GAME, DRAMA, RITUAL IN MARTIAL ARTS AND COMBAT SPORTS

PROCEEDINGS OF THE 1ST IMACSSS INTERNATIONAL CONFERENCE

Genoa, Italy
8th - 10th June, 2012

Scientific Editors Sergio Raimondo, Carlos Gutiérrez-García, Mikel Pérez-Gutiérrez
Game, Drama, Ritual in Martial Arts and Combat Sports

Proceedings of the 1st IMACSSS International Conference

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General presentation

The International Martial Arts and Combat Sports Scientific Society (IMACSSS), the Unione Italiana Sportpertutti Area Discipline Orientali (UISP ADO), and the Laboratorio di Ricerca Sociale - Dipartimento di Scienze Umane, Sociali e della Salute Università di Cassino, Italy, propose the 1st IMACSSS International Scientific Conference with a focus on Game, Drama, Ritual in Martial Arts and Combat Sports. The Conference will take place from 8 - 10 June 2012 in Genova, Italy.

The organizers firmly believe that this initiative will provide a valuable opportunity to promote, enlarge, and strengthen the scientific community developed around the investigation of martial arts and combat sports (MA&CS). The central focus of the Conference will be the scientific interpretation of the fundamental connections among socio-cultural categories of game, drama and ritual in the context of MA&CS. These modes of interaction can be found in all kinds of sports, but, in the specific context of MA&CS, they are even richer in socio-cultural meanings than in the context of other physical activities. In fact, the analysis of these behavioral genres also applies to research in very different fields ranging from religious studies to medicine, from expressive culture to applied studies.

The Conference also will be the inaugural event of an interactive show, to be held in the same venue throughout June 2012. The show will be dedicated to the famous French painter and judoka Yves Klein, on the occasion of the fiftieth anniversary of his death.

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- Bio Physical Topic
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CONTENTS

EDITORIAL .................................................................................................................................................. 11

KEYNOTES .................................................................................................................................................. 13
Porro, Nicola
Sport and globalization after the Western hegemony .................................................................................... 15

Tokitsu, Kenji
Games, sports, martial arts or Budo ........................................................................................................... 17

Xiong, Xiaozheng
From Fighting Skill to Martial Arts Culture: The evolution of Ancient Chinese Martial Arts .................. 18

BIO PHYSICAL TOPIC ................................................................................................................................. 19

Boostani, Mohammad Ali; Khodabakhsh, Rashid and Boostani, Mohammad Hassan
Taekwondo exercise influence on a place to T3, T4 and TSH in young Taekwondo athletes .................... 21

Boostani, Mohammad Ali; Rezaei, Ali Mohammad and Boostani, Mohammad Hassan
Type, incidence and causes of injuries in elective karate national team competition for dispatch to Asian karate championship in China 2011 .......................................................................................................................... 23

Boostani, Mohammad Hassan; Khodabakhsh, Rashid and Boostani, Mohammad Ali
A study of acute responses of Cortisol and Immunoglobulin A serum to session of a single session exercise in two time of day in male elite karate athletes ......................................................................................................................... 25

Boostani, Mohammad Hassan; Khodabakhsh, Rashid and Boostani, Mohammad Ali
Acute response of testosterone, cortisol, and testosterone to cortisol ratio of serum to the exercise of a karate session in elite karate athletes .......................................................................................................................... 27

Escobar-Molina, Raquel; Huertas, JR; Gutierrez-Garcia, Carlos; Carratalá Deval, Vicente and Franchini, Emerson
Special Judo Fitness Test performance of junior and senior judo athletes from the Spanish Judo Team .......... 29

Hazar, Fatih
Relationship of Leg Muscular Power and Agility Performance in Elite Judokas ........................................... 31

Hazar, Fatih
The Upper Body Power, Abdominal and Grip Strength of Wrestlers Aged 13 Years ................................. 33

Pieter, Willy and Bercades, Luigi T.
Maturity of Young Taekwondo Athletes: Implications for Competition ....................................................... 35

Pocceo, E.; Faulhaber, M.; Franchini, Emerson and Burtscher, M.
Aerobic Power in Child, Cadet and Senior Judo Athletes ........................................................................... 37

San Juan, Reylin K. and Pieter, Willy
Competition Injuries in Young Judo Athletes ................................................................................................. 39

Stanković, Nemanja; Nurkić, Mirsad; Todorov, Ivan; Milošević, Nikola and Bratić, Milovan
Effects of training in preparation period measured by Special Judo Fitness Test ........................................ 41

BIO TECHNICAL AND BIO TACTICAL TOPICS ..................................................................................... 43

Aschieri, Pierluigi; Lino, Andrea and Gallamini, Michele
Balance and martial arts – instrumental evaluation .................................................................................... 45

Estevan, Isaac; Jandacka, Daniel and Falco, Coral
Reaction and execution time analysis in the roundhouse kick according to different limits ....................... 47

Falco, Coral1; Estevan, Isaac; Alvarez, Octavio and Molina-Garcia, Javier
Force and response time based on execution distance ................................................................................... 49

Landeo, Raúl; Estevan, Isaac; Falco, Coral and Lee, Kwee Yum
Is kicking a proximal to distal motion pattern ............................................................................................ 51
Menescardi, Cristina; Bermejo, José Luis; Falco, Coral; Landeo, Raúl and Esteven, Isaac
Match analysis in a university taekwondo championship .......................................................... 53

Miarka, Bianca; Julio, Ursula F.; Calmet, Michel and Franchini, Emerson
Analysis of grip control time in male judo athletes from different groups .................................. 55

Timmi, Alessandro; Pennesti, Ettore; Valentini, Pier Paolo and Aschieri, Pierluigi
Biomechanical analysis of karate techniques based on the evaluation of the body kinetic energy from 3D MOCAP data ......................................................................................................................................................... 57

VencesBrito, António M.; Branco, Marco A.C.; Fernandes, Renato; Fernandes, Orlando; Bento-Alves, João
An exploratory study in neuromuscular control and coordination of the Karaté frontal kick – Mae Geri .......................................................... 59

PEDAGOGICAL TOPIC .......................................................................................................................... 61

Happ, Sigrid
The relevance of the two-fighters-relation – an educational point of view .................................. 63

Jakhel, Rudolf
A direct approach to sports karate training: an outline ................................................................. 64

Lykkegaard, Martin
Martial arts as an educational subject for Danish teachers of physical education – from the point of Didaktik ... 66

Pimentel Gomes; Mariana Simões; Avelar Rosa, Bruno; Gavião de Almeida, José Júlio; Figueiredo, Abel A. and Terrisse, André
Martial arts & combat sports in physical education and sport sciences degrees: comparative study of Brazil, France, Portugal and Spain .......................................................................................................................................................... 68

Pimentel Gomes; Mariana Simões; Avelar Rosa, Bruno; Pereira Morato, Márcio; Gavião de Almeida, José Júlio; Figueiredo, Abel A. and Terrisse, André
Teaching Combat Sports: New Possibilities in the Learning Process ........................................... 69

Vertonghen, Jikkemien and Theeboom, Marc
Type of guidance in martial arts: analysing different teaching approaches used by martial arts teachers .... 70

Vit, Michal; Reguli, Zdenko and Chvátalová, Jitka
Ethics of Scenario Training in Self-Defence Class ........................................................................ 72

PHILOSOPHICAL, ANTHROPOLOGICAL AND TAXONOMY TOPICS ......................................................... 75

Aschieri, Pierluigi
Theory of systems and models of performance .............................................................................. 77

Figueiredo, Abel A.
Mesoscopic model for institutional analysis of martial arts and combat sports contexts .................. 79

Green, Thomas A.
The Liangquan of Plum Blossom Boxing: Form and Functions ................................................... 82

Zhang, Guodong, and Li, Yun
Cultural performances and significant expression: The “Liangquan” ritual of rural communities in northern China ........................................................................................................................................................................ 84

Miracle, Jared
Voodoo and Pugilism at the Crossroads .......................................................................................... 86

Reguli, Zdenko; Vit, Michal and Chvátalová, Jitka
Sacralization of Fight ..................................................................................................................... 87

Ryan, Michael J.
“The Stick is Most Sacred. It Shows that a Man has been Taught Right from Wrong”: The role of materiality in the subject formation of Venezuelan stick fighters ........................................................................................................ 89

Yu, Jong-Hoon; Cynarski, Wojciech J. and Konukman, Ferman
Action Research in Martial Arts ...................................................................................................... 91

PSYCHOLOGICAL TOPIC ..................................................................................................................................... 93

Babiloni, Claudio; Del Percio, Claudio; Marzano, Nicola; Infarinato, Francesco, Aschieri, Pierluigi and Limatola, Cristina
Measuring neural basis of cognitive motor functions in elite athletes: is there a “neural efficiency”? .......... 95

Boostani, Mohammad Ali; Rezaei, Ali Mohammad and Boostani, Mohammad Hassan
A Comparison of some Psychological Skills among Elite Karate Male Athletes in the Iran National Team .......... 97
Chvatalová, Jitka; Nejedlá, Lenka and Reguli, Zdenko
Analysis of Irish dancers’ and karate practitioners’ attitude to Irish dance and karate ........................................ 99

Magnani Branco, Braulio Henrique; Vidal Andreato, Leonardo, Miarka, Bianca, Ferreira Marinho, Bruno and Franchini, Emerson
Blood lactate, heart rate and subjective perception of exertion during judo combats ........................................... 101

Meyer, M.J. and Kuhn, P.
Motives for Shotokan karate participation ........................................................................................................... 103

Moayyed, Tooraj; Boostani, Mohammad Hassan and Boostani, Mohammad Ali
Investigation and comparing aggression in athletes in non-contact (gymnastic), limited contact (karate) and contactable (kung fu) sport fields ........................................................................................................................................ 105

Moayyed, Tooraj; Boostani, Mohammad Hassan and Boostani, Mohammad Ali
Psychological guidelines for improve performance elite karate athletes in the competitions ................................ 107

Prette, Giulia
Gatka: the dance of the swords and the dance of life ............................................................................................................................... 108

SOCIOCICAL AND HISTORICAL TOPICS ................................................................................................................ 111

Aceti, Monica and Loudcher, Jean-François
Analysis of feminine roles in classical sport combat and martial arts movies: spectators, moderate actresses and superwoman ........................................................................................................................................ 113

Zhang, Aihong
A Comparative Study of Artistic Heritage of Sword Skill in China and Western Countries ........................................ 115

Carvalho-Iwanaga, Carla and Moreira Antunes, Marcelo
Characteristics of students of martial arts in Rio de Janeiro, Brazil ........................................................................ 116

Cynarski, Wojciech J.
Jujutsu yesterday and today, From the research on institutionalization of martial arts ............................................. 118

Cynarski, Wojciech J.; Litwiniuk, Artur; Kubala, Krzysztof; Zeng, Howard Z.; Yu, Jong-Hoon; Slopecki, Jan; Bielec, Grzegorz and Vit, Michal
Chosen aspects of lifestyle of students practicing martial arts .................................................................................. 120

Gianni, Tommaso E.
Tang Hao and his quest for the origins of a tradition. ...................................................................................................... 122

Gutiérrez-García, Carlos, Pérez-Gutiérrez, Mikel, Svinh, Joseph, Green, Thomas A.
Key events in the construction of Asian Martial Arts social imaginary in the West ....................................................... 124

Julio, Ursula F.; Panissa, Valéria L. G.; Miarka, Bianca; Takito, Monica Y. and Franchini, Emerson
Home advantage in judo: study on the World ranking list .......................................................................................... 126

Li, Yun & Green, Thomas A.
The Mei Boxing Apprentice Ceremony: A Symbolic Interpretation of a Martial Rite of Passage .................................... 128

Miarka, Bianca; da Conceição, Rosangela A.; Calmet, Michel and Franchini, Emerson
Challenging stereotypes: The introduction of BRAZILIAN Jiu Jitsu learning in Abu Dhabi .................................... 130

Miarka, Bianca; Franchini, Emerson; Calmet, Michel and Bastos Marques, Juliana
From housewife to fighter: the history of women’s judo through Black belt magazine (1961-1988) ...................... 132

Moreira Antunes, Marcelo and Gavião de Almeida, José Júlio
The practice of wushu in Brazil by disabled people .................................................................................................. 134

Nakajima, Tetsuya
The Formation of Randori practice in Jujutsu: An analysis of Jujutsu treatises in the Tokugawa era ............................... 136

Ollier, Emmanuelle
Yves Klein and the poetic quest of the pictorial space. Kata as support of esthetic sensitive experience of the creator’s emptiness ........................................................................................................................................ 137

Pérez-Gutiérrez, Mikel; Gutiérrez-García, Carlos and Álvarez del Palacio, Eduardo
An annotated bibliography about Asian martial arts monographs published in Spain (1906-2009) ......................... 139

Raimondo, Sergio and Coccia, Gioele
Martial Arts and Contemporary Dance. Rhythmic Convergences of the human body ............................................ 141

Sánchez García, Raúl
“Kano’s unintended consequences”: judo and the transformation of Japanese martial traditions .......................... 143

Shishida, Fumiaki
“Judo principle” and “Kendo principle”: Jigoro Kano’s ideas and Kenji Tomiki’s theoretical development ................. 145
Tai, Kentaro
How Japanese Budo is a form of physical arts?: The Establishment of the Concept of Martial Arts in the Japanese Early Modern .............................................................. 147

Theeboom, Marc and Vertonghen, Jikkemien
Is there a need for a specific martial arts and combat sports policy? The case of Flanders.......................... 148

Yuasa, Yukiko
The Atemi in the jujutsu for medical applications: Focusing on Tenjin-shinya-ryu ..................................... 149

AUTHORS INDEX ................................................................................................................................................. 151
Escobar-Molina, Raquel¹; Huertas, JR²; Gutiérrez-García, Carlos³; Carratalá Deval, Vicente⁴ and Franchini, Emerson⁵
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SPECIAL JUDO FITNESS TEST PERFORMANCE OF JUNIOR AND SENIOR JUDO ATHLETES
FROM THE SPANISH JUDO TEAM

Keywords: specific test, anaerobic evaluation, aerobic evaluation, heart rate

Problem identification
Judo performance is dependent on many factors, including technical, tactical, physical and psychological aspects. Among the physical aspects, both anaerobic and aerobic power and capacity have been considered important for judo performance (Gariod et al. 1995; Franchini, Del Vecchio, et al. 2011). These variables have been evaluated through a specific test created by Sterkowicz (1995) – the Special Judo Fitness Test (SJFT), which has been reported to be reliable, valid and widely used (Franchini, Sterkowicz, et al. 2011; Franchini, Del Vecchio, and Sterkowicz 2009). Thus, the identification of anaerobic and aerobic profile of high level judo athletes from different ages and sexes can contribute to a better understanding the physical characterization of different judo groups.

Methodology
Fifty high-level judo athletes between 18 and 30 years old (12 female juniors, 15 female seniors, 13 male juniors and 10 male seniors) from the Spanish Judo Team took part in this study voluntarily after signing an informed consent form. They were submitted to the SJFT during 2010 season competitive period. Groups and sexes were compared through a two-way analysis of variance. Tukey test was used as post-hoc. Level of significance was set at 5%.

Results and discussion
Table 1 presents the performance of junior and senior judo athletes from male and female Spanish Judo Team.

No effect of sex or age was found for any variable (p > 0.05). An effect of interaction between age and sex was found for heart rate 1-min after the SJFT (p = 0.05), but the post hoc test did not confirm this difference. In general, these athletes are classified as “average” and “good” concerning for total number of throws, heart rate after, heart rate 1-min after and index (Franchini et al., 2009). The absence of difference between age groups confirms the finding from Terbisan and Seljevold (1996) concerning the development of anaerobic capacity, which achieves its peak when wrestlers are 17 years-old. Although it is commonly reported a difference in anaerobic capacity (inferred from the Wingate test) between men and women judo athletes (i.e., women present ~70% of men’s values) (Franchini et al., 2011) the same cannot be inferred from our results.
Table 1. Number of throws during sets A, B and C, total number of throws, heart rate after and 1-min after the Special Judo Fitness Test in junior and senior judo athletes from male and female Spanish Judo Team (values are mean ± standard deviation).

<table>
<thead>
<tr>
<th></th>
<th>Junior Female (n = 12)</th>
<th>Senior Female (n = 15)</th>
<th>Junior Male (n = 13)</th>
<th>Senior Male (n = 10)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A (number of throws)</td>
<td>5.8 ± 0.4</td>
<td>5.8 ± 0.7</td>
<td>5.9 ± 0.4</td>
<td>5.6 ± 0.5</td>
</tr>
<tr>
<td>B (number of throws)</td>
<td>10.7 ± 0.8</td>
<td>10.4 ± 0.8</td>
<td>10.8 ± 0.9</td>
<td>10.4 ± 0.8</td>
</tr>
<tr>
<td>C (number of throws)</td>
<td>9.8 ± 0.7</td>
<td>9.5 ± 0.9</td>
<td>10.0 ± 1.2</td>
<td>9.9 ± 0.7</td>
</tr>
<tr>
<td>Total number of throws</td>
<td>26 ± 2</td>
<td>26 ± 2</td>
<td>27 ± 2</td>
<td>26 ± 2</td>
</tr>
<tr>
<td>Heart rate after (bpm)</td>
<td>187 ± 5</td>
<td>180 ± 9</td>
<td>183 ± 5</td>
<td>183 ± 7</td>
</tr>
<tr>
<td>Heart rate 1-min after (bpm)</td>
<td>162 ± 15</td>
<td>155 ± 14</td>
<td>153 ± 9</td>
<td>160 ± 15</td>
</tr>
<tr>
<td>Index</td>
<td>13.32 ± 1.44</td>
<td>13.09 ± 1.54</td>
<td>12.66 ± 0.88</td>
<td>13.34 ± 1.29</td>
</tr>
</tbody>
</table>

a = interaction effect of age and sex factors (p = 0.05)

Conclusion
High-level junior and senior male and female judo athletes do not differ in their performance during the SJFT. Further studies should focus on larger samples, including lower level athletes as well as generic tests to investigate if the absence of difference occurs only in specific actions.

References