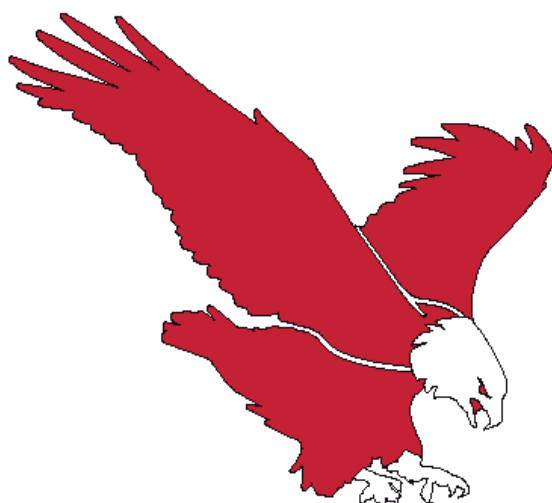


**3rd World Scientific Congress
of Combat Sports and Martial Arts
and 3rd IMACSSS International Conference**

ABSTRACT BOOK

October 15–17, 2014, Rzeszów, Poland

Wojciech Jan Cynarski and Anna Nizioł [Eds.]



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Rzeszów 2014**

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ability to enter into battle and out of combat range. “Bourne” - a kind of fight with a light touch. In “Bourne” authorized serial operation at medium and long range. “Hertz” - a kind of fight with full touch. In “Hertz” provides more than ten kinds of touch, which are regulated by the rules of the competition according to modern international counterparts combat systems - mezhstilevaya and universal battle.

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Elena Pocecco^{1(A,D,E,F)}, **Gerhard Ruedl**^{1(A,E)}, **Nemanja Stankovic**^{2E}, **Stanislaw Sterkowicz**^{3(E)}, **Fabrizio Boscolo Del Vecchio**^{4,5(E)}, **Carlos Gutiérrez-García**^{6(E)}, **Romain Rousseau**^{7,8(E)}, **Mirjam Wolf**^{1(E)}, **Martin Kopp**^{1(E)}, **Bianca Miarka**^{5(E)}, **Verena Menz**^{1(E)}, **Philipp Krüsmann**^{1(E)}, **Michel Calmet**^{9(E)}, **Nikolaos Malliaropoulos**^{10,11(A)}, **Martin Bartscher**^{1(A,D,E)}

¹ Department of Sport Science, University of Innsbruck (Austria)

² Faculty of Sport and Physical Education, University of Nis (Serbia)

³ Combat Sports Unit, Department of Theory of Sport and Kinesiology, Institute of Sport, University School of Physical Education, Cracow (Poland)

⁴ Combat Sports and Martial Arts Research Group, Superior School of Physical Education, Federal University of Pelotas (Brazil)

⁵ Martial Arts and Combat Sports Research Group, Sport Department, School of Physical Education and Sport, University of São Paulo (Brazil)

⁶ Department of Physical Education and Sports, University of León (Spain)

⁷ Unit of Orthopaedic and Sport Surgery, CHU La Pitié-Salpêtrière, Paris (France)

⁸ Nolle Institute of Locomotor System, Paris (France)

⁹ Faculty of Sport Science, University of Montpellier (France)

¹⁰ National Track & Field Centre, Sports Injury Clinic, Sports Medicine Clinic of S.E.G.A.S., Thessaloniki (Greece)

¹¹ Thessaloniki SPORTS Medicine Clinic, Thessaloniki (Greece)

INJURIES IN JUDO: A SYSTEMATIC LITERATURE REVIEW INCLUDING SUGGESTIONS FOR PREVENTION

Key words: martial art, combat sport, Olympic sport, athlete's health, sports injury

Background and Objective

There is limited knowledge on epidemiological injury data in judo. To systematically review scientific literature on the frequency and characteristics of injuries in judo.

Methods

The available literature up to June 2013 was searched for prospective as well as retrospective studies on injuries in judo. Data extraction and presentation focussed on the incidence rate, the injury risk, types, location, and causes of injuries.

Results

During the Olympic Games in 2008 and 2012 an average injury risk of about 11-12% has been observed. Sprains, strains, and contusions, usually of the knee, shoulder, and fingers were most frequently reported injuries, whereas being thrown was the most common injury mechanism. Severe injuries were quite rare and

usually affected the brain and spine, whereas chronic injuries typically affected finger joints, the lower back and ears. The most common types of injuries in young judo athletes were contusions/abrasions, fractures and sprains/strains. Sex-differences data on judo injuries were mostly inconsistent. Some studies suggested the relationship between nutrition, hydration and/or weight cycling and judo injuries. Also psychological factors may have an influence on the risk of judo injuries.

Conclusions

The present review provides the latest knowledge on the frequency and characteristics of injuries in judo. Comprehensive knowledge about the risk of injury during sport activity and related risk factors represents an essential basis to develop effective strategies for injury prevention. Thus, the introduction of an on-going injury surveillance system in judo is of utmost importance.

Sergio Raimondo^{1 (A, B, D, E, F)}, **Guru Shabad Khalsa De Santis**^{2 (B, D, F)}, **Giulia Prette**^{3 (E, F)}

¹ Università di Cassino e del Lazio meridionale; Vice President Area Discipline Orientali Uisp (Italy)

² President I.G.A. International Gatka Academy (Italy)

³ Vice President I.G.A. International Gatka Academy (Italy)

THE SEARCH FOR INFINITY. THE NUMBER 8 AND THE MARTIAL ARTS

Key words: comparative historical method; cultural influences; East and West; martial techniques; cosmic symbolism.

Introduction

Since ancient times, in both West and East, the number eight is present in many cultural expressions [Ambrosius; Granet; Hart; Iraeneus; Kraft; Le Goff; Shaughnessy], having important functions, both symbolics and concretes [Burckhardt], from the religious sphere [Buswell; Shahar] to the mathematics [Aczel], from philosophy [Rucker; Swami] to the nomenclature of the winds and the solar system, from architecture [Barber; Cadei] to the game of chess, to bodily expressions such as Belly dancing, Tango, Qigong and various martial arts.

Concerning the human bodily experience, the movements in the form of 8 – originated from the basin to be transmitted to the arts – can be found in traditional dances and in several martial arts as well. These are two activities both well established already in archaic societies as expressions of universal efficiency of rhythmic alternation between opposing, but complementary and inseparable, forces [Lash; Lenoir – Standaert]. Through the nature observation we can perceive this alternation.

Methods

Using the comparative historical method [Pettazzoni; Rossi; Orsi], we can trace the similarities among martial arts coming from different backgrounds, moving from the presence of the number eight in the cultural context, in the underlying philosophy and in the practice of the various disciplines. The aim is to strive not to an abstract summary, an idealistic archetype, but to the identification of the specificities of the different historical processes that have produced different body techniques.

The considered martial arts are originating from Brasil [Talmon-Chvaicer], China [Liang – Yang - Wu; Raimondo – Sabatelli 2013], Philippine [Galang; Inosanto], India [Ananda Lal; Nanak – Sat; Yogi Bhajan], Italy [Monaco]. We examine also some Qigong exercises [Raimondo – Sabatelli 2005] and the so-called Middle Eastern belly dance [Bonaventura; Karayanni], the Argentine tango [Azzi; Hanna] and the game of chess [Burckhardt].

Next steps of research are based on anthropological methodology: participant-observation fieldwork, semi-structured interviews and questionnaires to experts in the various disciplines in China, India, Europe.