

Report of the 1st World Congress on Health and Martial Arts in Interdisciplinary Approach 17-19 September 2015. Czestochowa

Authors' Contribution:

A - Study Design
B - Data Collection
C - Statistical Analysis
D - Manuscript Preparation
E - Funds Collection

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Between 7-19 September 2015 at the Jan Dlugosz University the following event took place: a world-class discussion concerning scientific basics of the application of marshal arts elements in health prevention, rehabilitation and shaping a health-improving lifestyle of adults, children and youth.

The Head of the Scientific Committee 1st HMA Congress in Czestochowa under the patronage of Lech Wałęsa, the Winner of the Nobel Peace Prize was Prof. Roman Maciej Kalina (University of Physical Education and Sports, Gdańsk, Poland). The Chairman of the Organizing Committee was Prof. JDU Zygmunt Bąk, PhD Rector of the Jan Długosz University. The Secretary of the Organizing Committee was Prof. JDU Jacek Wąsik, PhD - Head of the Institute of Physical Education, Tourism and Physiotherapy JDU in Czestochowa).

The majority of people who composed the organizational board of the congress (Organizing Committee Team 1st HMA) are the following members of the Institute of Physiotherapy, managed by professor JDU Jacek Wąsik, PhD: Anna Pilis Ph.D, Karina Nowak Ph.D., Dorota Ortenburger Ph.D, Tomasz Góra M.Sc, and from other units Karol Pilis Ph.D., Dorota Styra-Kulasiewicz M.Sc, Paulina Przepióra M.Sc.

1st World Congress on Health and Martial Arts in Interdisciplinary Approach stood for much more than a science conference. It was a unprecedented, very significant step in the mission of the Congress: scientific argument justifying the permanent strengthening of all dimensions of health through rational practice of martial arts as a counterweight to the expansion of a culture of violence. The main task of the Congress: to initiate the solidarity of scientists, Nobel Prize winners, multipliers global institutions, and other entities of the social impact of the idea of unquestionable authority declaration HMA against MMA.

The Congress participants representing 4 continents (Japan, Brazil, USA, Malaysia, Czech Republic, Russia, Great Britain, Latvia, Spain, Sweden, Ukraine and Poland) had a chance to get to know practical use of marshal arts elements in different therapeutic contexts, thanks to workshops and shows. It was opportunity to learn the new techniques of martial arts.

1st HMA Congress in Czestochowa focused on the different practices, paper presentation and cross-cultural communication. Congress consisted of complementary elements: keynote speeches delivered by experienced experts with broad expertise in their field, paper presentations in parallel session, and workshops. Education in the global context. To conclude, more than 20 different topics was discussed at the scientific meeting.

Programme book with Programme Overview is on the:

http://congress.archbudo.com/HMA_Congress/agenda/. Contents: Introductory Remarks, Welcome, Congress Comittess, General information, Daily Scientific Programme of the meetings, Workshops, Social programme.

Congress topics were: A. Application of fun forms in martial arts, B. Between beauty, aesthetics and pathology fight, C. Health forms of martial arts, D. Health-related training with elements of martial arts, E. Martial arts in rehabilitation and therapy, F. Prevention of injuries in combat sports, G. Safe falling as the prevention of injury, H. Self-defence arts.

Posters, in alphabetic order by poster title: Comparison between physical fitness of children practicing judo and non-practicing children based on International Physical Fitness Test (Jarosław Maśliński, Kazimierz Witkowski, Aleksander Jatowtt, Wojciech Cieśliński, Poland), Changes of susceptibility of body injuries during a fall of patients with mental impairment participating for several months in special cognitive-behavioural therapy (Dariusz Mosler, Poland), Combat sports and martial arts as an element of health-related training (Robert Bąk, Poland), Dealing with anger by taekwondo practitioners of a different level of advancement and age (Jacek Wąsik, Dorota Ortenburger, Tomasz Góra, Poland), Fun forms of martial arts in the diagnosis and reduce aggressiveness – mental effects of a one-day course of Polish animators of sport (Jarosław Klimczak, Roman Maciej Kalina, Władysław Jagiełło, Poland), Functional evaluation of Olympic competitors practicing boxing using the FMS (Damian Kuźma, Dariusz Górka, Krzysztof Suszyński, Magdalena Dąbrowska- Galas, Grażyna Dura-Nowaczyk, Łukasz Toborek, Poland), Hormonal responses to sambo exercise in women (Patrik Drid, Anastasia Kondratijeva, Sergey Tabakov, Marko Stojanovic, Tatjana Trivic, Cristina Casals, Sergej M Ostojic, Serbia), Assessment of Body Build Diversity of Taekwondo Female and Male Contestants (Joanna Rodziewicz-Gruhn, Poland), Pro-health mental training of elite wrestlers (Katarzyna Rutkowska, Dariusz Gierczuk, Zbigniew Bujak, Poland), Seni Silat Malaysia: the Malay arts of self – defence (Mohamad Nizam Mohamed Shapie, Mohd Shahiid Elias, Malaysia), Silat Olahraga: The Malay combat sports (Mohamad Nizam Mohamed Shapie, Mohd Shahiid Elias, Malaysia), Susceptibility of body injuries during a fall of people after amputation or with abnormalities of lower limb (Bartłomiej Gąsiennica-Walczak, Poland), The influence of the Japanese budo Thought on the spreading of foreign martial arts in Japan: The case of the Chinese martial arts pioneer Ryuchi Matsuda's criticism on modernized Japanese budo (Junichi Ikemoto, Chang Liu, Fumiaki Shishida, Japan), The risk of passion, a comparative analysis of the injuries based on judo and wrestling (Kazimierz Witkowski, Jarosław Maśliński, Magdalena Szalek, Wojciech Cieśliński, Poland), Wushu developing from combative aspect to aesthetic aspect; The conflicts in modernization (or globalization) of Wushu (Chang Liu, Junichi Ikemoto, Fumiaki Shishida, Japan).

Both: cognitive and operational aim of the Congress were fulfilled. The very good atmosphere has fostered an exchange of ideas and contacts between participants representing 4 continents.

The outcomes of the Congress will be demonstrated in the publication in the prestigious scientific magazine *Archives of Budo* (IF=1,238) of the unique, earlier unpublished speeches and posters by excellent specialists and scientists from different continents that participated in the conference. Thus, the promise <http://www.iwf.ajd.czest.pl/?p=519> made while initiating the activities leading towards organization of the world-class event in Częstochowa i.e. 1st World Congress on Health and Martial Arts in Interdisciplinary Approach has been fulfilled.



Figure 1. Chairing a meeting. and introducing the topic of the presentation. (On the left) The Secretary of the Organizing Committee Prof. JDU Jacek Wąsik, PhD - Head of the Institute of Physical Education, Tourism and Physioterapy JDU in Czestochowa; Prof. AWF Katowice Henryk Knapik, PhD; The Head of the Scientific Committee 1st HMA Congress in Czestochowa Prof. Roman Maciej Kalina.

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