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1st World Scientific Congress of Combat Sports and Martial Arts (22-24 September 2006) and “Rzeszow Declaration”

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From 22 to 24 of September 2006 Rzeszów University was hosting participants from the 1st World Scientific Congress of Sports and Martial Arts. In the scientists' meeting which was organized by Physical Education Faculty and Podkarpackie Scientific Association of Physical Culture in Rzeszów over 140 participants from America, Asia and Europe took part. The Congress was under the auspices of Chief of the General Staff of the Polish Armed Forces. The president of the Organization Committee was **Prof. Kazimierz Obodyński** who is also a Dean of the Faculty of Physical Education of Rzeszow University, and the Scientific Committee was chaired by **Prof. Roman M. Kalina** who is also a chief of Combat Sports Department on the Faculty of Physical Education of Rzeszów University, the secretary of the Congress was **Prof. Wojciech Cynarski**.

The main purpose of the Congress is:

- Dialogue about humanistic, health, ethical and defensive values of combat sports and martial arts as well as about problems and dangers connected with incompetent popularisation of these
- presentation of scientific and methodological achievements in the field of theory and practice of combat sports and martial arts

- recommendation of propaedeutics of combat sports as a holistic method of moral, physical and defensive education and for gifted individuals as an introductory training for future career in combat sports.

The main issues of the Congress were presented during the plenary debate and during the five sessions:

1. Combat sport and martial arts in the 3rd Millennium (philosophy, ethics, pragmatics).
2. Cultural, educational and psychological aspects of combat sports and martial arts.
3. Combat sport and martial arts in the training of defensive units.
4. Theory, methodology if training and the structure of combat.
5. Biomedical problems of combat sports and martial arts (anthropology, biochemistry, biomechanics, physiology etc.).

There were 71 lecturers who offer themselves for a Congress, 53 of them have qualified to make a speech during the three – week debate. 25 works concerned almost all congressional problems were presented in the posters sessions.

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In the lecture hall of Rzeszów University the ceremonial opening was conducted by **Rektor Prof. Włodzimierz Bonusiak**. The participants of the Congress were also welcomed by the **mayor of Rzeszów Tadeusz Ferenc**, representative of Chief of the General Staff of the Polish Armed Forces **Colonel Włodzimierz Hauzer PhD**, and on behalf of the Organization Committee and the Scientific Committee **Prof. Roman M. Kalina**. During the first plenary session speeches were presented by: **Prof. Stanisław Tokarski** (Poland) *'Budo in transition – the challenge of the third millennium'* and **Prof. Taketo Sasaki** (Japan) about *'The meaning and rule of budo (the martial arts) in education of school of Japan'*.

An integral part of the first day of the Congress was *'Gala Budo'* – there were aikido, iaido, jo-do, judo, ju-jitsu, karate kyokushin, kendo, traditional karate, self-defence, wu-shu displays. *'Gala'* took place in the Regional Spectacularly and Sport Centrum called Podpromie Hall. *'Gala Budo'* was professionally led by **Jan Harasymowicz PhD** (Poland) and **Waldemar Sikorski PhD** (Poland). The youngest participants of *'Gala'* – the group of children who train in the Traditional Karate Academy by **Marta Niewczas** (world and European champion in the traditional karate) and children training judo under **Piotr Majcher** direction received the greatest applause. Marta Niewczas and Piotr Majcher are the assistants in the Combat Sports Department of the Faculty of Physical Education of Rzeszów University. The direct proof that sports and martial arts are sports of life was shown in the dynamic judo in self defence display by **Józef Niedomagała** (7 dan judo, chief of Dan Committee of Polish Judo Association), who spend over fifty years on tatami. The proof that scientists and practitioners of sports and martial arts work closely together was the presence of the Polish Aikido Association's president **Roman Hoffman** (who personally participated in displays), the Polish Traditional Karate Association's president **Włodzimierz Kwieciński PhD MD** and the Polish Kendo Association's president **Włodzimierz Małecki**. **Prof. Taketo Sasaki** – the member of Congress's

Scientific Committee – gave to the participants a special certificates. At the end of the first day there was a ceremonial dinner prepared for the participants. A very interesting part of the dinner and the continuation of culture dialogue, which is create by the experts of martial arts, was the traditional Polish folk style, regional dishes, music and dancing.

In the next few days of Congress debate took place, firstly in the plenary sessions, then in the two parallel sessions. We had listened to the interesting speech out among others by **Prof. Matthias von Saldern** (Germany) *'Educational effect of martial arts?'*. The author presented many moot points, but also one of his own, very original conception about bringing up teenagers by applying martial arts judiciously – *'stop the weapon'*. **Prof. Włodzimierz Starosta** (Poland) – president of International Association of Sport Kinetic (IASK) – outlined one of the most important issue about the progress in training sports and martial arts by his presentation entitled *'The term of 'opponent's feeling', its structure, conditions and development in the opinion of advanced competitors selected combat sport and martial arts'*. The **Prof. Hrvoje Sertić** (Croatia) was talking in his report *'Diagnostics of anthropological status of Croatian judokas'* about the psychomotor conditioning in the judokas' training, **Prof. Władysław Jagiełło** (Poland) was presenting the problem of the motor development in the young judokas, and **Prof. Stanisław Sterkowicz** (Poland), together with co-authors (among them **Prof. Emerson Franchini** from Brazil) showed the results of researches about kick boxers, judokas and taekwondo WTF. Some works such as: *'The experience of the scientific basing of the time resources for military men training in hand-to-hand fighting'* by **Prof. Sergiej Ashkinazi** (Russia), *'UNIFIGHT – new combat sport and new perspective of development martial arts'* by **Sergiej Novikov PhD** (Russia), *'The physical parameters that describe taekwon-do's the rising kick'* by **Jacek Wąsik PhD** (Poland), and also works about health prevention by using some martial arts' exercises by **Andrzej Mroczkowski PhD** and **Prof. Ewaryst Jakólski** (Poland) and **Prof. Tadeusz Karski's** team, and finally works about humanistic and social aspects of sports and martial arts by Polish professors **W. Cynarski**, **K. Obodyński**, **Andrzej Szyszko-Bochusz**, show the variety of Congress' problems and its interdisciplinary character.

The realization of the third aim of the Congress was fulfilled by two speeches: *'Assumption and objectives of the combat sports propaedeutics'* which was presented on behalf of the team of authors by **Prof. R.M. Kalina**, and *'Mission and tasks University Center*



of Combat Sports and Martial Arts (UCCSMA)' also presented on behalf of the team of authors, by PhD W. Sikorski.

It has to be emphasized that the Congress' organizers allotted a special session devoted to fencing. The reports were given by: **Prof. Zbigniew Czajkowski** (Poland), who is an outstanding fencing's teacher, a tutor of many coaches, working in different countries and achieving international success, and by **Prof. Wojciech Zabłocki** (Poland), who won medals during the Olympics, the World Championships and the European Championships, as a great fencer, he is also an outstanding architect and painter.

Next to the great scientist there were works presented by doctoral students from many different countries. To show the variety we will listed just few of them, such as: 'Age and gender - specific physiological characteristics of judo athletes' by **Elen Pocecco** (Austria), 'Struggle dynamics by double Olympic champion in judo (1988, 1992)' by **Dariusz and Katarzyna Boguszewscy** (Poland), 'The motor, functional and psychological status of selected judoists' and 'Diagnostics of physical abilities of wrestlers in Croatia' by Mario Baić (Croatia), 'Selected factors of judo development in CISM' by **Anna Kuzawińska** (Poland).

There were also the young scientists' presentations like the one about functioning of *Index Copernicus* portal by **Bartłomiej Barczyński** (Poland). This system

makes possible to enable the evaluation of scientific, didactic and organizational achievements of particular people, and also the evaluation of scientific magazines and institutions. During the break the Congress' participants had an opportunity to log on into the system. If we consider that in the world not many scientists deal with the problem of sports and martial arts, we may see that our scientific, didactic and organizational achievements give the opportunity to create that unique issues in a competent and a high substantive way. Through the *Index Copernicus* indexed are the scientific magazines like 'Archives of Budo' and 'Scientific Year's Issue ID – Movement for Culture' in which few reports presented during the Congress were published.

Round Table Debate and "Rzeszow Declaration"

In the last day of Congress debates summery in the form of round table took place. The high scientific and organizational level of the Congress was emphasized and the idea of organization of the Congress was appreciated as well. In the conclusion it was decided that the theory of combat sports and martial arts are the scientific subdisciplines which develop in an extremely rapid way. That shows a need to exchange the views and experiences between scientists who deal with this kind of researches. There is also a need to emphasized that the organizers have managed to create an interesting and substantively mature foundation of discussion between theoreticians



(scientists and researchers) and practitioners (coaches, instructors, activists, competitors).

The effect of this interesting discussion was that the **“Rzeszow Declaration”** was accepted:

1. The continuance of the organizing other Congress' editions in many different countries is the warranty of dynamic development of the theory of combat sports and the theory of martial arts.
2. The recommendation of *Combat sports propaedeutics* as an integral part of physical education is important because of the need of felling safe among students of all types of school and also is an effec-

tive interpersonal violence prevention at school and outside the school and a prevention of a damage of the body (teaching how to fall safety).

3. The recommendation showed in the structure of Rzeszow University '*University Center of Combat Sports and Martial Arts (UCCSMA)*' aim to intensify and to integrate the works of research teams and the particular scientists who deal with combat sports and martial arts.
4. To implement in *Index Copernicus* portal the scientific subdisciplines '*Combat Sports and Martial Arts*' which will make it easier to identify all scientists from all over the world who deal with that issues.