

Dr Waldemar Sikorski (1937-2022) and his concept of supporting judo practice through science

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Abstract

Waldemar Sikorski was one of four men who, in the summer of 2005, decided that Archives of Budo would be an appropriate title for a journal dedicated to the health aspects of combat sports and martial arts. Five months later (from the beginning a member of the Editorial Board) he publishes his first article in the first volume of Archives of Budo: "Changing judo in changing Europe on the identity of combat sports in the era of integration on globalisation". His lifelong passion – judo – began with practice. He was a competitor of AZS AWF Warsaw in 1959-1964 and represented Poland in international matches. He was a coach at AZS AWF Warsaw (1963-1967), coach of the senior national team, co-author (with Hiromi Tomita) of the first Olympic medal (silver) won by Antoni Zajkowski at the Munich 1972 Olympic Games. He was prepared for this mission in a special way – he had graduated the Josef Pilsudski University of Physical Education in Warsaw and English Philology at the University of Warsaw. The authors of review of the Dr Waldemar Sikorski's life achievements from the perspective of exploring judo in the broad context of philosophy, theory and practice, are linked to him by various relations of a particular dialogue between two geographically distant cultures, which, paradoxically in a way, started at the level of judo. There is no evidence that the two eminent creators of new knowledge at the turn of the 20th century, Jigoro Kano and Tadeusz Kotarbinski, cited each other's works, yet each of them solved the same issue in their own way. The founder of judo, Jigoro Kano, emphasised that the most important thing is having "judo in mind", while the founder of modern praxeology, Tadeusz Kotarbinski, said that it is not only about making an action effective, but also morally irreproachable. Dr Waldemar Sikorski (7 dan judo) understood these principles, realised them in his creative life and left material evidence – scientific, popular and methodical works.

Keywords: health aspects of martial arts • judo in mind • praxeology

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AZS – The University Sports Association (AZS – Akademicki Związek Sportowy) is the biggest sports students organisation in Poland, that exists from the beginning of the 20th century. The AZS as the association was established in 1909 in Krakow and from there spread to all academic centres across the country.

AWF – Academy of Physical Education: an institution of university type (University of Physical Education) providing education in the field of sport science, having full academic rights (from bachelor to a professor with the right to confer a "*doctor honoris causa*" title). In Poland, there are six academies of physical education: the Academy of Physical Education in Katowice, Krakow, Poznan, Warsaw, Wrocław and the Academy of Physical Education and Sport in Gdansk.

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*, *kyūdō* and so on. The primary objective of these "martial ways" is self-perfection (*ningen-kesei*) [55].

Dan – *noun* 1. One of the numbered black-belt levels of proficiency in martial arts such judo and taekwondo. Also called **dan grade 2**. Somebody who has achieved a dan [55].

Praxeology – science about good work. *A Treatise on Good Work*, a fundamental lecture of praxeology by T. Kotarbinski (the first edition in 1955) has been translated into majority of the so-called congress languages (English, German, Russian) and as well: Czech, Japanese, and Serbo-Croatian.

A specialist of science of martial arts – should require qualifications, which would enable the dissemination of knowledge, consistent with the mission and vision of the *Archives of Budo*. It remains unclear whether, in addition to this unique knowledge, the specialist must accumulate experience and qualifications that are also based on the widely understood practice of martial arts [3, p. 3].

Budo Master – regardless of nationality, is the one who embodies the above features (see definition: **a specialist**

INTRODUCTION

Waldemar Sikorski was one of the four men (he was also the oldest) who, in the summer of 2005, decided that *Archives of Budo* would be an appropriate title for a journal dedicated to the health aspects of combat sports and martial arts. The one participant at the meeting who had no knowledge of the philosophy and practice of budo was Marek Graczyński (then managing editor of *Index Copernicus*) and he asked the question: 'what does the term «budo» means'?

It is impossible to say today whether the first to give a competent answer was Waldemar Sikorski or one of the other participants in that meeting – Stanisław Tokarski or Roman Maciej Kalina. It is significant that after a brief exchange of casual remarks – immodest though it may sound: by experts in combat sports and martial arts from the eastern part of the Iron Curtain – Marek Graczyński (listening diligently to the contents of this mini-workshop) suggested the title of the magazine: 'or perhaps: *Archives of Budo*'. Five months later, Waldemar Sikorski (from the beginning a member of the Editorial Board) publishes his first article in the first volume of *Archives of Budo*: 'Changing judo in changing Europe on the identity of combat sports in the era of integration on globalisation' [1].

This narrative review dedicated to the memory of Dr Waldemar Sikorski (7 dan judo) is at the same time a scholarly essay on the phenomenon of judo, which in the post-war geopolitical reality became a unique (today underestimated) method of intercultural dialogue in the first place, in the broadest sense of the term. The cognitive-behavioural appeal of judo, however, has been reduced to a sport and in the Internet community this perception is dominant. We hope, however, that Dr Waldemar Sikorski's unique, multidimensional contribution to this dialogue may inspire researchers of the judo phenomenon at the interface with other martial arts (not only those identified with Japanese budo) to innovative complementary research – that is, specifically considering all dimensions of health (somatic, mental, social) and survival from micro to macro scales. Moreover – also from the perspective of combining different contexts: historical, philosophical, cultural, psychological, pedagogical sociological, ethical, aesthetic, artistic, sporting, scientific, etc. The beginning of such a possibility to view judo – as a new applied

science – before it was popularised globally as an Olympic sport, was given by Jigoro Kano during a lecture given on the occasion of the Olympic Games in Los Angeles [2].

Therefore, the authors of this essay avoid the formula of a biographical report on the achievements of an eminent practitioner of judo and, at the same time, a representative of a new sub-discipline of the science of martial arts recognised in the global scientific space by the fact of being awarded, after five years, the 5-year Impact Factor and, at the same time, the first 2-year IF of the journal *Archives of Budo* (2010) [3, 4].

Different dimensions of judo practice and shared passions

Dr Waldemar Sikorski belongs to a small group of informal ambassadors of the Japan-Poland intercultural dialogue initiated a few years after World War II. This difficult and historically important period was aptly described by Stanisław Tokarski in the monograph by Waldemar Sikorski „50 lat polskiego judo – wymiar olimpijski” (*50 years of Polish judo – the Olympic dimension*): "The first generations of Polish judokas were romantics looking for great adventure and the laurels of fame," recalls Tokarski, "Some of them had already reached a high sporting level in some discipline, and they were lured to martial arts by the charm of novelty. In Poland of the late 1950s, a country separated from the rest of the world by a tight curtain, judo was a window on the world. It originated in distant Asia, but led us towards Western Europe, was an ancient concept of self-defence, and employed a combat strategy in hand-to-hand combat that was extremely revealing for the 20th century. Solid-body expert Professor **W. Zawadzki** called judo 'applied physics', emphasising its 'modern solutions' (...) Besides, in those days of widespread ignorance about Asia (because there was no internet, no satellite TV, no convertible currency and no open borders, but there were stations in excess to drown out any foreign information) judo became the key to all Far Eastern combat practices. It also held great promise. It heralded total war against the all-powerful gravity, and allowed the trick to overcome strength, weight and all the other conditions of time and space that constrain man from birth to death.

Polish judokas of the early era were mainly students. The prestige of a medal at the European Universiade seemed greater to them than any other

world ranked tournament, of which there were hardly any then. The 1964 European Academic Championships in Delft, the Netherlands, were the first and only such event in history. It was therefore a great unknown. Subsequently, other tournaments of the AMŚ [Polish acronym for Academic World Championships – authors' note] were organised." [5, p. 19-20].

The gold medal in Delft and the first for Poland in a championship of continental rank was won by the author of this text, Stanislaw Tokarski, the same one who contributes to the 'birth' of *Archives of Budo*. Tokarski had won the Warsaw International Judo Tournament a year earlier (30-31.03.1963) in the lightweight category.

Tokarski emphasised that in understanding the essence of winning, he owed much to Waldek Sikorski, who was able to combine the refinement of combat bravery with respect for the elegance and culture of movement brought from gymnastics. Without this, judo ceases to be an art and becomes not a path to great victories, but a path with no way out, a sporting nook leading nowhere [5, p. 24-25, also [6].

The two judo champions, the older Waldemar and the slightly younger Stanislaw, were united not only by their rivalry on the mat. They not only inquired into the philosophical, ethical and utilitarian depths of Eastern martial arts, but shared their knowledge of these phenomena with others. A good example is their joint monograph 'Budo Japanese martial arts' [6], which they published at a time when their main occupation was academic and scientific activity. However, it started on the mat.

Waldemar Sikorski, stated that his "adventure with judo began quite banally" [5, p. 193]. In his third year (1957) at the University of Physical Education (AWF) in Warsaw, he chose judo from among the proposed optional subjects. It was in this year that the Polish Judo Association was founded, and a year earlier the first Polish Championships in this discipline were held. Two years later, with a master's degree in physical education and two coaching diplomas – gymnastics and judo – he took his first job at the "Legia" Military Sports Club in Warsaw as a coach in the gymnastics section. At the same time he was a competitor of the judo section of AZS-AWF Warsaw. He was a member of the team that took second place at the

First Polish Team Judo Championships and after these performances was called up to the national team. A few months later, in a rematch with the Hungarian national team in Warsaw (the first match in Budapest lost), Waldek defeated Dawid, the bronze medallist of the European Heavyweight Championships, ensuring the success of the Polish national team. A knee injury interrupted his further career. As late as 1961-1964 he tried to return to his competitive career. He even became Polish academic champion in 'his' weight category, and in the final of the open category he succumbed to Stanislaw Tokarski (later triumphant from Delft). So he was hired as a coach of the AZS-AWF Warsaw section. For 13 years he was a coach of the national and Olympic judo team – he prepared competitors for three consecutive Olympic Games 1967-1980). He was a research worker at the Institute of Sport in Warsaw for 10 years and served as president of the Polish Judo Association for one term (1985-1988).

He recalls this time with detachment from his own achievements and modesty, but provides evidence that his adventure in judo is still ongoing: "I completely don't know when these 50 years have passed. I am still active and still in judo, although I have devoted some time to other, quite distant fields (...) I was not afraid of difficult challenges, I was successful in this work, but I asked myself: what am I actually doing here? After all, I am a judoka. That's why I came back. What has judo taught me? Maybe perseverance, creativity and belief in yourself and others, certainly the conviction that in life it is more important to be something than to have something (...) Each of us saw reality a little differently. Today, we look at these events from a different perspective, one that has been marked by years of experience and life wisdom. It is good that there are such Jubilees." [5, p. 193-197].

The small can win the big

The monograph by Waldemar Sikorski dedicated to the first 50 years of Polish judo has a clear reference to the Olympic dimension. Thus, the author rightly included the recollections of 28 outstanding figures, most of them titled judo competitors of several generations [5] – after all, the measure of a sports generation is an effective competition career fulfilling only a dozen or so years of life activity. From today's perspective, the content of these memoirs perfectly complements the knowledge of judo's multidimensional mission in

of science of martial arts) at the sport career stage and after, when undertakes an effort of educating others and continues the mission of self development [56].

Neo-gladiator – a person who trains mixed martial arts (MMA) and similar forms of hand-to-hand fighting that do not meet the definition of sport according to the Olympic Charter [57].

relation to the individual and society. However, the reminiscences of the champions show vividly only a part of this multidimensionality.

Waldemar Sikorski's personality combined many virtues, including openness to innovation and a gift for sharing with others what is part of broadly understood universal values. This is what judo was during the period of consolidation of the geopolitical order after the Second World War – innovative and universal in its motor and mental dimensions. At the beginning of the 1960s of the previous century, he was in the difficult period of ending his competitive career forced by a crippling injury, but on the threshold – which he could not have known – of future success as a coach at the highest international level and a promoter of judo also outside Poland and also in the scientific dimension. He prepared himself extremely carefully for this glorious mission. After studying physical education, he majored in English philology at the University of Warsaw and defended his doctorate in sport science.

Before this happened, it was at the beginning of the above-mentioned sixties of the previous century that Waldemar (perhaps in co-authorship with Bogdan Skut) published a short recommendation of judo under the intriguing title "Mały może zwyciężyć dużego" ('The small can win the big') in the popular Polish magazine „Sport dla Wszystkich" ('Sport for All'). This short judo recommendation influenced the life choices of the first author of this essay dedicated to Waldemar Sikorski, culminating years later in the joint promotion of the science of martial arts as a recognised sub-discipline. However, the nearest judo club was in Krakow, more than 130 kilometres away, so he learned ju-jitsu with his cousin from a series of Van Haesendonck booklets published in Poland at the time [7]. At the time, the two co-authors of this essay Hiromi Tomita and Antoni Zajkowski did not face such a dilemma. Hiromi learnt judo in Japan from top-class masters, and Antoni, although his adventure with combat sport began with wrestling, was already a student at the Białystok Mechanical Secondary School and practised judo under the guidance of a professional coach. The second author of this essay, Artur Kruszewski, could not yet know what the judo phenomenon was, but when he started to grow up he chose wrestling. When he defended his doctoral thesis „Czynniki inspirujące i ograniczające uprawianie sportów i sztuk

walki w Polsce" ('Factors inspiring and limiting the practice of combat sports and martial arts in Poland') [8] (supervisor RM Kalina) it did not matter which combat sports or martial arts the respondents preferred. However, most of the respondents participating in Artur Kruszewski's research at that time still knew who Paweł Nastula (gold medallist from the Olympic Games in Atlanta, USA) and Aneta Szczepanska (silver medallist from those Games) were. Unfortunately, these were the last Olympic medals won by Polish judo athletes.

The STZ trio

Waldemar Sikorski (S) and all the memoir authors he invited to the edited monograph spoke with great appreciation and respect about what they had learned from Japanese judo masters during their joint training before they became masters themselves. The first was Masao Watanabe (February 1963), followed by: Saburo Matsushita and Eiji Maruki (1965); they were briefly followed by Mahito Ogho, who lived permanently in Germany [5, p. 39-44].

In the summer of 1967 Sikorski was appointed coach of the national and Olympic teams. When judo was permanently included in the Olympic programme, then the Board of the Polish Judo Association decided to employ a Japanese judo athlete who had finished his career. The choice fell on 23-year-old **Hiromi Tomita (T)** (Photo 1), who arrived in Poland in September 1969.

The national team consisted mainly of judo athletes, several of whom had already achieved medal successes in continental competitions, but the first for Poland at the Olympic Games in Munich (Germany) was won by **Antoni Zajkowski (Z)** (Photo 2).

Before the Munich Games Antoni first won a bronze medal at the European Championships in Ostend (Belgium, May 1969) and a silver medal in Göteborg (Sweden, May 1971), but still in September at the World Championships in Ludwigshafen am Rhein (Germany) he won a bronze medal – the first in the history of Polish judo at this level of international competition. Antoni recalls that time in a monograph written by Waldemar as follows: "I had already had sporting successes before (...) Training with **Hiromi Tomita** in preparation for the Munich Olympics was really murderous. Some of the athletes could



Photo 1. The commentary reports that Waldemar Sikorski (left) collaborated with Japanese coach Hiromi Tomita (right) during the preparation period for the Munich Olympics. The result of this cooperation was Antoni Zajkowski's silver medal in the lightweight category (from the private collection of A. Zajkowski).



Photo 2. At the Olympic stadium in Munich: Waldemar Sikorski (left) Marian Talaj (centre, in Munich without medal success in the 63 kg category, but four years later at the Olympic Games in Montreal he won the bronze medal in the 70 kg category) Antoni Zajkowski (right) (from the private collection of A. Zajkowski).

not endure such a training regime, but those who did endure were later good athletes and successful on mats all over the world [5, p. 49]. A good exemplification of Antoni's prediction is the first team triumph for Poland – the bronze medal of the European Team Championships won in Lausanne in 1975 (Photo 3).

The first premises of Waldemar Sikorski's core mission: „science to judo practice”

Waldemar probably had a sense and great satisfaction that he was participating in something special. However, he was always a modest and self-critical man. In what is probably his last monograph just entitled 'Science to judo practice'

in the „Conclusion” he states: “It soon became apparent that my own experience as a competitor and coach was not enough. I realised that knowledge and the application of scientific analysis of training measures, methods and loads, fatigue and post-workout restitution processes were becoming increasingly indispensable. Intuitive management of the training process, without feedback, is a search for success in the dark. The trial-and-error method cannot be used on a living organism. Constant improvement of the training process is a necessity. Progress in this regard is determined by science. Science in the broad sense of the word” [9, p. 89].



Photo 3. Waldemar Sikorski with the cup and with the Polish national team that won the bronze medal of the European Judo Team Championships in Lausanne (1975) (from the private collection of A. Zajkowski).

Waldemar is editing these words when 38 years have passed since the first medal success of Polish judo at the Olympic Games. However, he understood the cognitive and social mission of science much more broadly than just its feedback from the sporting dimension of judo. Like few others, he identified with Jigoro Kano's fundamental message – the most important thing is judo in the mind [10]. He was among the pioneers of the adaptation of judo as a new, multidimensional science, although for many years he was effectively involved in promoting mainly its sporting dimension. This successful promotion was supported by a group of selected, talented men from a generation looking for ways to cross the *Iron Curtain*. So it was obvious that he dedicated his first academic papers to the effectiveness of judo training and sport fighting. Waldemar's view was not an isolated one, that the future was science-based work. He received

such support from coaches Marek Rzepkiewicz and Jacek Skubis, as he himself points out, creating a strong training department of the Polish Judo Association before the Olympic Games in Montreal (1976) [5, p. 65].

Less than a year after his first Olympic success, not only Sikorski presents the results of his research at a scientific and methodological conference: 'Combat sports and weightlifting' – Halin, 16-18 May 1973, Poland [11]. During this conference also Antoni Zajkowski, at that time an assistant in the Department of Combat Sports of the Warsaw AWF, give a presentation on biomechanical analysis of effectiveness in judo [12]. Such was the national team of Polish judo at that time – graduates of universities, polytechnics or students.

When Waldemar Sikorski ended his career as a coach of the national and Olympic team, already as the president of the Polish Judo Association (PJA) he organised on the thirtieth anniversary PJA the 1st International Congress of Science and Methodology in Judo – Spała, Poland 9-11 November 1987. The guest of honour at the Congress was the legendary Dutch judo athlete Anton Gessing (then Chairman of IJF Education and Diffusion Commission). It was at this Congress that Waldemar first gave a paper on 'Science to judo practice' [13] – before publishing a monograph with this title in 2010 [9], which is how he named the 9th chapter of the monograph on 50 years of Polish judo quoted here many times [5]. Before Waldemar, Stanislaw Tokarski's introductory presentation was of the most general nature: 'Judo – sport and philosophy' [14]. However, the congress was dominated by the issue of judo as a sport, and Sikorski co-authored two more congress presentations – in one [15] among the four co-authors was Czeslaw Łaksa, and in the other [16] among the seven co-authors was Ryszard Zieniawa, i.e. the player and coach elite who built the identity of Polish judo.

In the two monographs cited here [5, 9], Waldemar Sikorski refers to his own publications (also co-authored), most of which are specifically dedicated to the practice of judo, and it is only these that we cite [17-30]. In the titles of the other works either there is no direct reference to judo or they are indeed dedicated to sports training in a more universal sense [31-36].

From judo to budo

In the 1970s of the previous century, Waldemar, as a lecturer, was repeatedly a participant in training sessions (usually weekly) on behalf of Olympic Solidarity – Argentina, Israel, Norway, Portugal and was also invited to Judo Summer Schools in Papendal in the Netherlands and Frankfurt am Main in Germany. Subsequently, he also accepted an offer from Poland's highest sports authorities to participate in the European Parliamentary Research Coordination Committee, whose aim at the time was to develop the European Test of Physical Fitness for adolescents and adults [5, p. 187-192]. This mission took him eight years [37].

However, in the 1970s of the previous century, communist censorship did not allow publications on budo philosophy and practice. The censorship was outsmarted in 1978 by Jan Harasymowicz (27 years later, still a member of Editorial Board *Archives of Budo*) and he published an article 'Karate philosophy' in the journal *Argumenty* (*Arguments*) [38]. In this way, for the first time the Polish public learned in the most general terms about the philosophy and practice of budo (in addition to judo, which was already well-known, karate, a new variety of hand-to-hand fighting originating from Japan, appeared). When there was no turning back from the social transformation in Poland Waldemar Sikorski was one of the three initiators of the Polish Budo Foundation in October 1997. Sikorski lists among the main goals of the Foundation the popularisation of Far Eastern martial arts and the integration of the community in terms of shaping universal moral values in young people [39, p. 14]. However, from today's perspective it is reasonable to claim that this popularisation of martial arts was, above all, an attractive means (in fact, a collection of many different, in the motor sense) of influencing the physical and moral development of Polish youth, who were awakening to freedom after years of communist enslavement.

Waldemar was an outstanding pedagogue, an experienced educator of young people and had a unique instinct for reading social needs in the dynamically changing human relations at the turn of the century – from the micro scale to the global dimension. This is how he recalled this period during an important scientific conference 'Educational and Utilitarian Aspects of Combat Sports', which took place in 2000 at the AWF in Warsaw: „Despite being in operation for less than

three years, all the foundation's statutory objectives were pursued. In the Theatre on the Water in Park-Lazienkowski in Warsaw, budo shows were organised with the participation of world and European champions in judo, traditional karate and kyokushin, sumo and prominent taekwondo, aikido and kendo athletes" [39, p. 15]. Another initiative of the foundation was the Budo Grand Prix with the participation of Olympic medalists and world champions in judo. A year later, as part of the Budo Gala, an inter-state match was played between Poland and South Korea with many world champions on the Korean team. Summing up the less than three-year activity of the Foundation, Waldemar mentioned the leaders of the scientific background of this activity [39, p. 15]. We did not know at the time that in a few years we would jointly create the scientific journal *Archives of Budo*.

Budo in the global scientific dimension – origins

Science is one of those areas of social reality which does not tolerate emptiness. Although the fundamental promotion of judo in the world and in Europe, and therefore also in Poland, proceeded through practice, judo in Poland from the beginning had strong connotations with the then leading academic centre educating masters of physical education and sport trainers – in AWF Warsaw (see glossary). Also the other domestic promoters of judo mostly originated from the academic centres of other Polish cities – Gdansk, Krakow, Wroclaw [5]. It is precisely the Department of Combat Sports (the names changed many times) of the Warsaw AWF that is the entity historically linking the authors of this essay with Waldemar Sikorski - the promoter of judo and, in time, of the philosophy and practice of budo.

The year 2000 was, in a sense, a breakthrough not only because the Department of Combat Sports organised a nationwide conference entitled 'Educational and Utilitarian Aspects of Combat Sports' to celebrate the 70th anniversary of the Józef Piłsudski University of Physical Education in Warsaw. The then Rector, Prof. Henryk Sozański in his "Introduction" emphasised: „The location of combat sports issues at the interface of physical education and *de facto* defence education is an intersecting cognitive and application inspiration. The progressive brutalisation of human behaviour prompts the search for methods and means

that will, on the one hand, reinforce an individual's sense of security and, on the other, bring people closer to one another. Combat sports meet both these criteria in a unique way. It is difficult to find in any other sport a better experience of one's own and the other person's corporeality and to learn to respect the body and the person in general" [39, p. 5]. The conference attracted wide interest and participation of speakers from numerous academic centres, military and police institutions (Photo 4). RM Kalina publishes "Teorię sportów walki" (*Theory of combat sports* [40]), W Jagiello "Wieloletni trening judoków" (*Many years of judoka training* [41]) and together, both authors: "Zabawowe formy walki w wychowaniu fizycznym i sporcie" (*Fun forms of fighting in physical education and sports* [42]) – all this books in Polish. Hiromi Tomita returns to Poland and two years later defends his master's thesis "Judo in the system of physical education of Japanese society" (Polish and English version [43]) – supervisor RM Kalina, reviewer Stanisław Tokarski.

The obligatory *Theory of combat sports* lectures were complemented by innovative practical exercises in the *Combat sports propaedeutics* course (one semester *basics of judo*, second semester *gentle self-defense*). However, the textbook dedicated to the first part was not published until 2003 [44], as two of the co-authors (Artur Kruszewski and Grzegorz Włoch – PhD student



Photo 4. Participants of the scientific conference 'Educational and Utilitarian Aspects of Combat Sports', Warsaw 2000, including later members of Editorial Board *Archives of Budo*: in the first row W. Sikorski, W. Jagiełło, RM Kalina; in the third row, fourth from the left, E. Jaskólski, and on his left K. Witkowski; in addition, in the sixth row from the right, H. Tomita (then a student of the University of Physical Education), and on his left side J. Skubis, an outstanding judo coach cooperating with Waldemar.

carefully documented the content of each lesson (repeated several times with different groups of students – male and female separately) during the first year of the programme. The result is a unique *combat sports propaedeutics* course book with reliably documented content. As late as 2003, Artur Kruszewski self-published a book, the content of which is closely related primarily to improving personal safety within wrestling training – “Zapasy podstawy teorii i praktyki” (‘Wrestling fundamentals of theory and practice’) [45]. As the culmination of this multifaceted practice of combat sports (having to do with the education of children and adolescents, self-defence, selection for professional training in judo and other combat sports, as well as candidates for the profession of bodyguards), there is still a multi-author publication [46] in which the results of research from the master’s thesis of Olympic judo champion Paweł Nastula are presented. In this creative five-year period, there was briefly a favourable circumstance for the promotion of a monothematic *combat sports propaedeutics* section as a recommended part of school physical education. The primary argument was, of course, the fact that several graduates of the Warsaw AWF (and Physical Education Faculty of the Paweł Włodkowic University College, Płock) are already prepared for this subject, but equally important was the acceptance of such a recommendation by all presidents of Polish combat sports associations in Polish Budo Foundation – the competition among presidents to include ‘their’ combat sport in the physical education curriculum ceased. The first author of this essay had the pleasure of participating with Waldemar Sikorski and Mieczysław Bigoszewski (then President of the Foundation) in preliminary programme arrangements with the then Minister of Sport. Unfortunately, political events in the country thwarted this plan.

Such is the practice of social life, but let us repeat the key thesis of this section of the essay – science does not tolerate emptiness. Thus, on 22-24 September 2006, at the University of Rzeszów, Poland, took place 1st World Scientific Congress of Combat Sports and Martial Arts [47]. This congress, like the conference in Warsaw in 2000, attracted widespread interest, including institutions of the army, police, prison service and especially many academic centres (Photo 5). The difference was that the speakers represented institutions from all over the world. Waldemar

Sikorski, apart from this most forward-looking presentation (later published in *Archives of Budo*) – ‘Mission and assignments of the University Centre for Combat Sports and Martial Arts (UCCSMA)’ [48] – presented itself twice more [49, 50]. Unfortunately, this time too, social reality thwarted the plans – this UCCSMA never came into being.

Waldemar’s impressive energy and inexhaustible capacity for innovation are this time located strictly in the budo theme, with karate narration leading the way. This is how he describes the event: „On 5th 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” [51, see also 52]. Alone, as the Vice-Chairman Polish Union Budo, moderator of the discussion panel (Photo 6).

In 2010, Waldemar publishes his two monographs [5, 9], most often cited in this essay, which are a synthesis of his achievements at the interface between science and budo practice. This particular



Photo 5. Participants of 1st World Scientific Congress of Combat Sports and Martial Arts (22-24 September 2006), including actual members of the Editorial Board *Archives of Budo*: in the first row from the right J. Harasymowicz, W. Sikorski, Kwieciński (the chairman of Polish Traditional of Karate Association); in the second row, from the left: S. Sterkowicz, on his right G. Lech, then W. Jagiełło and A. Kruszewski, the second author of this essay (Lech and Kruszewski were not members of the Editorial Board, but I will publish many valuable papers soon).



Photo 6. Conference roles of W. Sikorski and S. Tokarski during the first International Budo Conference in Warsaw 2007.



Photo 7. W. Sikorski (from the right) and S. Sterkowicz during a coffee break of the International Congress on Judo “Science for practice”, Warsaw 23-24 February 2012.

year is considered the beginning of the ‘Alpha generation’ (estimated to span the period 2010-2025) – paradoxically, this term was coined by generation researcher and futurologist Mark McCrindle in 2005, when we published the first volume of *Archives of Budo*. Waldemar, still in September, as a member of the Organising Committee of the 2nd World Scientific Congress of Combat Sports and Martial Arts, gives a lecture ‘Structure of a judo contest’ [53], is one of the narrators of the Martial Arts Gala and co-chairs one of the Poster Session.

Waldemar published his last paper – co-authored, but not dedicated to judo, but to boxing [54] – in *Archives of Budo* in 2011. A year later, his leading theme ‘Science for practice’ appears again. This was the title of the International Congress on Judo which took place in Warsaw 23-24 February 2012, organised by the Polish Judo Association and Wyższa Szkoła Trenerów Sportu (College of Sports Trainers) (Photo 7).

CONCLUSION

There is no evidence that the two eminent creators of new knowledge at the turn of the 20th century, Jigoro Kano and Tadeusz Kotarbinski, cited each other’s works, yet each of them solved

the same issue in their own way. The founder of judo, Jigoro Kano, emphasised that the most important thing is having “judo in mind”, while the founder of modern praxeology, Tadeusz Kotarbinski, said that it is not only about making an action effective, but also morally irreproachable. Dr Waldemar Sikorski (7 dan judo) understood these principles, realised them in his creative life and left material evidence – sporting achievements at the highest level of international competition and pedagogical achievements also on a global level, as well as many important scientific, popular science and methodological works. He was a Budo Master.

With the passing of Waldemar Sikorski, that part of *Archives of Budo’s* mission which idealises the educational values of martial arts is fulfilled. It was this idealisation, for Waldemar and for the three other men mentioned in the introduction, that was the main motive for the creation of this unique magazine back at the beginning of the twenty-first century (2005). It was only then that the Alpha generation emerged, from birth, eyed with neogladitorialship under the camouflaged name of *mixed martial arts*.

He was laid to rest on 19 August 2022 in his family grave in the Brodno Cemetery in Warsaw.

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