

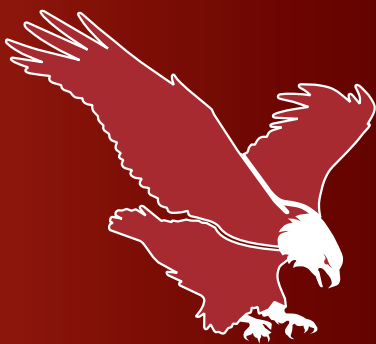


7th
IMACSSS
International
Conference
IMACSSS General Assembly

ABSTRACT BOOK

**October 17-19,
2018**

4th World
Scientific
Congress
of
Combat Sports
and
Martial Arts



IMACSSS



**University
of Rzeszów**

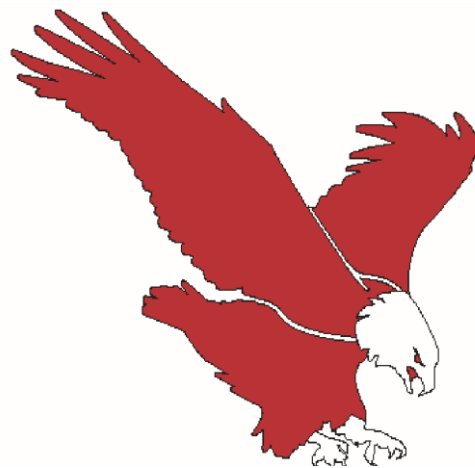
Rzeszów, Poland

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
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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

uncontrolled falls), 47 sideward falls (27 without a slapping, 16 with slapping, 4 uncontrolled falls). Most common mechanism of losing balance was take-down in 120 falls. After successful strike, 40 falls occurred. After strong shove 11 fighters fell. Because of a kick 10 falls were recorded. Slippery mats caused six falls without opponents action.

Discussion and conclusions

Unlike judo or wrestling, there are no points for successful throws in MMA. Fighters force his opponent to tap-out or, causing him knock-out. However, falling techniques seems to be an important part of sports performance in MMA. As many different techniques are used, MMA coaches should also stress on teaching unorthodox falls adding to the standard curriculum [Koshida et al. 2014] as it is in judo for example. Most frequent mechanism of fall is take-down. In training falling techniques (as intentional motor skill) should be learned simultaneously with throwings and take-downs. For better evidence about the frequency of falls in MMA fights, lighter and heavier weight classes should be analysed. Further research to gain more data from groups of different age in various combat and non-combat sports is needed.

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LEADERSHIP QUALITIES IN CANARY ISLANDS WRESTLING

Key words: canary islands wrestling, combat sports, multidimensional leadership model, sport psychology

Introduction

Leadership in competitive sport is a key area of study in sport psychology. One of the most used models is Chelladurai’s Multidimensional Model of Sport Leadership [Chelladurai 1990; Chelladurai, Saleh 1980]. Although there are some studies on combat sports [e.g., Ruiz-Barquín, 2007], this model has not been yet applied to Canary Islands Wrestling, a traditional wrestling style which nowadays is practiced as a high-level competitive sport [Gutiérrez-García, Martín 2010]. The objectives of this study were: (1) To describe the characteristics of leadership in a sample of Canary Islands Wrestling coaches and competitors; (2) Analyze the adjustment between competitors’ and coaches’ preferences and perceptions regarding leadership.

Methods

Participants: 67 competitors (44 seniors and 23 juniors) and 7 coaches, all males. Wrestlers' characteristics – $M_{age}=23.21$; $SD=5.796$. Experience in wrestling (years): $M=12.96$; $SD=7.53$. Years with actual coach: $M=3.55$; $SD=3.68$. Hours of training per week: $M=8.03$; $SD=.24$. Performance level: 43 “Libre” (3rd level), 17 “Destacado” (2nd level), and 7 “Puntal” (1st level, the highest). Coaches' characteristics – $M_{age}=46.29$, $SD=12.93$. Experience in wrestling (years): $M=22.57$; $SD=8.923$. Years as coach: $M=15.71$; $SD=12.15$. Dedication to training=8 hours per week.

Instruments: A Spanish version of Chelladurai and Saleh's [1980] *Leadership Scale for Sport* (LSS) adapted for Canary Islands Wrestling [Ruiz-Barquín 2008©; in Mendoza 2012] and a socio-demographic questionnaire [Ruiz-Barquín *et al.* 2015] were used for this study. The LSS has three versions: *Athletes' preferences* (LSS1), *Athletes' perceptions on the coach* (LSS2), and *Coaches' self-perceptions* (LSS3). All versions have 40 items, which are answered on a five-level Likert scale ranging from 1=*never* to 7=*always*, and five factors: *Training and Instruction* (TI), *Democratic Behaviour* (DB), *Autocratic Behaviour* (AB), *Social Support* (SS), and *Positive Feedback* (PF). The reliability of LSS1 and LSS2 was $\alpha=.917$ and $.930$ respectively (for LSS3 it was not calculated due to the small size of the sample).

Procedure: Informed consents were obtained for all participants. The administration of the questionnaires was carried out at the wrestlers' training facilities on April 2017, on one single supervised session of 30 minutes of duration.

Data analysis: Descriptive statistics (frequencies, means and standard deviations) were used for describing the tests results. Nonparametric tests (Wilcoxon *W*, Mann-Whitney *U* and Kruskal-Wallis) were used for group comparison.

Results

(1) *LSS1 - Athletes' preferences, mean values:* PF=4.14, TI=4.04, SS=3.84, DB=3.75, AB=2.73. (2) *LSS2 - Athletes' perceptions on the coach, mean values:* PF=3.70, TI=3.69, SS=3.63, DB=3.47, AB=2.91. (3) *LSS3 - Coaches' self-perceptions, mean values:* PF=4.54, TI=4.49, SS=4.04, DB=3.41, AB=2.63. Juniors achieved higher scores than seniors in the AB scale of LSS2 ($p < .05$). According to performance level differences were found in the TI scale of LSS2 ($p < .05$), although post-hoc analyses did not confirm these differences.

There was a high level of adjustment between LSS1 and LSS3, but there were differences in TI, DB, PF ($p < .001$) and SS ($p < .05$) factors. With regard to differences between LSS2 and LSS3, coaches achieved higher scores than wrestlers except for AB. Significant differences were found in TI, AB, SS and PF (for all $p < .001$). Comparison between LSS1 and LSS2 shows the wrestlers' preferences for their coach to develop all factors ($p < .001$) but AB ($p < .10$).

According to performance level, higher adjustments were found between LSS1 (wrestlers' preferences) and LSS2 (wrestlers' perceptions) for the highest performance group (1st level) in TI (-.077), SS (-.161) and PF (-.200) factors, while the lower performance group (3rd level) had higher adjustments in DB (-.23) and AB (-.251). LSS3 (coaches' perceptions)-LSS2 comparison showed higher adjustments in TI (.209), AB (-.171), SS (.125) and PF (.200) for 1st level wrestlers, and in DB for those of 3rd level (-.090). LSS3-LSS1 comparison obtained higher adjustments for the 1st level wrestlers in TI (.132), SS (-.036) and PF (.000), for 3rd level wrestlers in DB (-.315), and for 2nd level wrestlers in AB (-.129). Significant differences were only found for LSS3-LSS2 comparison in TI ($p < .05$), and a tendency to statistical significance in PF ($p < .10$), showing higher adjustments in higher performance levels.

Discussion and conclusions

This study has described the characteristics of leadership in a sample of Canary Islands Wrestling competitors and coaches. Comparison among age categories and among performance levels did not find differences except for the AB factor in LSS2 (Athletes' perceptions). Despite juniors perceived their coaches more autocratic than did the seniors, results globally showed that there exists a homogeneous view of coaches among the studied groups.

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.

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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