

A few words about the “Karate Compendium”

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- ☑ **A** Study Design
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- 📊 **C** Statistical Analysis
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Abstract

In the public sphere, a noticeable loss of the identity of Budo fighting methods in favour of the escalating phenomenon of neo-gladiatorism takes place. Therefore, any form of promotion of Budo values should be disseminated to the largest possible audience. Hence, the purpose of this article was an expert point of view of the 2021 publishing novelty entitled “Karate Compendium”. The “Karate Compendium” is the essence of karate knowledge. This is an important piece of literature explaining what karate is and what karate is not, and clearly opposes the escalation of the phenomenon of neo-gladiatorism. The book creates a new direction to disseminate knowledge about Budo forms of physical activity.

Key words: combat sports • martial arts • physical culture • self-defence system

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Compendium – a complete and summarized body of knowledge on a specific topic. It is also a summary of some larger work or scholarly work [32].

Neo-gladiator – a person who trains mix martial arts (MMA) and similar forms of hand-to-hand fighting that do not meet the definition of sport according to the Olympic Charter [5].

Budo (Budō) – originally a term denoting the “Way of the warrior”, it is now used as a collective appellation for modern martial arts of *kendō*, *jūdō*, *kyūdo* and so on. The primary objective of these “martial ways” is self-perfection (*ningen-kesei*) [33].

Karate – *noun* a traditional Japanese form of unarmed combat, now widely popular as a sport, in which fast blows and kicks are used [34].

Kata – *noun* a sequence of movements in some martial arts such as karate, used either for training or to demonstrate technique [34].

Self-defence – *noun* fighting techniques used for defending oneself against physical attack, especially unarmed combat techniques such as those used in many of the martial arts [34].

INTRODUCTION

A constant escalation of neo-gladiatorism in the global sphere is noticeable [1]. Cage fights displace traditional budo values from the public sphere [2]. And the phenomenon of martial arts becomes out of fashion in the successive generations, determined by technological progress [3]. In this situation, any form of promoting physical activity native to budo is important [4], because it opposes the constantly shifting limits of socially acceptable violence [5]. In the era of the COVID-19 pandemic in 2021 [6], I considered Paweł Adam Piepiora’s book “Karate Compendium” [7], published by the University School of Physical Education in Wrocław, to be such a form of promotion. It is a comprehensive textbook addressed to a wide audience of karate trainers and instructors, adult karate students, candidates for karate trainers and instructors, mental trainers and sports psychologists, students of physical culture sciences, teachers, pedagogues and tutors. Piepiora embedded the “Karate Compendium” in the field of medical and health sciences, in the discipline of physical culture sciences [8], in the field of combat sports theory [9], humanistic theory of martial arts [10], sports theory [11], sports psychology [12] and the general theory of martial arts and combat sports [13]. The chapters of the book deal with the characteristics of karate, karate training, karate forms, physical skills, and mental skills.

Contents of “Karate Compendium”

In characterizing karate, the author of the “Karate Compendium” successively addresses the question of the essence of karate, the development of karate, the differences between Olympic, sports and traditional karate, and the perceptions of karate today. The reader is well guided through the huge information gap of domestic “empty hand” masters [14]. Particularly noteworthy here is the culmination of the chapter by an impartial diagram of karate development showing the styles trained in Poland [15]. This is a novelty in the existing literature on the subject.

Much has already been written about karate training. But Piepiora went further and expanded the existing knowledge of karate by including physical education theory and sports theory. Here, in a nutshell, we are offered the knowledge of kihon, kata and kumite [16]; then these elements of training were referred to physical culture sciences: didactic methods, training methods

and stages of karate training [17]. This type of juxtaposition sheds new light on understanding karate as an attractive form of physical activity.

The above became an introduction to karate forms. This method of combat was placed in three forms: martial art, combat sport, self-defence system [18]. The author of “Karate Compendium” reasoned that if the goal of karate training is to maintain health and broadly understood self-improvement, we are talking about martial art [19]. But if the training goal is sports competition in seasonal competition, we are talking about combat sport [20]. On the other hand, if the training goal is the skills of honest self-defence, we are talking about a self-defence system [21]. This is an apt placement of karate in combative theories.

Then the reader was directed to the physical skills of a karateka [22]. Typically, karate literature deals with technical aspects and the literature on motor preparation concerns sport in general [23, 24]. However, knowledge about tactics could be obtained only at training seminars for trainers and coaches [25]. Piepiora referred here to motor, technical and tactical preparation in karate at the basic level [26]. To me: at a sufficient level, because detailed knowledge of physical skills has always been, is, and will be, guarded by the coaching staff of a given style, club or national team.

An important novelty in the “Karate Compendium” is the presentation of the mental skills of a karateka [27]. In the existing literature, one can find a lot of information about budo, bushido, philosophy, ethics, conventionally called the spiritual side. Piepiora defined this spirituality as mental skills and supported it with the knowledge of applied sports psychology [28]. He referred to self-confidence, mental resilience, motivation, emotions, visualization, imagination, attention span, aggression, attitudes and character. And he justified the process of mental training with the same programming as physical training [29]. The whole book is summed up in the conclusion. Indeed, the milestones of successful karate training were marked here [30, 31].

CONCLUSIONS

“Karate Compendium” is a full resource of knowledge about karate in a very accessible and condensed way. It is also a summary of several years

of scientific work by Paweł Adam Piepiora on karate and his long-term experience as a karate practitioner that led him to master ship. I consider this book important from the perspective of making the public aware of what karate is and what karate is not, and of opposing the escalation of neo-gladiatorism. Hence my appeal to experts to undertake editing compendia of individual martial arts, combats sports and self-defence systems. This is how we can contribute to stopping the ever-expanding boundaries of socially acceptable violence.

Paweł Piepiora – the profile of the author of “Karate Compendium”

Paweł Piepiora is a research and teaching employee of physical culture sciences employed at the Department of Sports Teaching at the University

School of Physical Education in Wrocław. He is a renowned shotokan karate competitor: a multiple medallist of the world and Polish championships in shotokan karate and the Polish Academic Championships in Olympic karate. Currently, he is a master class karate trainer, a world class referee in shotokan karate and an international class referee in sports karate. He is the representative of the Funakoshi Shotokan Karate Association (FSKA Premier) in Poland. In addition, he proved himself as an organizer of national and international karate sports events as well as scientific conferences, training and seminars for karate practitioners and trainers. He trained medallist of the world, European and Polish championships in shotokan karate. He has been awarded and honored many times for his activities.

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