

# MARTIAL ARTS IN THE PROCESS OF CHILDREN AND YOUTH – EDUCATION, EXPANSION OR EXODUS OF THE EXAMPLE OF BYDGOSZCZ

Robert Stępnia<sup>1</sup>,  
Sylvia Wilczyńska<sup>2</sup>, Ewelina Drumińska<sup>2</sup>

Kazimierz Wielki University, Bydgoszcz, Poland<sup>1</sup>  
Section of Physical Culture, Student Research “WyKoNa”, Kazimierz  
Wielki University, Bydgoszcz, Poland<sup>2</sup>

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## Abstract

Physical Education in the Primary School and Middle School can be implemented in many ways. One of them is martial arts which developed in Poland in recent years. The aim of the study was to verify the quantitative and qualitative expression of martial arts among children and young people in their school environment.

Personal interview information was collected using the data cataloged in: school documentation, in pupils sport clubs and other sport clubs.

Results of this study do not give a clear answer for these questions, but should provide a starting point for future trainers and managers of combat sports to consultation with Department of Education in Bydgoszcz.

The processes of assimilation combat sports of children and adolescents in the school environment should be a compatible monitored both at Sport Department and the Department of Education in Bydgoszcz.

## Introduction

The high popularity of Japanese concepts concerning the security philosophy fell on the 70's and 80's of the XX century. This popularity was dominated by the huge interest in Far Eastern martial arts Budō on the territory of the Central and Eastern Europe. They were connected with the security philosophy and spirituality where societies were mired in the dreary reality of the communist totalitarian regime (Piwowarski, Korzeniowski, 2011).

In the political system before 1989 the martial arts discipline were mainly developing in so called power ministries like the army and the police, in the penitentiary departments and less often in the Students Sport Associations AZS. There were also few, led rather as experiment, sport classes at schools (former Primary schools number 62 and 20) with judo profile- also in Bydgoszcz (Wilczyńska, Drumińska, 2014). The sport facilities and budget were supported by national institutions, by contrast private sports clubs and associations were in minority. Since 1990 the changes in widely understood structure of the physical

culture (Jaczynowski, Żyśko, 1994) and in the structure and finances of the professional sport (Jankowski, et al., 1996) have started.

The educational value for youth of martial arts were previously pointed out by many authors in relation with the balanced development, violence deterrent or developing healthy lifestyle habits, additionally they were postulated to be introduced into the school timetable (Cynarski, Berdel, 2000; Daniluk, Kopeć, Rajecka, 2013; Kalina, 1991; Kalina, Jagiełło, 2000; Kozdraś, 2014; Krawczyński, 2007).

As Cynarki wrote after Tyszka the axiological values which are achieved by practicing sports and martial arts are as follows: development of the physic and psychological features, balancing psychophysical development, shaping psychological features and character, the chance to test oneself and boost self-esteem, the tool in educating and socializing the youth (Cynarski, 2004).

Besides, there are many researches that proof that the martial arts develop general fitness and body efficiency to the same level as traditional sport disciplines that have been in the school timetable for years (Bujak, 2000; Gierczuk, 2008; Litwiniuk, Cynarski, 2003; Litwiniuk, Daniluk, Cynarski, 2005; Klimczyk et al., 2013; Pujso, Kuźmińska et al., 2013; Pujso, Smaruj et al., 2012).

Equally interested is the fact that longstanding judo training brings improvement in body balance control. The occurrence of changing the body balance control by judo players during the nationwide competition points to the multidimensional of this occurrence. Some of those aspects were connected with the psychic that suggests that it can result in better balance awareness in general so also in old age (Błach et al., 2005).

It is worth mentioning that uniform services training should be sufficient to use coercive measurement or to follow the requirements of the contemporary battlefield.

Under that assumption, the use of the Far Eastern martial arts (judo, ju jitsu, karate taekwondo) can be very useful, on which basis the training for Police, border guards or soldiers, especially for special units of the border guards and Government Protection Bureau is designed (Korzeniowski, 2008).

## **Material and methods**

The research material was gathered upon own information collected from sports clubs (organizations of higher utility), schools with sport classes, students sports clubs (UKS) and other martial art schools. Only Olympic martial arts like judo taekwondo and wrestling were taken into account.

The data was collected by personal interviews connected with inquiry into school or club documents. Some of the information was gathered by emails.

The data was divided into two groups, one comprised of school youth who trained in sport classes, the other comprised of youth who trained outside the school. The representation of three different time periods was presented: broad period of 2003-2005 because of the reorganization of judo section after Polonia club collapsing and moving player to University of Kazimierz Wielki students sport club (AZS UKW) and some by PTS Gwardia Club and period of 2010 and 2014.

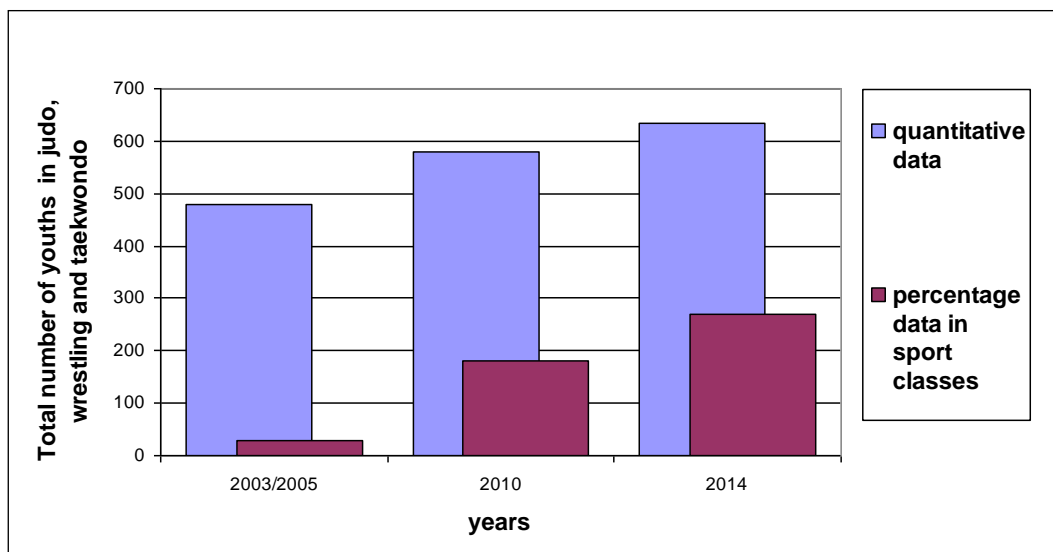
The research material was statistically worked out with the use of Microsoft Excell preparing the spreadsheets, graphs and tables.

## Results

The collected data of youth who train judo, taekwondo and wrestling is shown in Table 1 and on Figures 1-3 The data applied to periods 2003/2005, 2010, 2014.

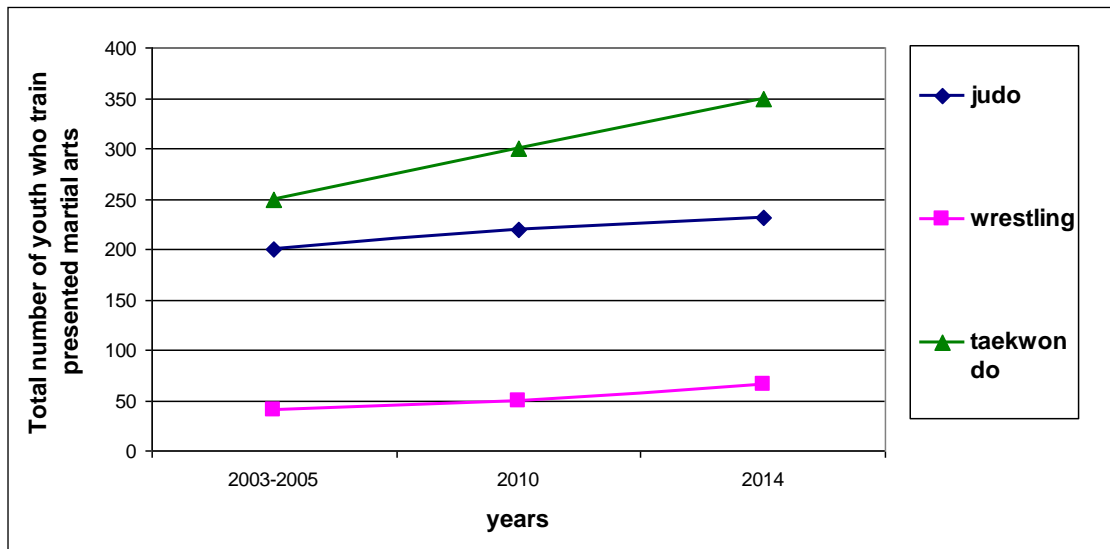
**Tab. 1.** The quantitative representation of youth who train judo, taekwondo and wrestling in time periods

| Years / discipline      | 2003/2005 |     | 2010 |       | 2014 |       |
|-------------------------|-----------|-----|------|-------|------|-------|
| Judo                    | 200       |     | 220  |       | 232  |       |
| Judo sport classes      | 30        | 15% | 60   | 27.3% | 60   | 25.9% |
| Wrestling               | 40        |     | 50   |       | 65   |       |
| Wrestling sport classes | 0         | 0%  | 0    | 0%    | 0    | 0%    |
| Taekwondo               | 240       | 0%  | 300  |       | 350  |       |
| Taekwondo sport classes | 0         | 0%  | 120  | 40%   | 210  | 60%   |



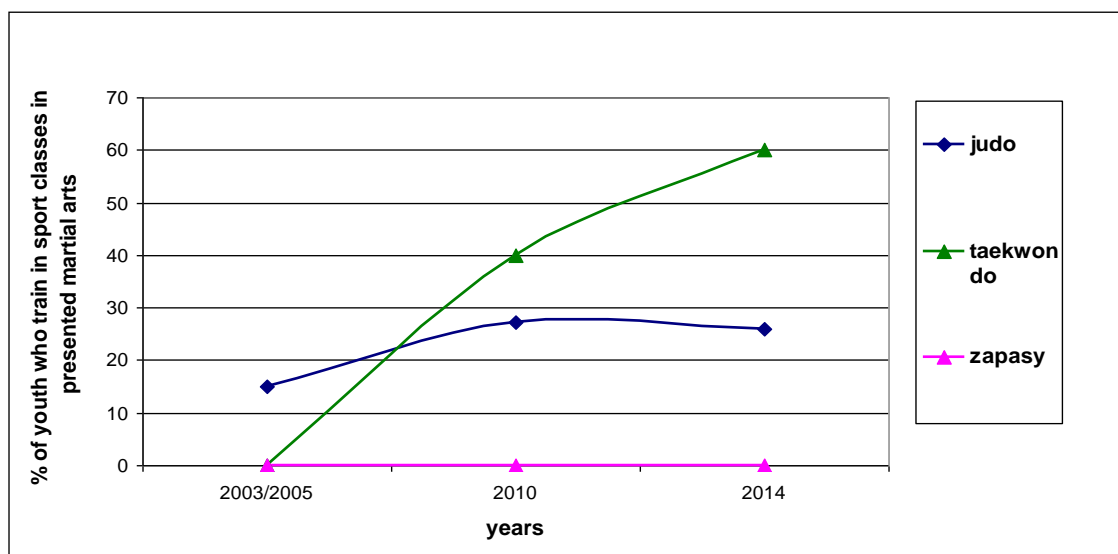
**Fig.1.** Total number of youth who train judo, taekwondo and wrestling in quantitative perspective and percentage of those who train in sports classes

There is visible growth in general number of youth who train judo, taekwondo and wrestling and the steady growth in percentage of participates in sports classes. The percentile growth shows bigger dynamics.



**Fig. 2.** The graphical representation of changes in general number of youth who train judo and taekwondo and wrestling in time periods

All disciplines present the tendency in growing number of training youth, where taekwondo growth is the most visible.



**Fig. 3.** The percentile representation of number of youth who train judo, taekwondo and wrestling in the sports classes

The most dynamic growth is visible in the taekwondo group; also the lack of youth who train wrestling in sports classes is visible.

## Discussion

The data in Tab. 1 and in Fig. 1 shows that the number of youth who practice researched disciplines is increasing in all periods of time as well as there is a percentile growth of number of children attending sports classes.

It is worth mentioning that in literature; most of the researches concerning martial arts in sports classes are not focused on quantity aspect and that is why it is difficult to compare the results at this ground. Despite that, the research from Szczecin, which was also concerning the number of students in sports classes, showed decreasing number of secondary school children in sports classes. The authors also came to conclusion that there is a lack of consistency at all levels of children and teenagers' training plan (Cieszczyk, Eider, 2005).

The development of martial arts disciplines is not only connected with Olympic Games but also there are sports classes with the specialization in boxing, Muay Thai, karate and even MMA- for example at the Higher School of Humanities and Economics in Włocławek (Wilczyńska, Drumińska, 2014).

It is noticeable that the lack of wrestling sport classes is not a new phenomenon and has already been pointed out by other researchers. It seems that the dominant form of training preferred by coaches is training in the sports clubs, usually in small, local clubs. The observation of the beginnings of the career of some Olympian wrestlers showed that they started their career in small, local clubs. Probably the local environment is the reason for lack of continuation in training plan and founding wrestling sport classes (Rak, 2011; Wodecki, 2011; Ziarkowska, 2009).

Interestingly there are many concepts of how to help sport disciplines in developing through early training in sports classes (Chruściński, 2013; Spieszny, 2003), however, the numerical amount of football and basketball classes have not improved the sport results of those disciplines at different stages of career. The more detailed analysis tells to look at the achieved results from multidimensional point of view.

The changes in the total number of youth who practise judo, taekwondo and wrestling through periods of time presented on the graph show that the most dynamic growth is in the number of students who practise taekwondo and a slight growth in judo and wrestling group. At the same time the percentile conceptualization of the growth of the number of students practising in sports classes is very high in taekwondo group, moderate in judo group and wrestling sport class do not exist. It can be concluded that the total growth in number of practising students shown on Fig. 1. was created by the taekwondo group.

However, additional information gathered in Tab. 1 points out that the number of children who practise taekwondo outside the sport classes is systematically decreasing. So the total reorganization of the structure of training in that discipline has been observed.

So far Polish Taekwondo Team has not achieved any spectacular successes – a bronze medal at World Championship (Chorzowski, 2001) and an advance to the Olympics (Uściska, 2004- did not win any medal though). Taking into account the fact that the debut of Polish Olympic team took place in 1988 in Seoul the results and achievements are not satisfying.

One of the ways to improve the quality and the ability to achieve successes on the international field is the scientific approach to the discipline. The rule applied to taekwondo as well, as there are already international scientific standards in place (published in Polish journals), there are also first attempts to test players who are achieving successes at national championship (Capranica et al., 2010; Stankiewicz et al., 2013; Wąsik, 2014).

The sports classes are the tools mainly to achieve the sport championship at the highest level, so there is a question to be asked whether those actions are

coordinated at the sport and educational level in Bydgoszcz, if youth who are leaving the compulsory education still have access to good conditions for training, professional coaches and other ways of development.

Certainly there are detailed analysis concerning the efficiency of the sport classes/ schools at each level of educational authorities, however, there is not commonly known if they are used in coaching practice (Dedyk, Śmietanka, Mueller, 2009).

Other interesting point of view is presented by the summary data in Tab. 1 which shows that over 600 people- youth practice the above mentioned martial arts in Bydgoszcz. For example the data from the Territorial Basketball Association tells about the total number of players at similar level (around 600 players).

It can be said that youth equally like martial arts sports as other disciplines, for example team games. In that view it is difficult to understand the lack of interest of the Bydgoszcz city government with regard to founding "Budo Centrum"- the place accessible for everyone interested in martial arts. It needs to be mentioned that Budo Centrum project was created by students of the University of Kazimierz Wielki in Bydgoszcz and was introduced to the city government in 2011. Since that time the warm up gym for team games, next to the „Łuczniczka”, has been built, despite the fact that, for example, basketball has not achieved any international success despite good organizational management- European Championship.

Sports results in Bydgoszcz has showed so far that only in wrestling (the group that has shown in research the smallest dynamics of changes) there has been a player at the highest international level (Wilczyńska, Drumińska, 2014).

## Conclusions

- 1) Despite the development shown in absolute numbers and percentages, the expansion of martial arts among youth in Bydgoszcz cannot be clearly confirmed.
- 2) The proceeding of assimilation processes of researched martial arts should be monitored by city of Bydgoszcz educational authorities, especially with paying special attention to achieved sports results and the possibility to continue career after graduation.

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