and Poland, and also from Portugal and England, UK.

The AIKIJUTSU / AIKI-JUJUTSU section is not very numerous. It brings together black belts of classical and modernized schools – different varieties, from *aikijutsu* to *aikido*. There are representatives of the *Idokan aiki-jujutsu* style here - Stanislaw Cynarski - 10 dan, *hanshi*, Wojciech J. Cynarski – 9 dan, *hanshi*, Jaroslaw Jastrzebski – 7 dan. There are also Zdenko Reguli (Czech rep. and Slovakia, 6 dan *Aikikai aikido*), Piotr Jaskolski – (5 dan, *Okuyama-ryu*), Michal Vit – (3 dan *aikibudo* from Czech rep.) and some others.

The IAIDO & KOBUDO section includes – in the *iaido* (i.a.) subsection: Lothar Sieber – 8 dan *iaido*, *hanshi*; W. J. Cynarski – 7 dan *iaido*, *kyoshi*; Sergio Mor-Stabilini

– 6 dan *iaido*, *renshi*; and 12 more *yudansha* at 1-4 dan level. The *kobudo* subsection brings together, among others, masters: Harald Weitmann - 10 dan, *hanshi*; Helmut Kogel – 8 dan (both from Germany), Sergio Mor-Stabilini – 7 dan (Italy), W. J. Cynarski – 7 dan (Poland) and four more *yudansha* with lower ranks.

The IDO section is divided into *judo-do / ido* and *bujutsu ido* subsections. The European tradition of *Idokan -judo-do / ido* is represented by Lothar Sieber – 10 dan, Klaus Haertel – 10 dan („classic” *judo-do* version) and Wojciech J. Cynarski – 10 dan (*ido* version in a broader sense) [Sieber, Cynarski 2013] . Here worked or still work: Hannelore Sieber – 7 dan and Dieter Drexler – 4 dan (Germany), Stanislaw Cynarski – 5 dan and Jan Slopecki – 5 dan (Poland), Taketo Sasaki – 4 dan, Fuminori Nakiri – 3 dan, and Fumiaki Shishida v 3 dan (Japan).

The *bujutsu ido* (martial arts medicine) subsection is co-created by: GM L. Sieber 10 dan, W. J. Cynarski – *shihan* of his method [Vide: Cynarski 2009: 171-175], *shihan* Romuald Wlodyka 8 dan, *hanshi* from Rzeszow, Poland. An informal *shihan* was also Prof. Wojciech Pasterniak (1935-2018), research associate of Prof. W. J. Cynarski. This section includes four more people who have been awarded honorary degrees in *bujutsu ido*. They were professors of medical sciences Ryszard Cieslik (Poland) and Helmut Kogel (Germany), physician Boguslaw Zabrzycki (Poland) and Prof. Roland Maroteaux (*Takeda-ryu ido-jutsu*, France).

The KICK-BOXING section consists of only 10 people, including Lothar Sieber – 9 dan and Juliusz Piwowarski – 9 dan. Similarly, the GOSHIN-JUTSU (self-defence) section. This modern self-defence is represented here by Lothar Sieber – 10 dan, Jan Slopecki – 10 dan, Stanislaw Cynarski – 9 dan, W. J. Cynarski – 9 dan and Tadeusz Ambrozy – 9 dan (Poland), and Taketo Sasaki – 8 dan (Japan).

POLISH TRADITIONAL SABRE FENCING are people from several schools of old Polish sabre fencing. 9 dan was also obtained by an outstanding fencing trainer and researcher – Prof. Zbigniew Czajkowski (1921-2019). The „Zablocki School” was first represented by Prof. Wojciech Zablocki 10 dan, and currently – Dr Marcin Zablocki 9 dan; *Signum Polonicum* School – Zbigniew Sawicki 10 dan, Jakub Pokojski 5 dan and Leonard Marynowski 5 dan. Dr. Gabriel Szajna 7 dan is trying to restore the „Starzewski School”. Historian and hopologist Richard Marsden 5 dan from USA is also registered here.

The OTHER MARTIAL ARTS section is divided into subsections - Chinese, Korean and Filipino Martial Arts. Korean martial arts are represented by: Franjo Prot – 7 dan *taekwondo* WTF; John A. Johnson – 6 dan *hapkido*, 6 dan *taekwondo* ITF; Lothar Sieber v 5 dan *taekwondo*; Jacek Wasik – 4 dan ITF and Karol Winiszewski - 4 dan *taekwondo*. Chinese styles – e.g. Sergio Mor-Stabilini – 6 duan/toan *taijiquan*, 6 duan/toan *Yiquan kung-fu*; Sergio

Raimondo – 5 duan/toan *wushu kung-fu*. Filipino martial arts – Tomasz Maczuga – 2 dan *Doce pares*, and Artur Krzyzanowski – 1 dan *Kalaki arcanis*.

The **Fencing Committee** deals with matters of training, giving opinions and research in the field of historical and sports fencing. The chairman is Dr Gabriel Szajna, a master class trainer. Workshops and shows are held periodically, with the simultaneous promotion of Polish fencing traditions. Dr Zbigniew Sawicki defended his doctoral thesis on sticks at the University of Rzeszów. Further studies are being carried out and their results published. There are also such theoreticians and practitioners of fencing here, such as Prof. Zbigniew Borysiuk and Prof. Maciej Luczak, professors of physical culture sciences, and Dr Marcin Zablocki (like Prof. Wojciech Zablocki before), representing the Zablocki Fencing School. IPA also conducts international research on sport fencing [Sieber, Cynarski 2009; Kriventsova *et al.* 2017].

The **Tourism Committee** is primarily responsible for research in the field of tourism - cultural, scientific, sports, educational, and especially martial arts tourism. The chairman here was for a long time Doc. Dr. hab. Milan Duricek from Slovakia. Currently, this function is performed by Dr. Renata Grzywacz. In addition, tourism, both sports and sightseeing, scientific and congress, is promoted by IPA in cooperation with IMACSSS and other institutions. The annual *Oboz Letni (OL) / Summer Camp* promotes this type of activity among IPA members [Cynarski 2012]. In the summer of 2022, the thirtieth *OL Idokan Polska* took place. It took place for the 24th time in Chlapowo, and the training was conducted by two *hanshi* – Wojciech and Stanislaw Cynarski.

Other forms of activity are coordinated by other committees or are less formalised. The **Promotion Committee**, headed by Przemyslaw Pawelec, works efficiently. The **Ethics Committee** is headed by Fr. Dr. hab. Adam Podolski, who formally blessed the IPA banner on the 25th anniversary of this association. Here worked the late Prof. Andrzej Szyszko-Bohusz, honorary member of the IPA. Currently, apart from the chairman (A. Podolski), its composition includes: prof. Dr. hab. Andrzej Pawlucky and priest Dr. hab. Janusz Miaso. In turn, giving opinions and awarding the highest decorations is the responsibility of the **Honorary Medals Chapter** – composed of professors Aleksander Bobko, W. J. Cynarski, Juliusz Migasiewicz, Lothar Sieber and Jan Slopecki.

Promotions and awards 2023

On the 30th anniversary, during the General Assembly IPA, 2023 (March 25, 2023), certificates confirming previously awarded degrees were awarded to:

Jakub Pokojski – 5 dan in Polish traditional sabre fencing
Leonard Marynowski – 5 dan in Polish traditional sabre fencing

Dariusz Bajkowski – 8 dan *karate, kyoshi*

Marcin Zablocki – 9 dan in Polish traditional sabre fencing

Zbigniew Sawicki – 10 dan in Polish traditional sabre fencing

Juliusz Piwowarski – 10 dan *karate, hanshi*.

In addition, the honorable Medal „Warrior of the Noble Way” was presented to Prof. Zbigniew Borysiuk, IPA vice-president for science and chairman of the Program Council (Scientific Research Commission).

Successes

The technical director – *shihan* Wojciech J. Cynarski is responsible for teaching martial arts within the IPA. He personally teaches the whole complete system in the *Idokan* style [cf. Cynarski 2009; Kubala 2015; Swider 2018]. He also oversees the activities of the *Dan College / Dan Commission*. He was the main coach of sports *jujutsu* athletes who successfully participated in the competition under the patronage of the *Polski Związek Ju-Jitsu / Polish Ju-Jitsu Association* in the years 1992-2012. Participation in sports competition also sometimes concerned *judo, karate* and kickboxing. It was a supplement to the practice of *kobudo, kenjutsu* and *aikijutsu / aiki-jujutsu* [cf. Sieber, Grzywacz 2015; Cynarski 2018a; Swider 2018; Cynarski, Siekanski 2019].

The report for 2004 indicates the functioning of IPA centers in Rzeszow, Jaroslaw and Myslowice. The technical director received the formal title of „*shihan*” in Munich; his student Wojciech Klak won fifth place in the Polish Cup for seniors in the -69 kg category; the team participated in the *Jujutsu* Convention for the 100th anniversary of this martial art in Poland; XII Summer Camp was held; the fourth volume of „Ido Movement for Culture” was published; the 12th *Idokan* Poland Cup in sports *jujutsu* is organized (Strzyzow 2005). There were *Shibu Kobudo* and the *Dan College*, exams for grades in *karate* and *jujutsu, kobudo* and *iaido* were held, but the participation in sports competition under the patronage of the Polish Ju-Jitsu Association played an important role.

In recent years, *shihan* W. J. Cynarski has stopped professional training in combat sports. On the other hand, both in Rzeszow and Tarnow (where *shihan* Stanislaw Cynarski works) training in traditional martial arts is carried out, including *Tenshinshoden Katorishinto-ryu kenjutsu* [Sieber, Grzywacz 2015; Mor-Stabilini 2016]. In addition, S. Cynarski teaches *Idokan aiki-jujutsu*, and W. J. Cynarski – techniques and forms of *Idokan kobudo* [cf. Sakagami 1974; Cynarski 2021]. In addition, other IPA centers (Krakow, Warsaw) also teach other types of *karate*, and individual members practice different types of fighting arts, both of Chinese, Filipino, Japanese, Korean and Old Polish origin. The openness of IPA allows for this and creates a wide family of fighting arts.

Since 2008, IPA has been a public benefit organisation. As such, it focuses on statutory activities, including in particular scientific (as a scientific society) and educational activities. Since 2000, a scientific periodical has been published here, which since 2011 has been entitled „Ido

Movement for Culture. Journal of Martial Arts Anthropology". It is published in electronic and paper versions, and indexed in the most important international scientific databases [Pawelec 2016]. Two large international scientific societies – International Association of Sport Kinetics (IASK) and IMACSSS are patrons of this Journal. Since its inception, it has been a special forum for the exchange of ideas and cultural dialogue [cf. Rzany 2001; Pawelec 2016]. While in the first years the editors sought authors, especially foreign ones, currently there is a large queue of submitted works, which are sent from many countries around the world.

IPA is a publisher that promotes its own way of bibliographic record and citation of works (the IPA style), which applies not only to the Journal published here. He also runs the Lykeion Library publishing series, covering fighting arts literature (martial arts, combat sports, self-defence and combat systems). Together with IMACSSS, it also maintains a specialist list of *Recomendad Literature*.

As part of the IPA, further research projects are being carried out, including mainly four specific research topics [cf. Appendix 1]. The same applies to the current research project. This is the fifth edition of this kind: Projekt IPA no. 5/2021-24 that contains: 5.1. Cultivation, institutionalisation and adaptation of martial arts in Europe; 5.2. Historical Polish and European fencing – factography, restoration, teaching; 5.3. *Judo-do* and *ido* – idea and technique; 5.4. Martial arts tourism – analytical and explanatory research.

Individual specialists are responsible for specific issues [Sieber, Pawelec 2016]. But this does not end the scope of the research. Publications also concern research in the field of Korean martial arts, self-defence and combat logic, as well as general theory – General Theory of Fighting Arts, etc. [Johnson, Ha 2015; Cynarski, Johnson 2017; Kernspect 2011; Brizin, Kernspeccht 2014; Pawelec 2020]. Research is carried out as part of the Rzeszow School of Science associated with „*Ido Movement for Culture. Journal of Martial Arts Anthropology*” [Cieszkowski, Sieber 2006; Obodynski 2009; Sieber, Pawelec 2016; Cynarski 2018b]. Man is treated here as a whole, as a person – a psycho-physical being [cf. Wojtyła 1994], and all problematic issues – in a systemic approach.

Summer camps and practical martial arts studies are a kind of laboratory for gaining knowledge and practical skills. Anyway, martial arts studies should be based on this as a practical philosophy of everyday training and self-improvement [Kim, Back 2000; Cynarski 2009]. Therefore, there are permanent classes, and during the holidays – summer camps, most often in Chlapowo near Wladyslawowo on the Baltic Sea. Additionally – training seminars and workshops, national or international [Borowiec W., Sieber L., Sieber H. 1997; Cynarska 2012, 2017; Pawelec 2018a]. *Shibu Kobudo* trainings take place in Rzeszow and Tarnow, as well as in Chlapowo and Jastarnia.

IPA symposia and other scientific conferences are organised. The functioning of the IPA is in some areas consciously modeled on the activities of the Japanese Academy of Budo (JAB). Combining the annual general meeting with a scientific conference is just imitation of a proven Japanese model. In addition, scientific sessions, methodological and training seminars, joint events with IMACSSS (e.g. shows and workshops) and DDBV, etc. are organized. [cf. Kubala 2016; Pawelec 2020]. Successive anniversaries of IPA activities are celebrated more solemnly [Pawelec 2013, 2018b].

3. Failures

Established in Poland as an autonomous IPA commission, the Ropeskipping Commission formally operated in the years 2005–2018. Founded on the initiative of Prof. Jong-Young Lee, an activist of international ropeskipping as a sport discipline [Kunysz, Cynarski 2006], and Wojciech J. Cynarski – president of the IPA. The successive chairmen of the said Commission were: prof. W. J. Cynarski, then Dr Wojciech Bajorek and Dr Grzegorz Bielec. Both of these doctors are academic teachers at the University of Rzeszow and sports activists. Although in the IPA sections in Rzeszow and Strzyzow, exercises were performed on skipping ropes, there was neither participation in sports competition nor research and publications on this subject. Due to the lack of activity within this committee, it was dissolved at the IPA General Assembly in 2018.

The long wait for the Impact Factor, awarded by Clarivate Analytics (formerly Thomson Reuters), is a failure. The Journal published here since 2011 meets the general requirements regarding quality, regularity of publishing, geographical indicator, etc. Since 2014, it has been indexed in the most important scientific databases. However, it is still about the recognition and high score of the Polish Ministry of Education and Science, which is related to the Impact Factor established for a given scientific journal. Perhaps, however, soon we will be able to get this calculated Impact Factor¹.

It was also impossible to obtain a separate seat and warehouse for publications and equipment. Meanwhile, both the editorial office and storage are carried out by the president privately, at his own expense. However, the formal seat (office) is at the Institute of Physical Culture Sciences in cooperation with the University of Rzeszow.

4. Values and symbolism

Emblem

Wojciech J. Cynarski designed a logo modeled on the logo of one of the French *kobudo* organizations, but

¹ *Post Scriptum*: in June 2023, a list of journals with calculated IF was announced by Clarivate Analytics. Our periodical received IF (2022): 1.0.

with deliberately different colors (white, red and black). Only the theme of the *torii* gate, as a symbol of the old Japanese martial arts tradition, was borrowed. It was around 1991. The pattern was adopted in the Rzeszów Aikibudo, Kobudo and Jujutsu Center „Dojo Budokan” (RODB) – the school of *sensei* W. J. Cynarski operating under this name in the years 1987–2019. From 1992, this logo was used by the “Polish Kobudo and Aikibudo Union” (PUKiA) and the “Aikibudo and Kobudo Centre in Poland” (CAKP) based in Tarnów, then in Rzeszów, and from March 1993 – also by the Idokan Poland Association (IPA). The trademark and name *Idokan Polska* have been reserved in the Polish patent office. Currently, it is the logo of both the IPA and the central Rzeszow center of this association – *Yoshin Academy* (the new name for RODB). This logo is also used by the scientific periodical published by the IPA – „Ido Movement for Culture. Journal of Martial Arts Anthropology”.

The logo on the IPA emblem (Fig. 1, Photo 1) symbolizes the noble way of the warrior (*torii* and Japanese sabre), there is a red chrysanthemum in the gate – like the Japanese red sun and the imperial emblem. The rim is a ring symbolizing infinity, eternity. The red ring and the white background are the national colors of both Poland and Japan. So it is a knightly tradition of Japanese origin transferred to Polish soil.



Fig. 1. Logo of IPA, in a new study by Stanislaw Cynarski [IPA]

Medals of Merit

In addition to the jubilee medals issued for the 15th, 20th and 25th anniversaries, other honorable distinctions were established in the IPA. The „Warrior of the Noble Way” medal was approved along with separate regulations at the Board and Commission Meeting in Chlapowo on July 27, 2016 during the 24th Summer Camp Idokan Poland. So far, five people have received it: Lothar Sieber, Jan Slopecki, W. J. Cynarski, Stanislaw Cynarski, and Zbigniew Borysiuk. Here we find an image of a mounted hussar – a symbol of the power of the First Polish Commonwealth.

The ENC and EMAC operating at the IPA also award separate awards. These are, respectively, the Knight’s Order „*Homo Creator Nobilis*” (actually a cross) and the medal „For Extraordinary Achievements in Martial Arts”.

Banner



Photos 1-2. IPA banner, obverse and reverse, Nov. 2020 [courtesy of D. Ziobro & IPA].

It is significant that Bishop Kazimierz Gorny [2009] formally granted permission for the IPA to accept its **patron saint** – St. Michael the Archangel. Therefore, the IPA awarded this bishop with the Medal of the 20th Anniversary [Ciesla 2013]. The banner, the design of which was selected in a competition, shows the IPA emblem (obverse) and the figure of St. Michael the Archangel (reverse), modeled on the monument in Kiev (Photos 1-2). It was funded for the 25th anniversary of the IPA. It was escorted by hussars and was demonstrated during the IMACSSS Congress in Rzeszów in October 2018. At that time, this banner was consecrated in accordance with the Catholic and knightly ceremonies.

In the following years, the IPA flag party participates in important ceremonies.

Other organizational symbols and institutions

The association also has its own **anthem** written by Rafal Rzany [2003], a poet and *karateka*. Only there is no melody for it so far, so that this anthem can be played and sung. IPA **certificates**, in several models, are used in Poland and Germany. The meaning of the indicated symbols, ideas and values that are introduced by the IPA, especially in the *Idokan Yoshin-ryu* system, are described in the manual - *Martial Arts: Ido & Idokan* [Cynarski 2009; cf. Cynarski 2003; Korobeynikov, Black, Cynarski 2022].

Periodically, every year a scientific symposium, *Obóz Letni* / Summer Camp, and earlier – also a tournament for the Idokan Poland Cup (until 2005) are organized. From 2021, the IPA flag party participates in the celebrations of the Independence Day in Strzyżów.

5. Symposium for the 30th anniversary

The 30th General Assembly Commemoration Symposium was held after the jubilee reporting meeting. About 30 people from many centers in Poland participated. 9 papers were presented and discussed. They concerned a number of issues in various methodological approaches – from the history of saber fencing to the biomechanics of kicking techniques [Photo 4]. The meeting was patronized by Prof. Wojciech Czarny, director of the Institute of Physical Culture of the University of Warsaw, and Prof. Wojciech J. Cynarski, as the president of IMACSSS, who also actively participated in this Symposium [Photo 3].

6. Discussion

What is a 30-year-old tradition of a given organization compared to even 100-year-old sports clubs operating in Poland and other countries, sports associations and federations? There have been generational changes in associations with a longer tradition; their achievements can already be assessed from the distance of the past [cf. Szajna, Cynarski 2018; Fudali 2022]. On the other hand, Idokan International – an organisation operating under various names since 1947 – is older than many different organizations, including Japanese ones, and IPA is a new form of functioning of this tradition [Vide: Cynarski 2009, 2019a]. The leaders had the opportunity to meet the previous generation of Grand Masters i.a. Hubert Baron Klinger von Klingertorff and Hans Schoellauf.

Polish *jujutsu* and *judo* has a relatively long tradition. Elements of *jujutsu* have been cultivated here since the beginning of the 20th century. In 1957, the Polish Judo Association was registered, and only in 1993 (several months later than the IPA) did the Polish Ju-Jitsu Association come into being. It wasn't until 50 years ago

that *karate* appeared in Poland - around 1972, the first sections of this martial art were created. The 30-year tradition is therefore neither a relatively long tradition nor a short episode.



Photo 3. Chairmen of the 1st Plenary Session: Prof. W. Czarny and Prof. W.J. Cynarski. IPA Symposium 2023 in Rzeszow; the main hall of the Institute of Physical Culture Sciences (named after Prof. K. Obodynski). The decoration remained after the IMACSSS ,2022 Congress. On the back – the IPA banner [own authors' collection].



Photo 4. Speech by Dr Monika Blaszczyzyn (Opole University of Technology). Second Plenary Session of the IPA Symposium in Rzeszow, March 25, 2023 [authors' own collection; courtesy of IPA & Przemyslaw Pawelec].

After Poland opened up to the world in 1989, new varieties of martial arts and their organizations appeared in this country. For some of them, the IPA was a model. For example, instructor Wieslaw Kiesel was a member of the IPA for several years, and then founded his own organization. While the IPA in its early years focused on participation in sports competition, in W. Kiesel's organisation (founded, incidentally, in 1998), the emphasis on sports activities is gradually increasing [Kiesel 2022]. On the other hand, the IPA in the last decade has significantly reduced its activity in the field of sport, focusing more on studying the traditional way of martial arts and scientific activity.

Research, publishing and organization of scientific conferences serve to multiply knowledge about martial arts. Therefore, IPA is registered as an organization oper-

ating in the field of research and development, which is implemented socially by the board, activists and members. It is difficult to overestimate the cooperation with various Polish and foreign institutions. Cultural dialogues, the vehicle of which are martial arts, have been carried out from the very beginning in the pages of „Ido Movement for Culture” [Rzany 2001; Cynarski 2019a]. These dialogues are fostered by numerous international contacts of the martial arts community and the scientific community, in which IPA members participate. Old Polish and, for example, Japanese martial arts traditions are also examined and compared.

The educational activity resulting from the IPA Statute concerns the shaping of patriotic and pro-social attitudes, morality and mutual solidarity, dissemination of knowledge about physical and health culture. The emphasis is on the practice and research of martial arts. Similarly, in the declarative sphere of various organizations, this also applies to other martial arts, as long as they are treated as educational and axionormative systems. Most often, the educational function concerns shaping pro-social attitudes, mutual respect, emotional self-control, self-discipline and self-improvement [cf. Bolelli 2008; Slezak 2008; Cynarski 2020b; Czuba, Blazejewski 2020].

However, it is difficult to assess the unequivocally positive impact of practicing martial arts on the attitudes of people studying martial arts. They internalize the values of the martial arts ways to varying degrees. Their worldview and value system are more often determined by the family home and religious denomination (a- or anti-religious worldviews are also a substitute form of religious denomination). The teacher is not always able to influence his student when it comes to worldview and moral issues.

In the case of the IPA, the process of institutionalization appears to be relatively advanced. However, this is not about practicing combat sports (training and competition systems) or analyzing the institutional development of sports *karate* or *jujutsu*. The issue concerns the adoption of numerous institutional solutions in the field of teaching, examining, promotion to degrees, awarding honorary distinctions, etc. [cf. Cynarski 2006; Cynarski et al. 2009; Uozumi 2013]. The 30-year period means that certain institutional solutions are adopted regardless of the regulations.

Summary

The IPA (Idokan Poland Association) organisation gathers, researches and promotes various martial arts. Symposia and seminars, demonstrations, training workshops and camps are organised, and a specialised scientific periodical “Ido Movement for Culture. Journal of Martial Arts Anthropology” is still being published.

Idokan style is not associated in any particular way with any tradition or national identification. However,

it is a reason to be proud of the inhabitants of Central European countries, representing the contribution of this part of the world to martial arts as a heritage of humanity.

Institutional advancement manifests itself in periodically organized Summer Camps, symposiums and methodological workshops, in social activities in the field of research and development, in the process of teaching and educating young people, in cultivating certain values contained in the idea of the „noble way” and in the *Ido* philosophy.

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Appendix 1.

IPA Project no. 3 was accepted for the years 2014-2016, as below.



IDOKAN POLAND ASSOCIATION®

Scientific, Educational & Sportive Society

<p>Association was founded at March 1993 in Rzeszów.</p> <p>Honorary President is Meijin Lothar Sieber, 10th DAN.</p> <p>Address: Towarnickiego 3, 35-959 Rzeszów, Poland e-mail: sp_walka@uniw.rzeszow.pl www.idokan.pl</p> <p>Shibu Kobudō and "Ido - Ruch dla Kultury / Movement for Culture" Editorial office - Zawale 27, 38-100 Strzyżów, Poland Tel. (0-17) 2761208</p> <p>NIP 519-10-10-372</p> <p>REGION P-690282490</p> <p>Account: INVEST-BANK S.A., O/Rzeszów, Zygmunta 9, No.: 37 16801105 0000 3000 0163 4848</p>	<p>IPA Project no. 3/2014-16</p> <p>Kierownik koordynator - dr hab. Wojciech J. Cynarski, prof. UR</p> <p>Tematy badawcze:</p> <p>3.1. Instytucjonalizacja i adaptacja sztuk walki w Europie (współdziałanie z komisją Shibu Kobudō) - główni wykonawcy - dr hab. W.J. Cynarski, sensei S. Mor-Nabiałini.</p> <p>3.2. Historyczna nierzemiona europejska - faklografia, rekonstrukcja, nauczanie (- z Kom. Szermierki) - dr Gabriel Hajna, prof. dr hab. W. Kłobucki.</p> <p>3.3. 65 lat judo - idea i technika (z 1948 roku L. Sieber) - shihan Lothar Sieber, prof. EJKC, dr hab. W.J. Cynarski.</p> <p>3.4. Turystyka sztuk walki - badania ewolucyjne i wyjaśniające (z Kom. Turystyki) - doc. dr hab. Marian Dzięciek, dr Jan Słopecki.</p> <p>Naturystyczny, Rzeszów, 6 XII 2013.</p> <p>Prof. dr hab. Krzysztof Obodyński Wiceprezesa Zarządu Stowarzyszenia</p>
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Appendix 2.

Congratulations on the 30th Jubilee

Some years of good scientific and martial arts cooperation have passed. Well, in 1992, Wojciech J. Cynarski started working with me. He was already advanced in martial arts when he came to my school. He is my best Polish student. Already in 1993, he received the Idokan International representation for Poland from Hans Schoellau and registered the IPA. Today, IPA is an independent organization representing Idokan on an international scale. Congratulations on your good work, scientific and coaching achievements on the 30th anniversary!

I attach sports greetings,

Meijin Lothar Sieber 10 dan, Prof. EMAC

First Honorary Chairman of Idokan Poland Association (IPA)

XXX lat Stowarzyszenia Idokan Polska (1993-2023): działalność naukowa i edukacyjna

Słowa kluczowe: organizacje, towarzystwa naukowe, kultura fizyczna, studia sztuk walki, *fighting arts*

Streszczenie

Problem. Minęło 30 lat działalności Stowarzyszenia Idokan Polska (SIP). Czy jest to wystarczający okres, aby ocenić dokonania instytucjonalne i konkretne osiągnięcia? Celem tego opracowania jest opis SIP – w perspektywach diachronicznej i synchronicznej, w jego dzisiejszej aktywności i aksjologii, z akcentem na specyfikę i stan instytucjonalizacji.

Metoda. Główną metodą badawczą jest tutaj ponad 40-letnia obserwacja uczestnicząca autora, analiza dokumentów i doniesień prasowych oraz analiza treści literatury przedmiotu. Wyniki i wnioski. Ukazano treści nauczania i wychowania, wartości i symbole, rozwój instytucjonalny i zmiany w priorytetach działania. Coraz bardziej jest to towarzystwo naukowe, wciąż jednak realizujące nauczanie praktyczne sztuk walki. Zaawansowanie instytucjonalne przejawia się tu w cyklicznie organizowanych obozach szkoleniowych, sympozjach i warsztatach metodycznych, w społecznej działalności w zakresie badań i rozwoju, w procesie nauczania i wychowania młodzieży, w pielęgnowaniu etosu szlachetnego wojownika i w filozofii *Ido*.