

## TRAINING TRIPS OF MARTIAL ARTISTS–WLADYSLAWOWO ‘2016

Wojciech J. CYNARSKI

*Faculty of Physical Education, University of Rzeszow, Rzeszow, Poland*

### Keywords:

- martial arts
- Idokan
- tourism of martial arts
- summer camp

### Abstract:

**Background:** The aim of this study is a case of one of martial arts summer camps, with an attempt to find some regularity. In particular, the answer to the question: what is the main point of organization and participation in such meetings and trainings? **Material and methods:** The main method is participant observation, and - additionally - analysis of the literature. This is in part a case study and in part an analysis of the facts and the content of literature. Also discussions with the trainees are included. **Results:** Were held dozens of training hours, and seven people earned higher technical degrees. For most participants this was the main theme participate, in addition to learning new techniques and new knowledge. For senior instructors it was a form of combination of holiday family travel and a week for improvement in the martial arts, and activity for the benefit of the organization. **Conclusions:** The results of the final examinations allow the satisfaction of the participants and their teachers. Gaining higher degrees was the main objective of most participants. Decision of the Association, like summer camps will be continued.

### INTRODUCTION

This year in Chlapowo / Wladyslawowo, July 24-30, 2016, it was the 24<sup>th</sup> IPA Summer School with workshops on technical issues, forms and methodology of teaching. It is a tradition of IPA (the Idokan Poland Association) and RODB (the “Rzeszowski Centre Dojo Budokan”) since 1992 [Cynarski 2002, 2005; Biuletyn 2004; Cynarska 2012]. It is typical for the martial arts movement and its organisations that such cyclic camps and seminars are organised [Litwiniuk, Cynarski, Piech 2005; Cynarski 2012a]. Especially, it is related to the requirements for further technical levels.

This work was prepared in the scientific framework of the anthropology of martial arts and theoretical conception of the “martial arts tourism” [Cynarski 2009, 2012a; Obodyński 2009]. Trips for practicing martial arts are a phenomenon that is interesting for the sociology of leisure, and sociology of culture, and sociology of tourism. The author uses the Cynarski’s definition of lifestyle: „Lifestyle includes repetitive characteristics and activities of individuals and groups that are specific to their personal and social values”. [Cynarski, Grzywacz 2016]. In the lifestyle of martial artists the special meetings and seminars are an important point [cf. Jeong Myung Gim 1998; Cynarski, Yu 2011].

The aim of the study is here a case of one of the summer camps for martial arts, with an attempt to find some regularity. In particular, what is the main point of organisation and participation in such meetings and trainings?

The main method used is participant observation, and – additionally – analysis of the literature [Krippendorf 2004; Spencer 2012]. This will be in part case study, and in part an analysis of the facts and the content of the literature [cf. Skinner, Edwards, Corbett 2015: 116-133].

## ABOUT THE PLACE

Władysławowo is a port city founded by Polish King Władysław IV. It currently serves the function of a seaside tourist resort. It is a kind of summer capital of martial arts and combat sports, not only for the IPA; best judokas and boxers practice here in the Olympic Centre (Cetniewo) and next - *karate* athletes and *jujutsuka* from different organisations. Until recently, an international judo tournaments for youth was played here in the summer (wish it was discontinued).

In the Sport Stars Avenue, next to the parish church in Władysławowo, we find, among other things, the Prof. Wojciech Zabłocki's star (outstanding fencer and honorary member IPA) and the star of his coach - Janos Kevey (swordsman). There are also honored other famous representatives of the combat sports. Next to it is a monument to the great Pole - General Józef Haller, and an opportunity for national history lesson [cf. Tarka 2016].

In particular, a place exercise the next IPA staff and members' meetings is a sandy beach between Władysławowo and Rozewie [cf. Cynarska, Owczarska 2008; Cynarski, Cynarska 2013]. It is here gulls, albatrosses and cormorants, as well as tourists-sunbathers are witnessing of the annual martial arts training with the Japanese terminology.

City of King Władysław was in the summer of 2016 especially appreciated by the Polish (and not only) tourists, as evidenced by their numerous participation and lack of beds in boarding houses. Incidentally, participants described herein training rooms are booked in March.

## PROGRAMME OF THE 24<sup>TH</sup> IPA SUMMER CAMP

On 24-30 July 2016 was held in Chłapowo / Władysławowo the 24<sup>th</sup> Summer Camp of Idokan Poland Association – a summer school, with practical workshops in *karate*, *jujutsu* and *kobudo* in the Idokan style. The workshops, by *shihan* Cynarski, were:

- *Karate Idokan (Zendo karate Tai-te-tao): technical issues, theory & methodology till 2 kyu level;*
- *Jujutsu Idokan Yoshin-ryu style: methodology of teaching, technical issues and forms till 2 kyu;*
- *Kobudo & kenjutsu teaching: basic technical issues, forms and methodology.*

The program included technical and methodical training in terms of the educational system Idokan Yoshin-ryu Budo (*karate*, *jujutsu*, *kobudo*, *kenjutsu*, ...). Practical training held in hours 8:00-11:00 and 17:00-19:30. Training took place on the beach and in the sea water. It was a *sayonara* party, night training with elements of *ki-keiko*, board meeting of IPA and Dan Committee (27<sup>th</sup> of July), as well as examinations for technical degrees.

Organisational meeting was held on the evening of the first day. This included information of health and safety, organizational arrangements, and was occasion to transmit greetings from *meijin* L. Sieber 10 dan (honorary president IPA) and Dr Jan Słopecki 10 dan (vice president IPA) [cf. Lind 1996: 373; Sieber, Pawelec 2016].

The morning training included general-development and *karate* (*kihon*, *kata*, *kumite*, special techniques, and self-defence) [photo 1]. It is a style Zendo Karate Tai-te-tao, otherwise Idokan karate [Biuletyn 2004; Sieber, Cynarski 2013]. In the afternoon classes included issues of technical and tactical *jujutsu* and *kobudo* (*kenjutsu*, *bojutsu*, *nunchaku*, and *iaido*) [Cynarski 2009]. The program of wielding traditional weapons is based mainly on the school Tenshinshoden Katorishinto-ryu, but not only [Sugino, Ito 2010; Sieber, Grzywacz 2015]. It was also one of the traditional night training with *ki-keiko* exercises, which improve digestion and boost your energy. It is also a component of *bujutsu-ido*, the martial arts medicine [Cynarski, Sieber 2015].



**Photo 1.** Karate - exercises in water [authors own collection]

Cultural / integration program included two common barbecues, discussions about martial arts, table tennis, sightseeing the Wladyslawowo city and tasting Kashubian cuisine.

## **PARTICIPANTS**

The organizer and main trainer was Prof. Wojciech J. Cynarski, *hanshi* in *karate* and *jujutsu*, chief technical director IPA [Sieber, Pawelec 2016]. The assistant of *shihan* Cynarski was *sensei* Piotr Jaskólski 5 dan.

This is an annual meeting of IPA seniors [Cynarski 2012b], with the participation of the best and most ambitious students from different centres. This time it was attended only members of the IPA central Rzeszów Centre "Dojo Budokan", sections in Rzeszow and Strzyzow, and people from Krakow (from Okuyama-ryu *aiki-jujutsu*, *hapkido* and other, e.g. Dr M. Krzan) [photo 2].



**Photo 2.** Participants of the 24<sup>th</sup> Summer Camp IPA [authors own collection]

It is a school of character, when you need to thoroughly work a whole week - those tens of hours. This time the weather was great, so exercises on the sand and the fight against sea

waves were not too unpleasant. The challenge here is always necessary effort associated with the dimension of the experience of self-discipline *shugyo* [Lind 1996: 779]. Also, for example *kobudo* can be practiced, outside Shibu Kobudo IPA, only in summer camps.

On the last day most of the participants have successfully passed the exam to higher ranks in *karate* and *jujutsu*. For most participants this was the main theme to participate, in addition to learning new techniques and new knowledge. For senior instructors it was a form of combination of holiday and family travel with a week for improvement in martial arts (with pleasure), and activities for the organisation.

## DISCUSSION

The described example of the summer training is a manifestation of the three patterns. Namely, this is related to: 1) the implementation of the educational system Idokan Yoshin-ryu [Biuletyn 2004; Cynarski 2009; Cynarska, Pawelec 2014], 2) with the organisational and touristic activity of IPA [Cynarski 2002, 2012b]. 3) It is an example of an active life style that is preferred among people practicing martial arts [cf. Jeong Myung Gim 1998; Cynarski, Yu 2011; Cynarski, Cynarska 2013; Cynarski, Grzywacz 2016].

Since the main theme of participation concerns the study of martial arts, we are dealing here with a contribution to the martial arts tourism and its sociological description [cf. Cynarski 2012a]. This kind of summer camps or schools are notably the acquisition and transfer of practical knowledge, learning and teaching martial arts. Therefore, similar events are a sign of cultural and self-realisation tourism [Cynarska, Obodyński 2011]. There are also a form of physical recreation as active leisure, hobby activities and social activities within the non-profit organization.

Purpose of the trip associated with practicing martial arts indicates the need to qualify the described event as manifestations of the martial arts tourism. Especially, the participants commuted to camp themselves in different ways (private cars, buses, trains), and the distance from home was more than 800 km. Sometimes, in other cases, they are many times more distances [cf. Raimondo 2011; Słopecki 2012]. Here it concerned the national martial arts tourism and was an example of and contribution in this regard. In particular, for some people it was the first in their life stay on the Baltic Sea.

## TERMINATION AND CONCLUSIONS

Three people earned higher technical grades in *karate*, four people - in *jujutsu*. Wide range of the educational program Idokan Yoshin-ryu IPA was re-practiced. The participants received confirmation of participation or also gained degrees in sports passports ("IPA budopass"). It is therefore the satisfaction of both participants and trainers.

The main sense of participation in similar meetings and training comes down to motivation (ambition) for individual development in the martial arts. While from the perspective of the organisation and the organiser this is an important element of the training process and annual review of human resources. Meeting of the Board and the Dan Committee already fixed a date of the next – the 25<sup>th</sup> Summer Camp (July 2017). This means that the training cycle of "summer schools" will continue.

## LITERATURE

1. "Biuletyn Sōbudō", IPA, 2004, no. 1-2 [in Polish].
2. Cynarska E. (2012), *XX Obóz Letni w Chłapowie i zapisy do sekcji na nowy rok szkolny. Z życia Strzyżowskiej Sekcji Rzeszowskiego Ośrodka "Dojo Budokan"*, "Waga i Miecz", no. 9, p. 30 [in Polish].

3. Cynarska E., Obodyński K. (2011), *New Polish publications about self-realizational and cultural tourism – comments and remarks*, “*Ido Movement for Culture. Journal of Martial Arts Anthropology*”, vol. 11, no. 1, pp. 65–68.
4. Cynarska E., Owczarska A. (2008), *XVI Obóz Letni Stowarzyszenia Idokan Polska – Władysławowo 2008*, “*Sztuki Walki*”, no. 4, p. 2.
5. Cynarska E., Pawelec P. (2014), *Letnia Szkoła Idokan Polska ‘2014*, “*Waga i Miecz*”, no. 9, p. 29.
6. Cynarski W.J. (2002), *Obozy letnie Stowarzyszenia Idokan Polska*, “*Waga i Miecz*”, no. 9-10, p. 29.
7. Cynarski W.J. (2005), *Letni trening sztuk walki. Obozy sportowe Stowarzyszenia Idokan Polska*, “*Waga i Miecz*”, no. 9, p. 29.
8. Cynarski W.J. (2009), *Martial Arts – Idō & Idōkan*, IPA, Rzeszow.
9. Cynarski W.J. (2012a), *Peregrynacje turystyczne miłośników sztuk walki* [in:] Z. Krawczyk, E. Lewandowska-Tarasiuk, J.W. Sienkiewicz [eds.], *Aksjologia podróży*, WSE, Warsaw, pp. 351-367. ISBN 978-83-62644-14-8 [in Polish].
10. Cynarski W.J. (2012b), *Promocja turystyki w działalności Stowarzyszenia Idokan Polska i IMACSSS* [in:] B. Sawicki, A. Nizioł, M. Obodyński [eds.], *Rola organizacji pozarządowych w rozwoju i promocji turystyki*, UR, Rzeszow, pp. 244-251. ISBN 978-83-62592-93-7 [in Polish].
11. Cynarski W.J., Cynarska E. (2013), *Travel to the Polish borderlands. Martial arts training and meetings on the way*, “*Ido Movement for Culture. Journal of Martial Arts Anthropology*”, vol. 13, no. 1, pp. 34-37.
12. Cynarski W.J., Grzywacz R. (2016), *Tourist, ecological and recreational behaviours in leisure time - contribution to the sociology of leisure time*, “*Prace Naukowe Akademii im. J. Długosza Kultura Fizyczna*”, t. 15, nr 1, pp. 79-87; doi: 10.16926/kf.2016.15.05.
13. Cynarski W.J., Sieber L. (2015), *Martial arts (alternative) medicine – channel of transmission to Europe*, “*Ido Movement for Culture. Journal of Martial Arts Anthropology*”, vol. 15, no. 3, pp. 8–21; doi: 10.14589/ido.15.3.2.
14. Cynarski W.J., Yu Jong-Hoon (2011), *The Lifestyle of People Practicing the martial Arts – Active, Healthy, and Creative*, “*Pan-Asian Journal of Sports & Physical Education*”, vol. 3, no. 4, pp. 35-44.
15. [http://wladyslawowo.pl/cms/18157/dla\\_turysty](http://wladyslawowo.pl/cms/18157/dla_turysty)
16. Jeong Myung Gim (1998), *Leisure in fighting arts: American adaptation of Eastern martial arts*, “*World Leisure & Recreation*”, vol. 40, no. 4, pp. 11-16.
17. Krippendorff J. (2004), *Content Analysis: An Introduction to Its Methodology*, Sage, Thousand Oaks, CA.
18. Lind W. [ed.] (1996), *East Asian martial arts: The lexicon*, Sport-Verlag Berlin, Berlin [in German].
19. Litwiniuk A., Cynarski W.J., Piech K. (2005), *Sport and recreational activities as a way to promote travelling basing on meetings, seminars and sport camps of sports and martial arts* [in:] K. Obodyński, W.J. Cynarski [eds.], *International Dialogue: Global, European, National and Multicultural Dimensions of Tourism*, European Academy for the Carpathian Euroregion (EACE), Rzeszów, pp. 182-185. ISBN 83-89721-07-4.
20. Obodyński K. (2009), *Anthropology of martial arts as a scientific perspective for research* [in:] W.J. Cynarski [ed.], *Martial Arts and Combat Sports – Humanistic Outlook*, Rzeszow University Press, Rzeszów, pp. 35-50.
21. Raimondo S. (2011), *Heritage tourism and Taijiquan. The case of Chenjiagou, Henan, RPC*, “*Ido Movement for Culture. Journal of Martial Arts Anthropology*”, vol. 11, no. 1, pp. 52-59.

22. Sieber L., Cynarski W.J. (2013), *A new stage in the history of the Idokan organization*, "Ido Movement for Culture. Journal of Martial Arts Anthropology", vol. 13, no. 3, pp. 59-71.
23. Sieber L., Grzywacz R. (2015), *Jubilee of Shibu Kobudo in Poland 1995–2015*, "Ido Movement for Culture. Journal of Martial Arts Anthropology", vol. 15, no. 4, pp. 13–25; doi: 10.14589/ido.15.4.2.
24. Sieber L., Pawelec P. (2016), *Professors of martial arts. Holders of this title in martial arts science*, "Ido Movement for Culture. Journal of Martial Arts Anthropology", vol. 16, no. 3, pp. 15–26; doi: 10.14589/ido.16.3.2.
25. Skinner J., Edwards A., Corbett B. (2015), *Research methods for sport management*, Routledge, London - New York.
26. Słopecki J. (2012), *Jujutsu Seminar in Vienna at Wado Te Jutsu School of Franz Strauss. Presentation of Expert-Professor Medal and Diploma to Extraordinary Teacher of Jujutsu and Judo-do*, "Ido Movement for Culture. Journal of Martial Arts Anthropology", vol. 12, no. 3, pp. 32-35.
27. Spencer D.C. (2012), *Ultimate fighting and embodiment. Violence, gender, and Mixed Martial Arts*, Routledge, New York.
28. Sugino Y., Ito K. (2010), *Tenshin Shoden Katori Shinto Ryu Budo Kyohan*, (trans. Ulf Rott) Demond GmbH Norderstedt [in German].
29. Tarka K. (2016), *Żołnierz, społecznik, polityk*, "w Sieci Historii", no. 8, pp. 10-12 [in Polish].
30. [www.idokan.pl](http://www.idokan.pl)