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## Report from the 1<sup>st</sup> International Budo Conference

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On 5<sup>th</sup> October 2007 took a place the first International Budo Conference at the Polish Olympic Committee Hall in Warsaw from initiative of dr **Włodzimierz Kwieciński**, the President of the Polish Traditional Karate Federation, Chairman of the Organizing Committee and active participant of the Conference. Honorary patronage over the Conference took Sensei **Hidetaka Nishiyama**, the President of the International Traditional Karate Federation.

**Steve Shuji Nakada** was moderator of the first part of the Conference who presented the profile of Sensei Hidetaka Nishiyama and “Budo in the school education as mandatory subject to shape and develop personality to become human assets to belonged community”.

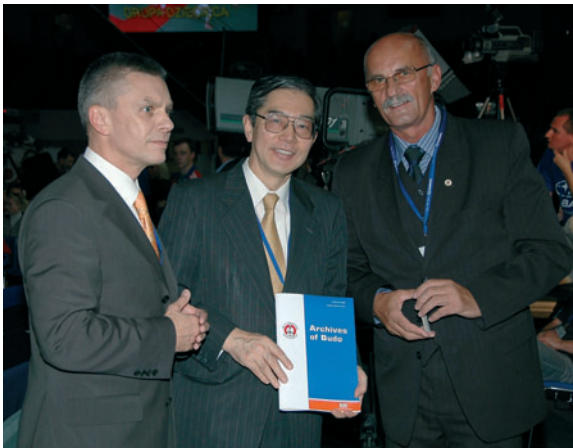
**Sensei Hidetaka Nishiyama** delivered key presentation on “Fundamentals and Competition for Bu-do” where explained purpose of Budo which is self-mastery by seeking and training in the Martial Arts. Various fighting techniques (*Bu-Jitsu*) formed in medieval Japan (1493 -1573), and further modified by experts of different fighting systems leading to creating very effective techniques and training systems (*Ryu-Ha*). Gradually they became more precise martial arts (*Bu-Gei*) recognized not only as art and system of education but also as a very important tool determin-

ing a human character. The leaders of Martial Arts established fundamentals of training, which presents in contemporary Budo as follows:

- a. **Decorum.** An apprentice to understand Budo must be humble, modest, and respectful to his master, training partners and others to deepen his knowledge of Budo.
- b. **Stable Emotion.** Training of Martial Arts learns how to react properly, without fear and hesitation to face real situation with stable emotion practiced during trainings and meditation.
- c. **Seriousness of Intention.** Martial Arts adepts ought to be aware that training prepares them to various situations deciding about life or death. Such attitude demands physical and mental concentration in daily life.
- d. **Self-Challenge.** Self-development through technical and mental improvement is the main purpose of Martial Arts training.
- e. **Self-Discipline and Hard Training.** Hard training and discipline is the key to success both in Martial Arts and in sport.

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**Figure 1.** The ambassador of Japan in Poland His Excellency Ryuichi Tanabe during The Cup World in Traditional Karate – Warsaw 6.10.2007 – in assist of the chairman Polish Traditional of Karate Association W. Kwieciński and editor chief Archives of Budo R.M. Kalina (foto. A. Paczesny).

It occurs that despite of technical excellence men meet a barrier of development. Then **Zen Buddhist Leaders** through *Mu-shin* concept no-mindedness are of great assistance to overcome the barrier. Confucians highly valued Martial Arts recognizing them as a good way for education society, particularly working class who contribute to the greatest extend to the progress and development of the country. **Medical Researchers** agree that Martial Arts are a form of physical education. Physical training, conscious breathing, activating internal organs improve health and increase mental power of a Budo trainee – “thinking by mind and acting by Ki”. In Budo as a philosophy and human culture, the most important are principles and spirit supported by technical skills. Some Budo disciples entered to competition. First national competitions in Judo took a place in 1899 and in Kendo in 1927. Budo through joining sport competition could lose some of its universal values. Therefore, the main purpose of competition ought to be education instead winning. Since 1911, Kendo and Judo became obligatory in curricula of secondary education in Japan. Budo has persevered and it is our responsibility to protect and preserve its values for future generations.

Second part of the Conference dedicated to the role of Budo in education, health, security, economy, and sport in form of a discussion panel. A moderator of the panel was **Waldemar Sikorski**, first Polish Olympic Coach in Judo and the President of the Polish Judo Association in 1985 -1988 (6<sup>th</sup> Dan Judo).

First spoke **Prof. Stanislaw Tokarski**, member of the Polish Academy of Sciences and First European Students Champion in Judo (5<sup>th</sup> Dan Judo). He talked about **Education** focusing on three dimensions of

Budo practise. “International Budo” is often identifying with sport. In Budo distinguishes three education endeavours: self-defence, self-realization, and self-expression. Self-defence perceives as the way of education with respect to non-violence and self-confidence. Self-realization refers to axiological and emotional spheres with strengthening motivation and following bushido ethos. Self-expression indicates the way of aesthetic sensitivity and looking for one`s identity through physics and creative perception of tradition.

Next speaker **Prof. Vladimir Jorga M.D. Ph.D.**, the President of European Traditional Karate Association (8<sup>th</sup> Dan Karate), discussed about **Health in Budo**. Western and oriental medicine differs in approach to the same objects. For example, water according to western medicine is a chemical compound, while in oriental medicine is a source of life filling our bodies. Western attitude towards sciences is more analytical and tangible, whereas in oriental holistic.

**Prof. Tomasz Karski**, the Head of Paediatric Orthopaedic Rehabilitation Department, together with his Assistant **Jaroslav Kalakucki Ph.D.** presented idiopathic scoliosis. In their 20-year practice, they came to conclusion that stretching exercises applying to Karate protect against stiffness and asymmetry of the spine and are the best way in prophylaxis of idiopathic scoliosis.

**Security** was the next topic of panel discussion conducted by **Roman Maciej Kalina**, Professor of the Physical Education Department at the University of Rzeszow, Poland and the Chairman of Judo Commission in the International Military Sport Council (CISM). According to presented topic, the man is finding as a major threat for another man and should not defence using physical power against verbal offence but against physical aggression. Budo offers physical and mental self-defence, where expert teacher is indispensable. Unfortunately, there are a few people responsible for understanding and teaching Budo and self-defence. None of the combat sports is complete and every martial art includes elements of self-defence. There are in Judo but it is included in programme of competition only in Traditional Karate. Due to understanding of Budo an aggression and emotion could be controlled and diminished but almost none of physical educators` acknowledge it.

**Jan Harasymowicz Ph.D.** the Dean of Physical Education Department at the High School in Plock, Poland and Budo expert presented **Holistic Fair Security**. Self-defence plays important role in combat sports and martial arts where should never exceed



necessary defence in a real life however it depends on competence and ethics of teachers. The optimal model of self-defence contains the following criteria of mental, physical, and moral education in Budo: philosophy of the man working on his self-improvement, ethical principles in accordance with ethos of Budo, methodical basis influencing on body through perception, meditation, observation and concentration.

Steve Shuji Nakada, the Managing Director of Japan Conference Center, the Founder of Budo Council of USA and Japan-USA, and the Judo instructor spoke about Budo influence on Japanese **Economy**. "As a Judo instructor, and once practiced Kendo, Sumo and Karate, I can see its usefulness in our historical and business facts". He said that Budo is the best way to create highly valued society out of human beings with high moral standards. Japanese recognize Budo as a kind of mental training and philosophy, which applied to business after the Second World War. Thus, Japan became No. 2 economic power despite import of 99% oil, 97% minerals, and 90% food.

In this context **Matthias von Saldern**, the Profesor of Luneburg University and Karate instructor asks very often during conference, what Budo is. "Bu" means stop the halberd, whereas "do" means the way you study Budo. The other way presented Sensei Hidetaka Nishiyama who shared Budo knowledge with us. The third way of Budo is the history of Japan. Therefore, Budo is unique and cannot apply to other **sports**. Budo is not limited to dojo because it presents at

any place and time. It is very difficult to be Budo-ka because we aim to live according to Budo principles and higher we are, the less we know.

Waldemar Sikorski, Ph.D. continued the issue: **Budo as a Sport** explaining that the code of medieval Japanese knights – samurais with such virtues as: bravery, loyalty, honour, scorn of death, continuous training to develop utmost skill, found its place in Budo. Budo defined as "the way of martial arts" remained an art but also changed into sports: judo, karate, kendo. Although, competition in Budo sports became a main purpose, the universal values have persevered in them. Some people do not like westernization of Budo saying that it loses its unique character. That is true to some extent. There are many perils threatening modern sports: doping, commercialization, play not fair and others. Therefore, Budo Sports should be these ones, which observe bushido code and high moral standards.

It is worth to mention that the above Conference was preceded by 1<sup>st</sup> Scientific Congress of Combat Sports and Martial Arts organized by the University of Rzeszow on 22-24 September, 2006 [1]. More information about the Congress in Archives of Budo vol. 3 pp. 86-89.

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