

Budo – a unique keyword of life sciences

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A division and classification are always some separation of elements of the larger whole. Any division of sciences and any classification of scientific disciplines and specialties are in some sense imperfect. On the one hand, the science – because of its basic mission – cannot be isolated from the practice. A division and classification of sciences are necessary to serve the best this practice. On the other hand, the division and classification of sciences are essential in order to have an efficiently administered sphere of science. Primary issue is promoting scientific resources within clearly defined areas of scientific realms, disciplines and specialties. A division of science into three large groups: life sciences, humanities and social sciences, exact sciences and engineering (Figure 1) is in some sense a compromise – an attempt to reconcile the needs of practice and necessity for efficient science management. The advantages of such division are easy to specify (to facilitate the planning of science and distribution of budget resources, simplifying the evaluation of scientific journals, evaluation of scientists achievements, identifying journals and scientists on a global scale, to facilitate communication and selection of competent specialists and reviewers, to enable effective education of specialists at higher level etc).

A fixed order of that division is burden by necessity of solving the most important problems for man and society. One time excess cognitive aspect, the other – the society needs. The harder an answer to a given question or questions, the greater possibility of finding the answer on the edge of variety of sciences. Necessary is an interdisciplinary approach (Figure 2).

Why we associate the term „budo” with the life sciences, if in journal *Archives of Budo* are publishing articles also qualifying to the humanities and social sciences [1] and even to the exact sciences and engineering [2]?

There are two main reasons. First – we are far from assigning any science or a group of sciences the status of super science. The second – the term „budo” is associated by a men practicing combat sports and martial arts mainly with the variety of the hand-to-hand combat training (based on assumption that each combat sport is a martial arts, but not vice versa, farther we are using term „martial arts”). However, people dealing with this issue in research sense, strictly in scientific sense, associate „budo” with area of sports science as well as with biomedical sciences. The studies of phenomena related to fight of people in direct combat are authorized within each of these groups of sciences. That is in fact, since man for the first time defined the „science” and made its first division.

Perception the term „budo” is not so clarify among the people not related directly to the practice of martial arts or to scientific researches in this kind of motor activity (physical work) of human and cultural phenomenon. This is a detailed reason for which in the title of the journal are using the term „budo” instead of „martial arts”. In the free – one of many possible – interpretation of “budo it means self-building through the martial arts”. Martial arts training competently carried out positively changes the man in each of the possible dimensions – health, motor, mental, intellectual, ethical, ecological, social etc. Such changes can perform only a competent teacher, a real master. Unfortunately, mainly through electronic media, the mastery of martial arts teacher is associated with the motor efficiency, with excellent coordination, but not with the knowledge, methodological and scientific qualifications, with wisdom. It is worth to emphasize that in contrary to many sports, martial arts teacher cannot perform without a direct demonstration of combat techniques. Such requirements are not required from i.e. trainers (teachers) of ski jumping, jumping into the water and many other sports.

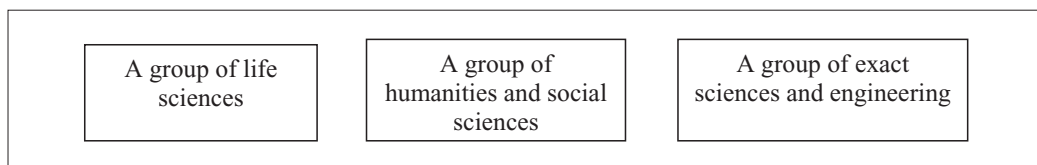


Figure 1. General division of science into three quasi-monothematic groups.

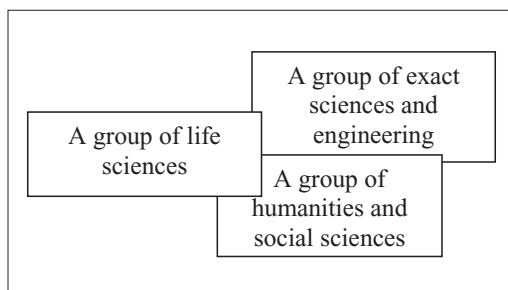


Figure 2. The way of use the science with optimum effect for an individual and society.

Verification factor mastery martial arts teacher by direct confrontation is still dominating especially among youths standing on the threshold of sport career or dilemma of choosing „sport life“. Confirmation of this thesis might be the dynamic analysis of *Archives of Budo* readers' interest to certain category of articles. For example Prof. Shishida article with provoked title „Counter techniques against Judo: the process of forming Aikido in 1930s“ attracted much attention [3], what evidence a number of downloads (88 per month), although it has been published in April 2008. Opposite sample is an article devoted to Jigoro Kano [4] published in December 2008 where average download rate is 22 per month. However, paper concerned possibility of increasing the force of impact, published in January 2009 year [2] has 57 downloads per month. Equally, important argument proving above thesis is a huge interest of articles concerned effectiveness of combat techniques through the first 1-2 months, and very week download rates in the next months, what does not exceed the average downloads for the total number of articles published in *Archives of Budo*. We are on the opinion of necessity promotion healing and humanistic values of martial arts (wider – the budo practice) what confirms permanent readers' interest of such articles.

Awareness, that social perception of martial arts comes down to motor aspects of exercises and the entire system of the hand-to-hand combat training, inclined us after four years of publishing *Archives of Budo* to change the editorial formula of the journal since 2010. It seems to us, that journal header based on figures of people exercising martial arts can only consolidate the belief, that budo in fact is the only body exercises. In one of interpretations, “budo is a bright mind and a peace of spirit”. The main means for achieving that aim are martial arts exercises. Distinguishing four sections of published

articles in *Archives of Budo*, might more clearly demonstrates for the wider group of readers the multifaceted budo practice. In section “Science of Martial Arts” we will publish original papers and reviews concerning theory and practice of martial arts in the broad meaning (combat sports, hand-to-hand fighting, elements of the military training, of police training etc.). Section “Health Prevention” will be a set of articles from various categories (basic research, case reports, reviews and special reports, perspectives, letters to editor with comments on a recent *Archives of Budo* articles etc.) which are providing scientific arguments of the relation of specific budo exercises with keeping and improving the health in its all dimensions – somatic, psychological, and social. What is more, developing motor competence for survival (safe falling down, self defence, ability of the precise acting regardless of intensity and the time of a physical effort, methods of the premedical help and different forms of saving threatened people etc). Traditional school of the budo mastery says that “before you learn to fight, first learn to treat people”. Articles classified to section “Philosophy” will deliver reliable argumentation that immanent value of the budo practice is apart from improving the motor man, developing also his intellect and the mental sphere (spiritual). It is a good place for publishing papers from the borderland of other disciplines of humanities and social (especially sociology, psychology, and ethics). Section “History” has to be a buckle fastening martial arts tradition with the latest trend of the practice. Far Eastern martial arts tradition is being cultivated by handing on from generation to generation in the unchanged way specified motor forms – Japanese *kata*, Korean *tul*. In many European countries and in the USA are coming into existence schools of western martial arts, of which mission is “building character through the chivalric arts”. Because in the European knight's culture strict motor forms have not been worked out handed on in the form of codified arrangements, so motor reconstruction of knights must be preceded by historical studies. We are witnesses of the phenomenon the martial arts globalization (recently associated only with Far East) in the necessary interdisciplinary comprehension. We think that it is one of the most valuable effects of the cultures dialogue. Unfortunately in electronic media dominate blood variety of martial arts and “ultimate formula” is a disgraceful symbol of contemporary, legal gladiatorship.

“Budo” term in our belief, perfectly becoming part of a set of concepts of the life sciences group and is the closest to the issues necessity to survive. However, it is not synonym of “survival”. In many countries term “survival” is recognizing as the set of abilities necessary in difficult situations, as the element of training special military teams or Boy Scouts, as the instructor’s specialty of extreme tourism and recreation marketing etc. Budo is much more, and practical dimension of this conception and measure of its attraction is diversity martial arts based on ethical grounds.

The reader should not disorientate by content of the last paragraph. On the contrary, it is a next underline, that budo mission is not being limited to the motor sphere – to reinforcing only our energy fitness and the coordination perfection. We do not want to fall into the trap of thesis about the necessity of close connection the science with the sphere of economy. The attempt to get the quality of life to the simple formula of the economic calculation early or later will hit into bases of the balanced development of individual and society. Publishing in *Archives of Budo* exclusive of articles orientated to the technology of motor improving the man would be in longer distance road to nowhere, a contradiction of the budo conception.

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