

STUDY REGARDING IMPORTANCE, ROLE AND FORMS OF MARTIAL ARTS PRACTICE IN ARAD DISTRICT

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Abstract

Man's need to assert themselves, to impose for others, or to defend against attackers in various situations, various wars to win by any means, cause them to fight. Martial arts (art of war bear) is ancient fighting styles, hands-free or with different weapons (sword, long or short stick, spear, knife, etc.) that originate mainly in the Asian region, in countries like India, China, Japan, Korea, etc. These fighting styles were practiced at the beginning of a small number of people, usually caste warriors (samurai) and is mainly transmitted among family members.

We believe that martial arts are very important, both in training and preparation of structures for security and order (police, gendarmerie, army, etc.), may be prophylactic methods to prevent certain diseases to people with various ailments and is an effective method of hardening the body, strengthen the physical and mental health among different categories of population - children, youth, adults. Therefore we decided to make a study of the forms of practicing martial arts, their spread, and the importance of practicing in Arad county.

Keywords: martial arts, clubs, training, health

Introduction. General notions concerning martial arts

Name of martial arts originated in Japanese expression “bujutsu” used by them for fighting techniques, use of traditional warrior caste - bushi or samurai. Under the influence of philosophical and religious trends like: Shinto, Buddhism or Confucianism, these warriors are guided and conduct by a moral code called Bushido. “The samurai code required them to live a life without deviation, to be devoted to its master, to self-improve and to strive for virtues such as justice, honesty, courage, courtesy, sincerity, contempt of death, to “(Trifa. I., 2007, page 4).

As I said, martial arts techniques were used at the beginning in

raw form to win a battle, a war, a fight where the winner usually lived and died or was seriously injured loser. Subsequently, the influence of the religious and philosophical trends, but also because of man's need to find harmony and balance between mind-body-soul martial arts training techniques try to achieve a complete training practitioners physically, technically and spiritually and not necessarily to transform him into a "machine" to kill. "Practicing techniques that were meant to kill, which is perfecting as through practice, moving from target to form a brutal human beings superior qualities of mind and body, is a paradox best expressed by a Chinese proverb: "Those who defeat the others are strong. Those who defeats himself are truly strong. "(Lewis, P., 1996, page 8)

Presentation of major styles of martial arts

Thus we see that martial arts, since those times were not strictly some fighting and training methods in order to defend against various attacks or to conquer territories, but were also methods of preparation and purification techniques or different spiritual energy for controlling „ki" - internal energy of each person.

Below we present, briefly some of the most important styles of martial arts which are described very well by Peter Lewis in his book "Introduction in Martial Arts - origins, philosophy and practice" and published at Teora :

Karate: in Japanese means "empty hand" and the correct term would be karate-do which can be translated as "empty hand way". Originating in Okinawa (Japan) and used by the natives in riots they had against oppressors. They used strikes with different parts of the upper limbs (fingers, fist, palm, elbow), but also with legs. Who is considered the father of this style is Gichin Funakoshi, who founded the Shotokan school. Some of the followers of Master Funakoshi, in turn created derivatives of karate-do style, leading to more than 15 different styles of which are:

- **Shotokan;**
- **Kyokushinkai;**
- **Wado-ryu;**
- **Shukokai, etc**

Wushu: is the great family of Chinese martial arts, wushu means

martial arts in translation, in which were known over 300 different styles including techniques with weapons;

Kung fu: is a martial art originated in China, used mainly in Hong Kong and Taiwan and founded apparently by Shaolin monks. Kung fu fighting techniques were modeled after the behavior of some animals, birds, insects and sea manifest by the way. Most methods are related philosophical issues, religious, cosmological or treating nature. Specific to this style is the symbol of Yin and Yang, which means interpenetration between positive and negative. Also has several kung fu styles derivatives such as: - **Wing Chun** which is born Jet Kune-do (style initiated by Bruce Lee) - **Tai chi chuan** etc;

Ju-jitsu: (path suppleness) is a technique that was used by Japanese samurai in fight, held both with arms and without arms. Are specific techniques without weapons, wich samurai used them when they were lost their sword in fight. You meet many techniques of striking vital points with hand or foot techniques strangulation or blocking techniques, sprain of joints, etc. It is considered the ancestor of Judo and Aikido.

Judo: (path gentleness) was created by Jigoro Kano and is actually a mild form of ju jitsu, is a sport with rules very clear and that does not use weapons. It is based on sweeping techniques, throw, immobilize the opponent, or use the lever principle.

Aikido: (the way of harmony) is a specific defense art, with no plugs or snaps the opponent and the movements are a little unusual. Founder Morihei Ueshiba arts was initially practiced ju jitsu. Aikido objective is to unify the mind and body with internal power supply-ki.

Sumo: is an art or a sport specific to Japan, where two giant combatants trying to remove from a circular ring by pulling, pushing or lifting. Who is pushed out or touches anything other than the soles of the battle area is declared defeated.

Kempo: is an ancient martial art that originated in Shaolin Temple. In fact the Chinese translation would be: “fist of Shaolin”. Has some similarities with kung fu, but it is not. Some movements resemble those of ju jitsu or aikido. This is influenced by Buddhist religious doctrine and supports the idea that man in his passage through life must rely on his own efforts.

Kendo: or “way of the sword” is a martial art that was specific Japanese samurai, and is based on more efficient use of curved swords, sometimes end up only being able to fight with one blow of sword applied effectively and quickly.

Taekwon-do: is a martial art that developed in Korea. The name is composed of the following words: tae - “hit or kick destruction”, kwon - “striking or punch or destroy with the hand” and do - “way, method”. So are some self-defense techniques and relies mostly on foot but some effective kicks and punches.

Hapkido: part of Korean martial arts and is only a defense system. Has some similarities with borrowed taekwondo where kicks and punches, but this style of fighting is a combination of taekwondo and aikido, as one who deviates defend then counter attack with power.

Muay thai: originating in Thailand there was also called Thai boxing. It is a very tough fighting style that use hands and feet, sometimes fatal blows to the elbow or fist or knee temples genitals or abdomen. By the early 1900s the sport had too many rules to protect the fighters so it matches quite often ended with the death of the loser.

We can also include other fighting styles such as: - **pentjak-Silat** (Indonesia); - **bersilat** (in Malaysia, like pentjaksilat); - **capoiera** (which was art or fighting style of Brazilian slaves); - **kalaripayit** (in India), etc.

In recent decades appeared various fighting styles they use some special troops or armies of some countries such as: - **Krav Maga** (Israeli special services); - **Sambo and Systema** (Russian armed forces); - **Savate** (used in France), etc.

The most common and pretty tough competition, **MMA** (Mixed Martial Arts) and **UFC** (United Fighting Championships) in which athletes use techniques from many martial arts styles to achieve victory.

Recreational and aerobic training is still practiced various forms of martial arts movement with specific elements such as **thai chi, tae bo, Batuka**, etc. They can make the background music so to have a relaxed atmosphere but also to maintain a steady pace in practice.

The positive effects of martial arts practice today

Thus martial arts have been transformed into modern world sport, self-defense, however necessary in some situations in daily life and recreation. Practicing martial arts has a positive effect on longevity. Martial arts practitioners promote health among millions. Benefits of sport include improved health and inner balance, improving wellbeing in general. They promote violence and are used as therapy for young people with aggressive inclinations.

In general, martial arts are safer than other sports, the risk of injury is reduced by using appropriate equipment and Trapt initiation of beginners. “Traditional martial arts schools include in their training or meditation mental techniques to promote positive personal transformation. Many U.S. communities martial arts schools with students of all ages (in 2007 there were 6.5 million practitioners of martial arts in the U.S.) “().

Practice martial arts and overall health:

In an era where obesity is booming - both adults and children, in an age of sedentary, for doctors is vital in their treatment, encouraging exercise. Martial arts are enjoyable alternative to traditional exercise for many individuals, offering unique opportunities to learn self-defense techniques and exercises, practice for health benefits.

Martial arts and preventing falls:

“Million accidents are recorded annually due to falls. They are due to many elderly accidental deaths (in 2005 there were 15,800 recorded deaths from falls in the elderly). Such measures were introduced to prevent these injuries by fall, including exercise programs, and modifying therapeutic regimes “(<http://www.doctor.info.ro/>). Some doctors recommend practicing tai chi, a traditional Chinese style, the exercise in preventing falls in the elderly. Tai chi use line movements, flowing.

Mental health and martial arts:

As I said in the first chapter, at first glance, martial arts seem to be a mixture of exercise and self-defense techniques. However, masters of martial arts is not limited to these purposes but use the sport to find a path to spiritual improvement.

Control of anger and violence through martial arts:

Some media outlets often portray martial arts in a negative

manner, promoting violent style of films on the small or big screen, and other misconceptions regarding the promotion of violence, especially in children.

Research demonstrates that martial arts do not attract violent individuals, nor promote violence. Practitioners start training beginners who want to learn self defense developed confidence through participation in exercises. Children who start martial arts have different points of aggression questionnaire.

Martial arts influence on children with ADHD:

Many parents and martial arts instructors believe that this sport can be considered therapy in children with ADHD (attention deficit / hyperactivity), which is characterized by lack of concentration and impulsive character, hyperreactive.

The methods used in the paper

I must say at the outset that this paper is a historical research done in order to find the current state of martial arts styles practiced in Arad county. We wanted to know among other things: - what is the status clubs, registered or not register in the NSA; - what kind of martial arts styles are practiced; - martial artists profile; - age and sex groups involved in the phenomenon; - the purpose for which they practice - performance level or initiation into some useful techniques for defense and recreation.

The methods used in the construction of this paper were (Epuran, M., 2005, page 114):

Observation method - which we covered several martial arts clubs or websites we studied the respective clubs;

Survey method - and more precisely we used interview - with coaches, club leaders, athletes or representatives DJTS Arad, to collect information;

Specialized literature study method;

Statistical and mathematical methods;

Graphic representation method.

Data analysis on martial arts practice in Arad district

In the table below I made a presentation Arad sports structures which are registered in the register of ANS (<http://www.anst.gov.ro/registul-sportiv>), and those not registered ([http / www.cepotface.ro / activities / arad](http://www.cepotface.ro/activities/arad)). The table shows the

name of each entity, the style of martial art that is practiced, form of organization (public clubs or private), the year that were recorded in the register of sports and training level that is achieved (competitive level, performance or recreation and maintenance).

The analysis database for clubs with sporting identity certificate, the existing NSA database and updated to June 2011, found that Arad have a total of 118 entities that are registered with activities in various branches of sport. Of these 89 are private law (ie self-financing) and at least one martial art practiced here we are 22 clubs and 29 public law (that can be financed and public sources) in this category have a total of 19 clubs that practice at least one style of martial arts.

From discussions with some clubs representatives above, or consult the websites of these clubs, we found that in the practice of martial arts, clubs that take place at both professional and amateur. In some clubs there are: > **level of performance**, here athletes are legitimate and engaged in various competitions; > **initiation or maintenance level**, where people of different ages and levels of training, (not professional) come only to improve fitness and to learn some self defense techniques, and > **level of recreation and leisure sports** where they are borrowed from martial arts movements (eg tae-bo).

I also noticed that most of the clubs where performance is participating in competitions, have as practiced judo style. Perhaps that's why our district has a good tradition and reputation with athletes who value outstanding results in national and international competitions in the sports branch.

As age categories that are involved in martial arts in Arad, I noticed that the minimum age is about 4.5 years and can reach up to about 60-70 years. Also sex is male and female athletes. From discussions with coaches, it is estimated that athletes (males) are more numerous in halls, approximately 60-70% and athletes (females) at the rate of about 30-40%. As a conclusion, most athletes (females) practicing martial arts until about 30-35 years, then abandon or practice other sports. In contrast to males observed continuity, albeit at a lower level of intensity or frequency in training after this age.

Of social categories that are turning to martial arts can say that they are different. From our analysis we can mention these social categories:

Table 1. Sports clubs wich have at least one branch of martial arts in Arad county.

Nr.	Name of club	Style practiced	Organizational form	Year of registration	Level practiced
1.	Clubul Sportiv Municipal Arad	judo	Club de drept public	2001	competitional
2.	Clubul Sportiv Școlar "Gloria" Arad	judo, lupte	C. de dr. pub.	2001	competitional
3.	Clubul Sportiv VICTORIA Nădlac	judo, sambo	C. de dr. pub.	2004	competitional
4.	Clubul Sportiv „NAȚIONAL” Sebiș	karate, judo, box	C. de dr. pub.	2004	competitional
5.	Clubul Sportiv „FRONTIERA 2004” Curtici	judo	C. de dr. pub.	2004	competitional
6.	Clubul Sportiv Ineu	karate, judo, box	C. de dr. pub.	2005	competitional
7.	„Clubul Sportiv Victoria Zăbrani”	judo	C. de dr. pub.	2005	competitional
8.	Clubul Sportiv Orașenesc „Unirea” Sântana	judo	C. de dr. pub.	2005	competitional
9.	Clubul Sportiv "GLORIA CERMEI "	judo	C. de dr. pub.	2006	competitional
10.	Clubul Sportiv Șolmil Șimand	judo	C. de dr. pub.	2006	competitional
11.	Clubul Sportiv "Crisul" Chișineu-Criș	judo	C. de dr. pub.	2006	competitional
12.	Clubul Sportiv "Șoimii Lipova"	judo	C. de dr. pub.	2007	competitional
13.	Clubul Sportiv Semlecana Semlac	judo	C. de dr. pub.	2007	competitional
14.	Clubul Sportiv Universitatea Arad	judo	C. de dr. pub.	2008	competitional
15.	Clubul Sportiv "Șoimii Pancota"	judo	C. de dr. pub.	2008	competitional
16.	Clubul Sportiv "Avantul 2008 Tarnova"	judo	C. de dr. pub.	2008	competitional
17.	Club Sportiv "Victoria " Brazil	judo	C. de dr. pub.	2008	competitional
18.	Club Sportiv "Șoimii Taut"	judo	C. de dr. pub.	2008	competitional
19.	Club Sportiv Moneasa	judo	C. de dr. pub.	2010	competitional
20.	Palatul copiilor si elevilor Arad	judo, ju jitsu, karate	C. de dr. pub.	----	Initiere/ recreere
21.	Clubul Sportiv AMEFA Arad	lupte, box, judo	Club de drept privat	2001	competitional
22.	Clubul Sportiv Cimvest - Petrolul Arad	judo	C. de dr. priv.	2001	competitional
23.	Tensho Club Sportiv Arad	karate modern, kiokushin, judo, lupte	C. de dr. priv.	2002	Competitional/ recreere
24.	Clubul Sportiv " Budokal " Arad	karate modern, kiokushin	C. de dr. priv.	2002	Competitional/ recreere
25.	Clubul Sportiv " Banzai Karate Club " Arad	karate traditional, shotokan	C. de dr. priv.	2002	Competitional/ recreere
26.	Asociația Sportivă C. S. Shihawa – Do Arad	arte martial	C. de dr. priv.	2002	Competitional/ recreere
27.	Asociația "Clubul Sportiv Kick – Box Resi" Arad	arte martial	C. de dr. priv.	2002	Competitional/ recreere
28.	Clubul Sportiv „TAKEDA” Arad	taekwondo	C. de dr. priv.	2003	Competitional/ recreere
29.	Clubul Sportiv „TOP FIGHTERS CLUB” Arad	arte martiale, kempo	C. de dr. priv.	2004	Competitional/ recreere
30.	Clubul Sportiv „ARDEALUL” Arad	karate modern	C. de dr. priv.	2004	Competitional/ recreere
31.	Clubul Sportiv „Dinamo Sakura KarateDo” Arad	karate traditional, shotokan	C. de dr. priv.	2005	Competitional/ recreere
32.	Asociația „Clubul Sportiv Aquatic Team” Arad	arte martial	C. de dr. priv.	2005	Competitional/ recreere
33.	Club Sportiv "Washi Ho Ma Karate Club " Arad	karate traditional	C. de dr. priv.	2005	Competitional/ recreere
34.	Clubul Sportiv "METAL BOX " Arad	thaikickboxing, muay-thai	C. de dr. priv.	2006	Competitional/ recreere
35.	Asociația Club Sportiv Dragonul Arad	arte martiale, karate modern	C. de dr. priv.	2007	Competitional/ recreere
36.	Asociația Club Sportiv Alko Karate Pincota	arte martiale	C. de dr. priv.	2008	Competitional/ recreere
37.	Asociația Club Sportiv Astra Arad	arte martiale, lupte, box	C. de dr. priv.	2008	Competitional/ recreere
38.	Asociația "Club Sportiv Univest" Arad	karate traditional, judo, lupte, box	C. de dr. priv.	2008	Competitional/ recreere
39.	Club Sportiv Cobra Arte Martiale	arte martiale, aikido, karate modern, kiokushin, kempo, taekwondo	C. de dr. priv.	2009	Competitional/ recreere
40.	Asociația Clubul Sportiv "Școala de Karate Shodan Arad"	arte martiale, aikido, karate modern	C. de dr. priv.	2010	Competitional/ recreere
41.	Asociația "Clubul Sportiv Tiger Karate Arad"	arte martiale, aikido, karate modern, kiokushin, kempo, taekwondo	C. de dr. priv.	2010	Competitional/ recreere
42.	Asociația sportiva Seshi Budo Arad	ju jitsu, aikido, judo, karate, kenjutsu	C. de dr. priv.	2011	Competitional/ recreere
43.	Budo sport Arad	Shotokan, autoaparare, kenjutsu	C. de dr. priv.	----	Competitional/ recreere
44.	A.K.C. Esarfele Galbene Arad	Karate do	C. de dr. priv.	----	Initiere/ recreere
45.	Aramitama dojo Arad	Aikido	C. de dr. priv.	----	Initiere/ recreere
46.	Activ Club Arad	karate, tae bo	C. de dr. priv.	----	Initiere/ recreere
47.	Panoramc Gim Arad	karate, tae bo	C. de dr. priv.	----	Initiere/ recreere
48.	Pure Fitness Arad	karate, tae bo	C. de dr. priv.	----	Initiere/ recreere

Students, practicing amateur or professional level, but competition is found that participants generally have a maximum of 30 years;

Members of military structures (police, gendarmerie, army, etc.);

Employees of private companies for security and protection, detectives, etc.

People from different social classes, employed in the public or private sector who want to enter the autoaparae techniques, to maintain a good physical condition or eliminate negative energies accumulated tensions at work.

In Chart No. 1, we present the distribution of existing martial arts clubs in Arad County, according to the year of registration in the sport register and the organization of the club - public or private. Observed at private clubs, as their number is decreasing on the three periods presented. To public clubs observe a curve, ie the period 2005 - 2008 is recorded a peak in terms of the number of sports clubs registered in the sport register.

At both clubs presented, we see that during 2009 - 2011, the number of registered clubs is declining. One possible reason could be the situation of economic decline that entered the country after 2009, leading to absenteeism in halls due to lack of money for subscription. Also due to economic problems, potential sponsors no longer allow donation amounts sponsorship form to clubs, these facts and more, making it difficult to financially support such a club.

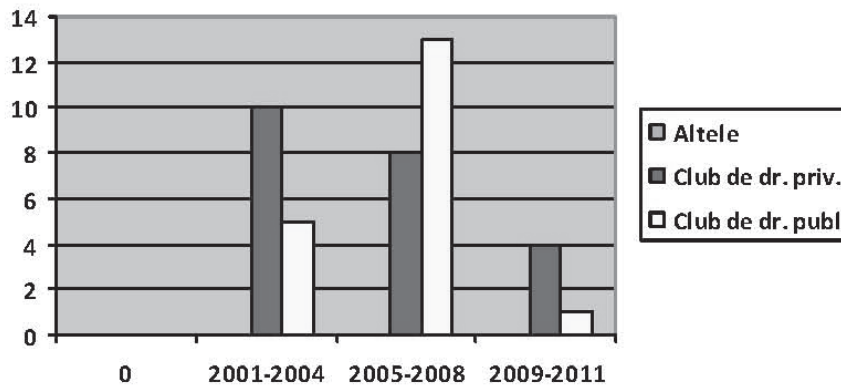


Chart 1. Evolution of martial arts clubs, public or private, registered in the Register sports during 2001 to 2011.

Graph No. 2, shows the percentage difference between our clubs public and private clubs in all sports. Note that the percentage of private clubs is much higher, 75.42%, compared to public clubs.

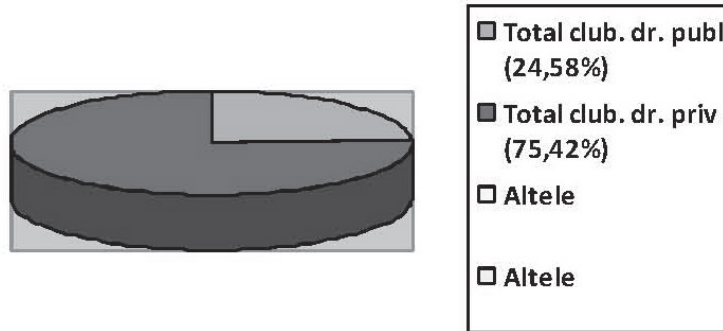


Chart 2. The total percentage of all branches of sport clubs (public or private).

In Figure 3, the percentage of clubs that practiced at least one style of martial arts. Here we see that the difference is not so great between public law (46.34%) and private ones (53.66%). One possible reason for this could be that most martial arts public clubs have practiced as a branch, and only, judo, making the percentage to be close to that of private clubs.

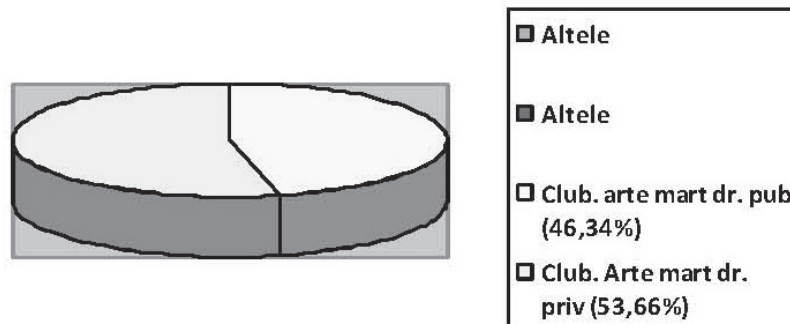


Chart 3. Percentage of martial arts clubs (public or private).

By analyzing graphs 2 and 3 we see that the clubs where they practice martial arts, chart 3, the relation between the public law and private law is more balanced than in Chart 2, on all branches of sports, clubs dominated as private.

We believe that the creation of partnerships between clubs or associations of public and private could be beneficial for both entities in both the financial stability plan, as well as sportive plan, the results of athletes in various competitions.

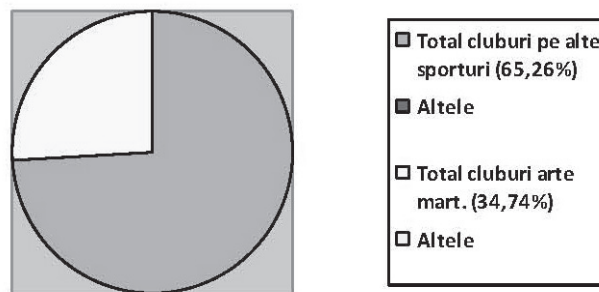


Chart 4. Total Percentage of martial arts clubs from all clubs with other disciplines sport athlete registered in the register.

In the chart number 4 we see martial arts clubs report of all clubs in other sports practiced, recorded in the NSA database, regardless of the form of organization, public or private. We think as a percentage of 34.74% clubs that practice martial arts is not negligible, but the belief is that this percentage may also be improved.

Conclusions

The training, martial arts, has favorable effects on multiple levels on the body (somatic, functional, psychological, social). These fixed effects and the objectives of this category of training which, in their most generalized form, can be formulated as follows (according Vespan, V., 2001, page 7):

- Maintaining harmonious physical development;
- Creating and improving abilities and skills specific movements;
- Developing basic motor qualities;
- Maintaining and strengthening health practitioners;

Hardening body due to the means used in training but also the environment in which training is done;

Developing moral - volitive qualities;

Forming habit and capacity of practicing systematic and independent physical exercises and sports (especially martial arts), in his spare time.

Also present in everyday life, the need for learning self defense techniques against various aggressors, seems a more plausible solution. Aggressors are unarmed or armed with various objects (sticks, batons, bottles, chains, knives, swords, axes, guns, etc.), and follow deprivation of certain goods, violation of private property for theft, damage or other criminal intent, or demonstrate certain specific acts of bravery and rebellious certain ages and categories of individuals.

Here then we have listed a few reasons for which people should hold Minimal knowledge of self-defense, to ourselves, personal property or to interfere with civic spirit when another person is unjustly attacked. If we take into account the beneficial effects provided that martial arts have on physical and mental health, we can say that these techniques can only have positive effects on people's lives.

Considered important need for law and order personnel, who in security and defense responsibilities to persons and property, such as the police and army, should be well prepared and on this side of self defense techniques, we describe a painting comprehensive of what is appropriate to step up and support people with confidence to practice these sports since the early ages.

From discussions with representatives of clubs we found some problems that they encounter these clubs, especially financial. Sure it can make a more sustained advertising these styles of martial arts. It would be desirable and an openness to collaboration and communication with educational institutions (school and university) from town, which could achieve near a segment of the target audience. It also might make some partnerships between existing clubs and societies for security and protection, training of personnel for specific actions.

From the table and graphs above, we can say that the number of clubs which have different training and martial arts disciplines are

still in small numbers. So consider the encouragement and support of opening and other “dojo” or halls in which to practice martial arts - both recreational-leisure purposes and performance purposes.

Considering the above mentioned we believe that martial arts should have a higher prevalence and their practice should be encouraged at all levels (age, gender, training) for the many benefits it can have on physical and mental health of individuals within the society.

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