



Factors of Development of Far Eastern Martial Arts in Central Europe

by

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The aim of the research was to indicate the main factors of development declared by the practitioners of the different disciplines of martial arts and combat sports in selected countries of Central Europe. In particular, such variables as training location and type of martial arts/combat sports have been taken into consideration. Five research questions have been established which should be answered in order to find the solution to the posed problem.

The theoretical perspective for analyses presented here consists of sociology of sport and humanist theory of martial arts. This approach results in the need for quantitative and qualitative analysis of the answers to questions about the barriers of development according to the variables of the practiced variety (a martial art, a combat sport) and the place of training.

The method of diagnostic survey has been used. The research was conducted on a group of 500 subjects from south-eastern Poland, Slovakia, Germany and additionally (for comparison) from England, of which 489 were accepted for the study. This number includes 137 representatives of kyokushin karate from Poland, 143 Polish karatekas of non-contact varieties, 18 representatives of jujitsu and karate from Germany, 37 aikidokas from Poland (a martial art without sportive rivalry), 107 judokas from Poland and 24 judokas from Slovakia, with an additional 23 British rugby players. The selection of the group was deliberate and complete, taking into account the representatives of various martial arts and combat sports, with rugby used for comparative purposes.

Practicing martial arts oriented to self-realization, determines the motivation for their practice, which differs from the motivation in sport (combat sports). It influences the dominating choices of values-goals and popularity, thus the development of given varieties. Both martial arts and combat sports of Asian origin (aikido, judo, jujitsu, karate) attract practitioners, mainly due to their usefulness in self-defense. The values connected with training and sportive rivalry (combat sports, rugby) are also noticed. The variable of place (country) is connected with the dominating forms in promoting a given martial art or combat sport.

Key words: martial arts, combat sports, social factors, Central Europe

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Introduction

The main aim was to solve which main factors determine the development of practitioners of different varieties of martial arts and combat sports. Thus, the question is whether they depend on the place (were one practices) and/or the practiced discipline (what one practices). The research questions have been posed in the following way: 1) Is the practiced discipline diversified by factors of Far Eastern martial arts (FEMA) development in Poland?; 2) Is the practiced discipline diversified by factors of FEMA development in Central Europe? ; 3) Is the practiced discipline (ages 17-45 years) diversified by factors of FEMA development in Poland? ; 4) Is the practiced discipline diversified by factors of FEMA development in Poland and Slovakia?; 5) Is the practiced discipline diversified by factors of FEMA development in Central Europe, based on the research conducted in Slovakia, Germany and Great Britain?.

The theoretical perspective for analyses presented here consists of the sociology of sport and humanist theory of martial arts. In this perspective, the social range of the global popularity of Far Eastern martial arts and combat sports, as well as the perception, understanding and adaptation of these artifacts of the psychophysical culture of the Far East in western countries, was previously studied (Nietrzeba and Cynarski, 2003; Skórska, 2003; Ďuriček and Leitmann, 2004; Cynarski, Sieber and Litwiniuk, 2005; Cynarski, 2006), as well as the participation of FEMA in the process of global cultural exchanges (Obodyński and Cynarski, 2003). The problematic factors of FEMA development in Central Europe has not been described or explained more widely in the literature, apart from introductory explications and analyses of developmental factors in this field occurring in Poland and Europe (Cynarski and Obodyński, 2007; Obodyński and Cynarski, 2007).

Methods

Diagnostic analysis with Cynarski's (2006) survey questionnaire was used, which evaluated the perception of martial arts. The answers to questions about the barriers of FEMA development in Central Europe, according to the variables of the practiced variety (a martial art/combat sport) and place of training, have been analyzed quantitatively and qualitatively.

In total, the research included 500 subjects from south-eastern Poland, Slovakia, Germany, and additionally, from England, of which 489 subjects were accepted for the study. This number includes 137 representatives of kyokushin karate from Poland (full-contact style), 143 Polish karatekas of non-contact shotokan (traditional karate of ITKF) and idokan (zedo karate tai-te-tao) varieties, 18 representatives of jujitsu and idokan karate from Germany (the meijin Sieber's school in Munich, which rejects sportive rivalry), 107 judokas from Poland (i.e., contestants of a typical combat sport of Asian origin), and 24 judokas from Slovakia, with an additional 23 British rugby players.

The selection of group members was deliberate and complete, so that representatives of various martial arts and combat sports would be taken into consideration, and for the sake of comparison, the study also included the representatives of rugby players – a team combat sport (Obodyński, Cynarski, 2006).

Results

In effort to answer question 1) Is the practiced discipline diversified by factors of FEMA development in Poland? , answers to the questionnaire from Polish aikido (a martial art) and judo (an Olympic combat sport) representatives were compared. The results are presented in Table 1.

In order to obtain the answer to the (dependency) research problem expressed in the question, Is the practiced discipline diversified by factors of FEMA development in Poland? , the independent Chi ² test was used. As a result of empirical data analysis, the following value of the independence test was obtained: Chi ² = 72,833. On the basis of the indicated value of the function of the test, it was stated that the practiced discipline (aikido, judo) is diversified by factors of FEMA development in Poland.

In effort to answer question 2) Is the practiced discipline diversified by factors of FEMA development in Poland? , answers to the questionnaire from Polish judo (an Olympic combat sport) and kyokushin karate (a martial art and full-contact combat sport) representatives were compared. The results are presented in Table 2.

<i>Aikido - Judo</i>		
Factors of FEMA development in Central Europe	Poland	Poland
Value		
Practiced discipline	aikido	judo
cinema, film, television	8	19
favorite hero	1	6
computer games	1	1
fashion	0	0
watched tournament, show	13	43
friends' stories	0	23
literature	0	0
others	10	12
improving general fitness	19	29
self-defense skills	22	32
shaping strong will	33	9
nice passing of time	8	6
losing weight, improving body shape	14	6
working on oneself, self-perfection	10	15
demonstrating acquired technique	5	9
others	0	6
organizes tournaments	8	16
numerous shows	7	15
training camps	5	20
advert on posters	24	39
information in press	2	2
information on TV	0	0
leaflets, calendars	9	11
website	2	8
others	5	10
n – number of respondents	37	107
Chi ^2	72.833	
V_Cramer	0.3662	C Pearsona 0.4084
st. swob	21	p= 0.0000

<i>Judo - Karate Kyokushin</i>			
Factors of FEMA development in Central Europe	Poland	Poland	
Value			
Practiced discipline	judo	Kyokushin karate	
cinema, film, television	19	35	
favourite hero	6	14	
computer games	1	7	
fashion	0	6	
watched tournament, show	43	48	
friends' stories	23	50	
literature	0	10	
others	12	17	
improving general fitness	29	84	
self-defense skills	32	87	
shaping strong will	9	39	
nice passing of time	6	36	
losing weight, improving body shape	6	47	
working on oneself, self-perfection	15	48	
demonstrating acquired technique	9	31	
others	6	0	
organized tournaments	16	54	
numerous shows	15	65	
training camps	20	69	
advert on posters	39	96	
information in press	2	19	
information on TV	0	8	
leaflets, calendars	11	18	
website	8	20	
others	10	3	
n – number of respondents	107	137	
Chi ^2	89.185		
V_Cramer	0.2673	C Pearsona 0.3062	
st. swob	24	p= 0.0000	

In order to obtain the answer to the (dependency) research problem expressed in the question 'Is the practiced discipline diversified by factors of FEMA development in Poland?', the independent Chi ^2 test has been used. As a result of empirical data analysis, the following value of the independence test was obtained: Chi ^2 = 89.185. On the basis of the indicated value of the function of the test, it was stated that the practiced discipline (judo, karate kyokushin) is diversified by factors of FEMA development in Poland.

In effort to answer question 3) 'Is the practiced discipline diversified by factors of FEMA development in Central Europe?', answers to the questionnaire from German jujitsu and karate (martial arts)

representatives, and British rugby players (a team combat sport) were compared. The

In order to obtain the answer to the (dependency) research problem expressed in the question 'Is the practiced discipline diversified by factors of FEMA development in Central Europe?', the independent Chi ^2 test has been used. As a result of empirical data analysis, the following value of the independence test was obtained: Chi ^2 = 70.863. On the basis of the indicated value of the function of the test it was stated that the practiced discipline (Germany/Munich – jujitsu/karate, great Britain - rugby) is diversified by factors of FEMA development in Europe.

Factors of FEMA development in Central Europe	Germany /Munich	Great Britain
Value	Jujitsu karate	rugby
Practiced discipline		
cinema, film, television	7	1
favorite hero	0	1
computer games	1	1
fashion	0	2
watched tournament, show	1	2
friends' stories	7	23
literature	3	5
others	5	2
improving general fitness	8	1
self-defense skills	12	1
shaping strong will	2	2
nice passing of time	1	6
losing weight, improving body shape	3	5
working on oneself, self-perfection	6	8
demonstrating acquired technique	1	4
others	0	
organizes tournaments	1	6
numerous shows	7	5
training camps	9	4
advert on posters	0	2
information in press	2	7
information on TV	1	3
leaflets, calendars	1	4
website	13	5
others	2	23
n – number of respondents	18	23
Chi ^2	70.863	
V_Cramera	0.5728	C Pearsona 0.5896
st. swob	23	p= 0.0000

In effort to answer question 4) 'Is the practiced discipline (ages 17-45 years) diversified by factors of FEMA development in Poland?'; answers to the questionnaire from Polish kyokushin karate (a full-contact style) representatives and of karatekas of non-contact styles were compared. The results are presented in Table 4.

In order to obtain the answer to the (dependency) research problem expressed in the question 'Is the practiced discipline (age 17-45 years) diversified by factors of FEMA development in Poland?', the independent Chi ^2 test was used. As a result of empirical data analysis, the following value of the independence test was obtained: Chi ^2 = 157.23. On the

Factors of FEMA development in Central Europe	Poland	Poland
Value	Kyokushin karate	traditional karate, idokan karate
Practiced discipline		
cinema, film, television	35	29
favorite hero	14	4
computer games	7	5
fashion	6	1
watched tournament, show	48	15
friends' stories	50	0
literature	10	2
others	17	0
improving general fitness	84	22
self-defense skills	87	25
shaping strong will	39	7
nice passing of time	36	11
losing weight, improving body shape	47	10
working on oneself, self-perfection	48	11
demonstrating acquired technique	31	5
others	0	0
organizes tournaments	54	43
numerous shows	65	20
training camps	69	15
advert on posters	96	53
information in press	19	20
information on TV	8	8
leaflets, calendars	18	33
website	20	34
others	3	0
n – number of respondents	137	143
Chi ^2	157,23	
V_Cramera	0.3499	C Pearsona 0.3918
st. swob	23	p= 0.0000

basis of the indicated value of the function of the test, it was stated that the practiced discipline (kyokushin karate, traditional karate, idokan karate – ages 17-45 years) is diversified by factors of FEMA development in Poland.

In effort to answer question 5) Is the practiced discipline diversified by factors of FEMA development in Poland and Slovakia? answers to the questionnaire from Polish and Slovak judo contestants were compared. The results are presented in Table 5.

In order to obtain the answer to the (dependency) research problem expressed in the question Is the practiced discipline diversified by factors of FEMA development in Poland and Slovakia? , the independent Chi ^2 test was used. As a result of empiri-

Table 5		
<i>Judo (Poland) – Judo (Slovakia)</i>		
Factors of FEMA development in Central Europe	Poland	Slovakia
Value		
Practiced discipline	judo	judo
cinema, film, television	19	5
favorite hero	6	3
computer games	1	0
fashion	0	0
watched tournament, show	43	8
friends' stories	23	5
literature	0	1
others	12	3
improving general fitness	29	8
self-defense skills	32	11
shaping strong will	9	4
nice passing of time	6	3
losing weight, improving body shape	6	6
working on oneself, self-perfection	15	6
demonstrating acquired technique	9	5
others	6	0
organizes tournaments	16	10
numerous shows	15	7
training camps	20	9
adverts on posters	39	7
information in press	2	3
information on TV	0	0
leaflets, calendars	11	1
website	8	1
others	10	0
n – number of respondents	107	24
Chi ^2	30,912	
V_Cramera	0.2642	C Pearsona 0.3031
st. swob	22	p= 0.0979

Table 6			
<i>Slovakia – Great Britain - Germany</i>			
Factors of FEMA development in Central Europe	Slovakia	Germany Munich	Great Britain
Value			
Practiced discipline	judo	Jujitsu karate	rugby
cinema, film, television	5	7	1
favorite hero	3	2	1
computer games	0	1	1
fashion	0	0	2
watched tournament, show	8	1	2
friends' stories	5	7	23
literature	1	3	5
others	3	5	2
improving general fitness	8	8	1
self-defense skills	11	12	1
shaping strong will	4	2	2
nice passing of time	3	1	6
losing weight, improving body shape	6	3	5
working on oneself, self-perfection	6	6	8
demonstrating acquired technique	5	1	4
others			
organizes tournaments	10	1	6
numerous shows	7	7	5
training camps	9	9	4
adverts on posters	7	0	2
information in press	3	2	7
information on TV	0	1	3
leaflets, calendars	1	1	4
website	1	13	5
others	0	2	23
n – number of respondents	24	18	23
Chi ^2	135,72		
V_Cramera	0.4577	C Pearsona	0.6052
st. swob	46	p=	0.0979

cal data analysis, the following value of the independence test was obtained: Chi ^2 = 30.912. On the basis of the indicated value of the function of the test it was stated that the practiced discipline (Poland – judo, Slovakia - judo) is diversified by factors of FEMA development in Europe.

In effort to answer question 6) Is the practiced discipline diversified by factors of FEMA development in Central Europe, based on the research conducted in Slovakia, Germany and Great Britain? , answers to the questionnaire from English rugby players, Slovak judo contestants and German representatives of jujitsu and karate schools were compared. The results are presented in Table 6.

In order to obtain the answer to the (dependency) research problem expressed in the question Is the practiced discipline diversified by factors of FEMA development in Central Europe, based on the research conducted in Slovakia, Germany and Great Britain? , the independent Chi ^2 test was used. . As a result of empirical data analysis, the following value of the independence test was obtained: Chi ^2 = 135.72. On the basis of the indicated value of the function of the test it was stated that the practiced discipline (Slovakia – judo, Germany/Munich – jujitsu/karate, Great Britain - rugby) is diversified by factors of FEMA development in Europe.

Discussion

It has been stated that the practiced discipline (aikido, judo) is diversified by factors of FEMA development in Poland. This implies that aikido adepts most often indicated such goals and reasons for

practicing their martial art as shaping strong will (self-realization) and self-defense skills (the utilitarian aspect). Judokas substantially more often declared that they started their trainings influenced by a tournament or a show they had seen. They also indicated improving general fitness as a reason for practicing more frequently.

There were differences in answers according to the practiced discipline. Judo (an Olympic combat sport) and kyokushin karate (a martial art and full-contact combat sport) contestants view factors of FEMA development in Poland differently. Karatekas were more interested in self-defense (utilitarian aspect) and improving physical fitness, while judokas significantly more often indicated the motto: work on oneself, self-perfection.

There were significant differences between the statements of master L. Sieber's (10 dan) disciples (students) from Munich and the statements of English rugby players. German karatekas and jujitsukas train for the self-defense skills and physical fitness, while rugby players indicate other goals (work on oneself, nice passing of time). The reason for practicing rugby was more often friends stories, while the decision about practicing martial arts of Japanese origin is connected, to a certain degree, with the popularity of martial arts films.

Differences in factors of FEMA development, depending on the practiced style, have been noted. People practicing non-contact (sportive) karate, called the traditional one (ITKF federation), and idokan karate (rejecting sportive rivalry completely), indicated different values-goals than the contestants of sportive full-contact karate of the kyokushin school (knock-down formula). In the second group, the choices confirming fascination by the karate technique and the motif of strengthening the will were more often repeated; however, the single factor encouraging one to train in all mentioned karate styles, is the goal of acquiring self-defense skills.

Interestingly, there were differences between Polish and Slovak judokas' choices. These differences concerned mainly the forms of promotion re-

alized by clubs. In Germany, a great role in marketing martial arts is promoted on the Internet; however, in Poland and Slovakia, its role in this respect is still underestimated.

Differentiation in the range of indicated factors for the development of martial arts/combat sports was noted, depending on the country/place of training and discipline/variety of FEMA. Rugby players pay attention to motives different than self-defense skills, which dominate in karatekas and judokas' declarations. In turn, organized tournaments are a form of sport promotion (judo, rugby), but they do not apply to martial arts practiced for other reasons. Differences in choices of motives, factors of interest, and values-goals (to certain extent), result from differences in goals and senses of sportive careers in combat sports and the means of mastery in martial arts, which is confirmed by the literature (Fredersdorf, 1986; Kiyota and Kinoshita, 1990; Jones, 2002; Cynarski, Sieber and Litwiniuk, 2005; Cynarski, 2006).

Conclusions

- 1) Practicing martial arts oriented to the way of self-realization determines the motivation for their practice, which is different from the motivation in sport (combat sports), and also in martial arts/combat sports of the intermediate form. It influences dominating choices of values-goals and popularity and, thus, the development of given varieties.
- 2) Both martial arts and combat sports of Asian origin (aikido, judo, jujitsu, karate) attract people, mainly with teaching hand-to-hand techniques, useful in self-defense.
- 3) In case of sport (combat sports, rugby), the values of these difficult forms of rivalry and hard training are noticed.
- 4) The variable of the place (country) is connected with dominating forms for promoting specific martial arts or combat sports.

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Acknowledgements:

The authors would like to thank Mrs. Hannelore Sieber (8 dan jujitsu) and dr. Josef Leitmann (5 dan judo) from the international Idokan Poland Association for collecting German and Slovak questionnaires.

This piece of work has been completed in cooperation between the Faculty of Physical Education at the University of Rzeszów, the Institute of Education in Rožnava and Committee of Scientific Research Idōkan Poland Association (IPA) in Rzeszów (Poland) and Munich (Germany), within the statutory study topic of Wojciech J. Cynarski "Institutionalization of FEMA in Europe – international comparative studies" and supervised by W. J. Cynarski IPA studies: topic 1.3. "Sociology of Far Eastern martial arts - European comparative research"; Project 1. "Interdisciplinary, multiaspectual research of martial arts phenomenon" (1.10.2003-1.10.2010).