

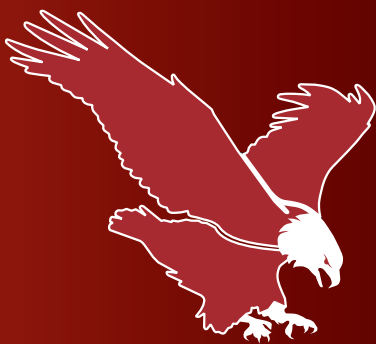


7th
IMACSSS
International
Conference
IMACSSS General Assembly

ABSTRACT BOOK

**October 17-19,
2018**

4th World
Scientific
Congress
of
Combat Sports
and
Martial Arts



IMACSSS



**University
of Rzeszów**

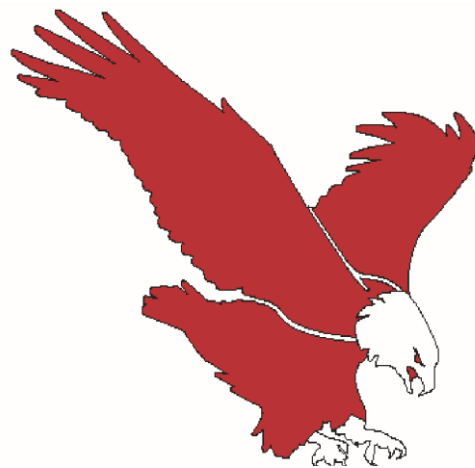
Rzeszów, Poland

4th World Scientific Congress
of Combat Sports and Martial Arts
and 7th IMACSSS International Conference

ABSTRACT BOOK

October 17–19, 2018, Rzeszów, Poland

Wojciech Jan Cynarski and Gabriel Szajna [Eds.]



International Martial Arts And Combat Sports Scientific Society
Rzeszów 2018

CONTENTS

FOREWORD BY PROF. SYLWESTER CZOPEK, RECTOR UR.....	8
FOREWORD OF THE DEAN OF THE FACULTY OF PHYSICAL EDUCATION.....	9
PREFACE OF THE PRESIDENT OF IMACSSS AND IPA.....	10
FUMINORI NAKIRI	11
Fuminori Nakiri RESEACH ON SAFETY MEASURES FOR KENDO EQUIPMENT FOR PREVENTION OF INJURY IN BUDO(KENDO)	12
Dahlia Al-Syurgawi EFFECTS OF A 6-WEEK PLYOMETRIC TRAINING ON POWER PERFORMANCE IN SILAT OLAHRAGA	16
Bruno Avelar-Rosa, Abel Figueiredo, Víctor López-Ros HOW DO NOVICE LEARNERS CONSTRUCT KNOWLEDGE IN COMBAT SPORTS? A CASE STUDY.	17
Dariusz Bajkowski FORMS OF TIMING USED IN TRADITIONAL KUMITE TO SCORE POINTS IN FUDOKAN KARATE CHAMPIONSHIPS	19
Zbigniew Borysiuk ANALYSIS OF BIOSIGNALS OF THE TOP AND NOVICE FENCERS IN SELECTED TECHNICAL FORMS OF ATTACK	21
António Vences Brito, Mário A. Rodrigues-Ferreira, Vitor Milheiro, Marco Branco, Cristiana Mercê, Ana Paula Seabra, David Catela METABOLIC AND MATURATIONAL PRELIMINARY STUDY IN YOUNG KARATE ATHLETES.....	22
Huang Yuan Cheng INFLUENCE AND DEVELOPMENT OF 2020 KARATE AS THE OLYMPIC PROJECT ON NEW RULES OF TAEKWONDO	24
Wojciech J. Cynarski IDOKAN IN CULTURAL DIALOGUES: 70 YEARS OF ACTIVITY (1948-2018).....	25
Patrik Drid, Tatjana Trivic, Roberto Roklicer, Marko D.M. Stojanovic, Sergej M. Ostojic EFFECT OF “REGAIN WEIGH-IN” PERIOD ON HANDGRIP STRENGTH IN JUDOKAS	26
Monika Drozd, Ewa Wasilewska VARIABILITY OF THE PHYSICAL ACTIVITY IN ATHLETES OF SUMO, KARATE AND WRESTLING UNDER THE INFLUENCE OF A TARGETED PROCESS.....	27
Ron Dziwenka A GRAND THEORY OF PRACTICE: FROM PROCESS TO PRAXIS TO INTUITION	29
Justyna Glińska-Właż, Jaromir Grymanowski LIFE SATISFACTION AMONG PEOPLE TRAINING CHOSEN COMBAT SPORTS AND MARTIAL ARTS.....	30
Aleksa Grbović, Miloš Mudrić NUTRITION NEEDS OF JUDOKAS	31
Thomas A. Green, Mao Dandan FROM THE MARTIAL TO THE SOCIAL: SHIFTING FUNCTIONS OF THE FUJIAN LION ARRAY	33
Jaromir Grymanowski, Justyna Glińska-Właż, Karolina Przednowek, Mariusz Drużybicki, Krzysztof Przednowek ANALYSIS OF KINEMATIC PARAMETERS OF THE DIAGONAL FRONT KICK ON THE EXAMPLE OF AN ATHLETE TRAINING MUAY THAI	34
Carlos Gutiérrez-García, Abel Figueiredo, Mikel Pérez-Gutiérrez, Francisco José Soto, Roberto Ruiz-Barquín SCIENTIFIC PRODUCTION ON KARATE: A BIBLIOMETRIC APPROACH	35
Carlos Gutiérrez-García, Mikel Pérez-Gutiérrez, Abel Figueiredo, Michal Vit, Zdenko Reguli, Miguel Rousselon, Roberto Ruiz-Barquín A BIBLIOMETRIC REVIEW OF SCIENTIFIC PRODUCTION ON AIKIDO FROM THE 1970S TO TODAY	37

Carlos Gutiérrez-García, Wojciech J. Cynarski, Carl De Crée, Raquel Escobar-Molina, Abel Figueiredo, Emerson Franchini, Thomas Green, Guodong Zhang, Mikel Pérez-Gutiérrez, Sergio Raimondo, Zdenko Reguli, Roberto Ruiz-Barquín, Luis Santos, Joseph Svinth, Michal Vit IN WHICH JOURNALS CAN I PUBLISH MY RESEARCH ON MARTIAL ARTS AND COMBAT SPORTS? AN UP-TO-DATE APPROACH	39
John A. Johnson TAEKWONDO FOR PEACE: SOFT DIPLOMACY ALONG THE KOREAN PENINSULA.....	41
Rafael Lima Kons, Jonathan Ache-Dias, Jorge Nelson da Silva Junior, Daniele Detanico RELATIONSHIP BETWEEN VERTICAL JUMP PARAMETERS AND TECHNICAL-TACTICAL PERFORMANCE IN FEMALE JUDO ATHLETES	44
Georgiy Korobeynikov, Bogdan Mytskan, Myroslav Dutchak, Lesia Korobeynikova, Wojciech J. Cynarski, Dymytrii Nikonorov SEXUAL DIMORPHISM OF NEURODYNAMIC FUNCTIONS IN ELITE JUDOKAS	46
Georgiy Korobeynikov, Wojciech J. Cynarski, Bogdan Mytskan, Myroslav Dutchak, Lesia Korobeynikova, Dymytrii Nikonorov PSYCHOPHYSIOLOGICAL STATES OF ATHLETES WITH DIFFERENT LEVEL OF AGGRESSION.....	48
Grzegorz Kozdraś EDUCATION TO MORAL VALUES OF JUDO SCHOOL STUDENTS	49
Reylin Maciejewski, Jan Gajewski INJURY RISK IN JUDO COMPETITION: A FIVE-YEAR TREND ANALYSIS	50
Roland Jean Maroteaux MARTIAL ARTS: THE RIGHT POSTURE	51
Brian Moore WELLBEING WARRIORS: THE PSYCHOLOGICAL BENEFITS AND THERAPEUTIC OPPORTUNITIES ASSOCIATED WITH MARTIAL ARTS PRACTICE	53
Iwona Mostek, Emilian Zadarko, Maria Zadarko-Domaradzka, Zbigniew Barabasz, Justyna Lenik, Karolina Przednowek, Maciej Huzarski, Edyta Nizioł-Babiarz, Agnieszka Szybisty, Krzysztof Przednowek DIAGNOSTICS OF SELECTED MOTOR SKILLS OF OYAMA KARATE COMPETITORS PREPARING FOR THE CHAMPIONSHIPS.....	54
Paweł F. Nowak, Cezary Kuśnierz HEALTH PERCEPTION BY JUDO COMPETITORS	56
Dariusz Parzelski, Magdalena Sędkiewicz CZAJKOWSKI REVISITED – PSYCHOLOGICAL PERSPECTIVE ON CZAJKOWSKI’S SPORT MANAGEMENT STYLES.....	57
Przemysław Pawelec, Jong-Hoon Yu JUDO KODOKAN REVIEW" AS A "MARTIAL ARTS" MEDIUM.....	58
Piotr Pietrzak HEALING TECHNIQUES FOR THE MARTIAL ARTS	60
Juliusz Piwowarski CHARTER OF BUDO, AS A CONTEMPORARY ELEMENT OF PERSONAL CULTURAL SECURITY	62
Ewa Polak, Jakub Sikora, Maciej Rachwał AN AIKIDO BASED INTERVENTION SUPPORTING THE THERAPY OF A CHILD WITH AUTISM SPECTRUM DISORDERS - A CASE STUDY	63
Vladimir Pylat “PRYSYADKY”, “PIVPRYSYADKY” AND “POVZUNTSI” - INFLUENCE ON HEALTH	65
Sergio Raimondo, Stefania Lunardini A STUDY OF TAIJQUAN AND TREATMENT OF CANCER	66
Sergio Raimondo, Maria Teresa Stampi, Matteo Giacometti MUAY THAI, STRUCTURING THE EXPERIENCE OF ONESELF AND THE OTHERS IN THE MARTIAL ART: A PILOT STUDY	70

Zdenko Reguli and Vít Prokeš THE FREQUENCY OF FALLS IN HEAVYWEIGHT MIXED MARTIAL ARTS BOUTS.....	72
Roberto Ruiz-Barquín, Francisco Batista, Iván Pérez, Carlos Gutiérrez-García LEADERSHIP QUALITIES IN CANARY ISLANDS WRESTLING	73
Roberto Ruiz-Barquín, José Juan Robles, Santiago García, Carlos Gutiérrez-García JUDO COMPETITORS' RESILIENCE LEVELS AT THE 2017 INTER-ARMY SPANISH CHAMPIONSHIP.....	75
Roberto Ruiz-Barquín, Mari Paz García-Remis, Carlos Gutiérrez-García PSYCHOLOGICAL PROFILE OF COMPETITIVE COMBAT SPORTS ATHLETES: COMPARISON BETWEEN MIXED MARTIAL ARTS AND OTHER COMBAT SPORTS	77
Mohamad Nizam Mohamed Shapie, Wahidah Tumijan, Jamiaton Kusrin, Mohd Shahid Elias SILAT TEMPUR: THE OVERVIEW OF CHILDREN COMBAT SPORTS	79
Jožef Šimenko THE USE OF ISOKINETIC IN ACL REHABILITATION IN JUDO: A CASE STUDY.....	82
Stefania Skowron-Markowska CHINESE <i>GUÓ SHÙ</i> (國術 "NATIONAL ART") IN SHAOLIN TEMPLE. NEW CHALLENGES IN TEACHING KUNG FU / WUSHU FROM ANTHROPOLOGICAL PERSPECTIVE.	83
Katarzyna Sochacka, Małgorzata Janusz, Dagmara Sądecka 40 YEARS OF ACTIVITY OF OYAMA KARATE SPORTS CLUB IN RZESZOW (1978–2018).....	84
Roland Solymos, Antal Kovács, Pongrác Ács, Kata Morvay-Sey THE RELATIONSHIP BETWEEN BUDO MARTIAL ARTS TRAIT AGGRESSION AND ASSERTIVENESS.	86
Gabriel Szajna, Robert Bąk, Jerzy Kulasa APPLICATION OF CONFLICT ALGEBRA IN THE ANALYSIS OF A FENCING AND TACTICAL PREPARATION METHODS ..	87
Michal Vít, Filip Kondla THE LEVEL OF AGGRESSIVENESS AMONG SLOVAK BOXERS.....	89
Jacek Wąsik, Tomasz Góra, Dorota Ortenburge THE IMPACT OF AN OBJECTIVE ON FRONT KICKING VELOCITY AS THE ASPECT OF COMPROMISE MECHANISM IN RELATION: VELOCITY-FORCE-PRECISION: TAEKWON-DO COMPETITORS MEASUREMENT.....	91
Kurt Weis KALARIPPAYATTU – AN ANCIENT SOUTH INDIAN MARTIAL ART AS A SOURCE, MIRROR AND EXAMPLE FOR MARTIAL ARTS, BODY ARTS AND HOLISTIC HEALTH TECHNIQUES	92
Huang Ji Zhen, Huang Yuan Cheng FOREIGNERS' LEARNING CONDITIONS OF MARTIAL ARTS IN CHINA.....	93
GRAND MASTERS IN THE CONGRESS	95
INDEX OF AUTHORS.....	100

High adjustments were observed among the three versions of the LSS, despite the existence of significant and non-random differences. Higher performance levels had higher adjustments. This suggests that the wrestlers' perception and preferences and the coaches' perception tend to fit better as the level of the wrestlers increase, therefore making their work together easier. Further studies could include performance and satisfaction measurements, as it is proposed by the Multidimensional Model of Sport Leadership.

References

1. Chelladurai P. (1990), *Leadership in sports: A review*, "International Journal Of Sport Psychology", vol. 21, no.4, pp. 328-354.
2. Chelladurai P., Saleh S.D. (1980), *Dimensions of leader behavior in sports: Development of a leadership scale*, "Journal of sport psychology", vol. 2, no. 1, pp. 34-45.
3. Gutiérrez-García C., Martín, J.C. (2010), *Canary Islands Stick Fighting and Wrestling* [in] T. Green, J.R. Svinth [ed.], *Martial arts of the world: An encyclopedia of history and innovation*, ABC-CLIO, Santa Barbara (CA), pp. 1-6.
4. Mendoza, F. (2012). *Análisis de las características psicológicas de los luchadores del CAR de Madrid: un estudio descriptivo y correlacional en lucha libre y grecorromana*, Unpublished Masters' Thesis, Universidad Autónoma de Madrid, Spain.
5. Ruiz-Barquín R. (2007), *Características de liderazgo en el deporte del judo*, "Revista de Psicología del Deporte", vol. 16, no. 1, pp. 9-24.
6. Ruiz-Barquín R., del Campo-Vecino J., de la Vega R. (2015), *La resiliencia en entrenadores de atletismo de alto rendimiento*, "Revista iberoamericana de psicología del ejercicio y el deporte", vol. 10, no. 1, pp. 69-75.

Roberto Ruiz-Barquín^{1(ABCDEF)}, José Juan Robles^{2(ABCDEF)}, Santiago García^{3(ABCDEF)}, Carlos Gutiérrez-García^{4(DEF)}

¹ Universidad Autónoma de Madrid (Spain)

² Escuela Central de Educación Física, Escuela de Guerra, Ejército de Tierra (Spain)

³ Servicio de Psicología. Dirección General de la Guardia Civil (Spain)

⁴ Universidad de León (Spain)

JUDO COMPETITORS' RESILIENCE LEVELS AT THE 2017 INTER-ARMY SPANISH CHAMPIONSHIP

Key words: judo, combat sports, sports psychology, resilience, military, civil guard

Introduction

The term (psychological) resilience refers to the ability observed in some people, that allows them to face, resist and overcome adversity with more resources and better results than the rest of the population [Schiera 2005]. This construct is part of the studies that analyze the importance of personality in sport. There exist some studies on judo and resilience which highlight a close connection of resilience and other psychological constructs such as burnout [Reche *et al.* 2014] or self-concept and motivation [Zurita *et al.* 2017]. The aim of the present study was to describe the characteristics of resilience in a sample of judokas participating in the 2017 Inter-army Spanish Championship, and compare these results with those obtained in previous studies.

Methods

Participants: A total of 28 judokas, 18 males and 10 females, between 27 and 46 years-old ($M=34.29$, $SD=5.12$), participated in this study. They all had a rank of 1st Dan (black belt) or higher and trained

between one and six hours per week ($M=2.81$, $SD=1.76$). Most of them ($n=21$) practiced other sports ($M_{\text{training hours/week}}=4.07$, $SD=3.0$).

Instruments: The Wagnild and Young Resilience Scale (RS) [Wagnild and Young 1993; Spanish version by Ruiz-Barquín *et al.* 2012] and a socio-demographic questionnaire were used. The RS has 25 items grouped into two factors: *Factor I, Personal Competence* and *Factor II, Acceptance of Self and Life*. Each item is answered on a seven-level Likert scale ranging from 1=*strongly disagree* to 7=*completely agree*. The reliability of the original RS was .808, and for this study, it was .711.

Procedure: Informed consents were obtained for all participants. The administration of the questionnaires was done prior to competition; it lasted approximately 20 minutes and was supervised by a sport psychologist.

Data analyses: Frequencies, means and standard deviations were calculated, and contingency tables were prepared. *T-tests* were used for detecting differences with other studies.

Results and discussion

RS total mean score was 138.5 ($SD=9.53$). Personal Competence factor mean score was 96.79 [$SD=6.35$] and Acceptance of Self and Life factor mean score was 41.71 ($SD=4.72$). Total resilience mean score can be considered high; it was lower than that obtained by athletics and padel (a racquet sport popular in Hispanic countries) trainers [Ruiz-Barquín *et al.* 2015, 2017], similar to that of ultra-marathon runners [de la Vega *et al.*, 2012], and significantly higher than previous studies with judokas and with multiple sports [Reche *et al.*, 2014; García *et al.*, 2015, p values $<.001$]. Personal *Competence* factor mean score was lower than those obtained by athletics and padel trainers [Ruiz-Barquín *et al.* 2015, 2017, p values $<.001$], and higher than that of fencers [Reche and Ortín, 2013; $p<.01$]. Finally, for the *Acceptance of Self and Life* factor only differences were found with respect to fencers [Reche, Ortín, 2013], with judokas achieving higher scores ($p<.05$).

Conclusions

This study has described the levels of resilience in a sample of judokas in a military setting. The results show global levels of resilience similar to or greater than those obtained in other studies on different sports and in non-military settings. In general, competitive judo training is associated with high levels of resilience, regardless of whether the practice takes place in a civil or military context. More studies are needed in order to increase the external validity of the obtained results. They would also allow studying how other variables related to training and sport performance relate to resilience.

References

1. De la Vega R., Ruiz R., Rivera O. (2012), Perfil resiliente en atletas de fondo, *Actas del XIII Congreso Nacional de la Actividad Física y el Deporte*, Murcia (Spain).
2. García X., Salguero A., Molinero O., De la Vega R., Ruiz-Barquín R., & Márquez S. (2015), *Role of resilient profile and coping on recovery stress levels of the competitive athlete*, "Kronos", vol. 14, no. 1, pp. 15-18.
3. Reche C., Ortín F. (2013), *Consistencia de la versión española de la escala de resiliencia en esgrima*, "Avances de la Psicología del Deporte en Iberoamérica", vol. 2, no. 2, pp. 49-57.
4. Reche C., Tutte V., Ortín F. J. (2014). *Resiliencia, optimismo y burnout en judokas de competición uruguayos*. "Revista iberoamericana de psicología del ejercicio y el deporte", vol. 9, no. 2, pp. 267-279.
5. Ruiz R., De la Vega R., Poveda J., Rosado A., Serpa S. (2012), *Psychometric analysis of the Resilience Scale in the sport of football*, "Revista de Psicología del Deporte", vol. 21, no. 1, pp. 143-151.
6. Ruiz-Barquín R., De la Vega R., Rocha M. D. L., Ortín, F. J. (2017), *La resiliencia en entrenadores de Pádel Adaptado*, "Anales de Psicología", vol. 33, no. 3, pp. 743-754.
7. Ruiz-Barquín R., Del Campo J., De la Vega, R. (2015), *La resiliencia en entrenadores de atletismo de alto rendimiento*, "Revista Iberoamericana de Psicología del Ejercicio y el Deporte", vol. 10, no. 1, pp. 69-76.

8. Schiera A. (2005), *Use and abuse of the resilience concept*, "Revista Investigación en Psicología", vol. 8, no. 2, pp. 129-135.
9. Wagnild G. M., Young H. M. (1993), *Development and psychometric evaluation of resilience scale*, "Journal of Nursing Measurement", vol. 1, no. 2, pp. 165-178.
10. Zurita F., Zafra E.O., Valdivia P., Rodríguez S., Castro M., Muros J.J. (2017), *Análisis de la resiliencia, autoconcepto y motivación en judo según el género*, "Revista de Psicología del Deporte", vol. 26, no. 1, pp. 71-81.

Roberto Ruiz-Barquín^{1(ABCDEF)}, **Mari Paz García-Remis**^{1(ABCDEF)}, **Carlos Gutiérrez-García**^{2(DEF)}

¹ Universidad Autónoma de Madrid (Spain)

² Universidad de León (Spain)

PSYCHOLOGICAL PROFILE OF COMPETITIVE COMBAT SPORTS ATHLETES: COMPARISON BETWEEN MIXED MARTIAL ARTS AND OTHER COMBAT SPORTS

Key words: psychological profile, personality, MMA, combat sports, martial arts

Introduction

Mixed Martial Arts (MMA) is a combat sport that is currently experiencing great growth. This interest has been reflected in the academic field, although studies focused on the psychological level are still scarce. The aims of the present study were: (1) To describe the psychological profile of the competitive MMA athlete; and (2) To compare that profile with the profiles of competitive athletes of other combat sports.

Method

A transversal and descriptive study was designed. *Participants:* 29 athletes (23 males and 6 females) between 19 and 43 years ($M \pm SD_{age} = 26.66 \pm 6.18$ years) that had participated in any official competitive event. The MMA group was composed of 18 athletes (17 males and 1 female) between 19 and 43 years ($M \pm SD_{age} = 26.22 \pm 6.94$ years). The comparison group was composed of 11 athletes (6 males and 5 females) between 21 and 35 years ($M \pm SD_{age} = 27.36 \pm 4.93$ years) from other combat sports (Boxing, Judo, Karate, Jiu-Jitsu, Brazilian Jiu-Jitsu, Olympic Wrestling, Grappling, Kick-boxing and K1, and Muay-Thai). *Instruments:* Spanish versions of the following psychological assessment tools were used: (1) Socio-demographic questionnaire; (2) Ten-Item Personality Inventory; (3) Wagnild and Young Resilience Scale; (4) Multidimensional Perfectionism Scale; (5) General Self-Efficacy Scale; (6) Life Orientation Test (revised version); (7) Early/Late Preferences Scales; (8) Caen Chronotype Questionnaire; (9) Profile of Mood States Questionnaire (15-items version); (10) State-Trait Anger Expression Inventory-2; (11) Brief Inventory of Situations and Responses of Anxiety, and its adaptation to sport; and (12) Competitividad-10 questionnaire (see references in references section). *Procedure:* Coaches were informed on the study aims and informed consents were obtained for all participants. Tests were administered individually for each athlete in three sessions (30-40 minutes per session), by a sport psychologist specialized in combat sports. *Data analysis:* Frequencies, means and standard deviations were calculated, and contingency tables were prepared. Mann-Whitney *U* test was used for statistical comparison between the two groups.

Results

(1) *Personality:* medium to high values in extraversion, affability, responsibility, emotional stability and open-mindedness; (2) *Resilience:* very high levels; (3) *Perfectionism:* moderate levels in concern about errors, relatively high scores in doubts about actions, and high in parental expectations, parental criticism and organization; (4) *General self-efficacy:* high levels; (5) *Optimism:* moderate levels; (6) *Chronotypic profile:* predominantly early preferences, with higher perceived activation levels between 12 and 14 h. and 18 and 20 h.; (7) *Mood:* moderate levels of fatigue and very high levels of vigor; (8) *Anxiety:* average values in cognitive anxiety, but high values in physiological and motor anxiety; (9) *Anxiety situations:*