

Institutional Development of Martial Arts and Combat Sports in Poland

Wojciech J. Cynarski

University of Rzeszow, Poland

*Corresponding Author: Wojciehcynarski@gmail.com

Received Januari 24, 2024; Revised March 11, 2024; Accepted April 8, 2024

Copyright ©2025 by the authors, all rights reserved. The authors agree that this article will remain openly accessible in perpetuity under the terms of the Creative Commons Attribution 4.0 International License.

Abstract

Background and Aim. The development of martial arts is accompanied by their institutionalization, supported by the theoretical perspective of the General Theory of Fighting Arts (GTFA) and the sociology of physical culture. This study aims to examine the institutionalization process of fighting arts organizations using an institutionalization indicator (WI) based on the duration of organizational operation.

Methods. This study employs qualitative research methods, including long-term participant observation and broad discourse analysis, to explore the development and institutional maturity of fighting arts organizations.

Results. The findings indicate that the duration of operation significantly influences the position and institutional maturity of an organization, as well as its impact on the social environment. Long-term operation contributes to organizational stability and recognition within the community. A minimum period of 30 years of continuous activity is identified as an appropriate benchmark for achieving institutional maturity (WI = 1).

Conclusion. Combat sports organizations of European origin and those associated with Olympic disciplines, such as judo, demonstrate the highest level of institutional maturity in Poland. Other fighting arts organizations tend to follow and adapt institutional patterns established by these more established organizations.

Keywords: *Fighting Arts; GTFA, Institution; Institutionalisation; Organisation; Physical Culture.*

1. Introduction

We use the terms 'institution' and 'institutional development' or 'institutionalization' here in the sense adopted in the sociology of fighting arts and the sociology of physical culture. These are, respectively, the socially accepted way of proceeding in a given matter, and the state of advancement in establishing social institutions in a given area of human reality [Cynarski 2023]. The theoretical basis (scientific framework) for this study and the adopted conceptual language is also GTFA (the General Theory of Fighting Arts) [Cynarski 2019].

Within the framework of sports sciences/physical culture sciences, the sociology of physical culture, including the sociology of sport and the sociology of fighting arts, emphasize the importance of organizational development and the adoption of institutional decisions in domestic and international sports and other areas of physical culture. The indicated sociological subdisciplines also take into account the relationship between sports institutions/physical culture and the functioning of society. In this theoretical context, we are particularly interested in the socio-cultural aspects of the functioning of individual organizations and other

institutions.

How to assess the level of advancement of the institutionalization process in particular areas of physical culture and the organization of physical culture? The author proposes the use of a series of indicators. The easiest one to define and use is the WI indicator (in Polish: wskaźnik instytucjonalizacji) according to the age criterion of a given organization. We assume that the existence and operation of a given organization for at least 30 years indicates that it has reached the WI level 1, and that if it is over 100 years old - it is highly advanced, with the WI 4. The institutionalization indicators would be as follows:

30+ for WI 1
50+ for WI 2
70+ for WI 3
100+ for WI 4.

The development of physical education and sports in Poland was similar to that in other European countries. Even though Polish lands were under partition for over a hundred years. At the same time, physical culture institutions and scientific reflection in this area were developed [more: Cynarski 2014]. The popularization of

physical education and the rapid development of sport took place in Europe, including Poland, at the beginning of the 20th century. The reason was universal military service adopted in many countries, universal education of children and youth, as well as the awareness that the nation will be healthy and strong by increasing the level of physical culture. At the same time, scientific reflection was developed and physical culture organizations were established. Physical education was combined with patriotic education, and knowledge about valuable figures of physical culture was disseminated. For example, jujutsu has been written about in Poland since 1904 [cf. Kłośnik 1909; Perez-Gutierrez et al. 2021; Kisiel et al. 2022].

Let us analyze the level of institutional advancement/institutionalization of selected organizations for – combat sports of European origin; combat sports of non-European origin; martial arts that avoid sports competition. This applies to selected Polish organizations, in particular national sports associations.

2. Materials and Methods

Two qualitative research methods were used: 1) the method of long-term participant observation / observer's participation in the martial arts and combat sports environment (since 1977) [Green et al. 2019] and 2) analysis of a broad discourse, which applies to both scientific literature on the subject and popularization literature [Krippendorf 2004].

The author has been an active trainer and activist of several organizations operating in Poland in the field of fighting arts for many years and still is. The study included 15 Polish organizations in the field of combat sports and martial arts, and 22 sports or martial arts disciplines under the patronage of these organizations.

3. Results and Discussion

1. Combat sports of European origin

The earliest sport known and practiced in many cultures is **wrestling**. They have also been cultivated in Poland for a long time [Cynarski 2020]. In Poland - the *Polski Związek Zapasniczy (PZZ)* / Polish Wrestling Association - was established in 1957 from the transformation of the Polish Athletic Association. While wrestling itself has been known and practiced in Poland for a long time (**WI 4**), sports institutionalization here is at the level of 50+, i.e. **WI 2**, and in 3 years it will exceed the threshold of 70+ (W I3). It is also a sport that has played a large role in popularizing physical culture in rural and poorly urbanized areas [cf. Wójcik 2021]. Basically, two styles are practiced - classical, Greco-Roman and free. Wójcik [2021] points out that practicing wrestling has a positive effect on the personality of practicing youth, which concerns the direction of aggression and energy of these young people. This is confirmed by research on the fate and careers of former wrestlers, but it is true for various combat sports and

martial arts [Warchol et al. 2021; Cynarski, Warchol 2022].

Fencing, especially with sabers, is a Polish national tradition. Thanks to this, sports fencing has enjoyed special respect in Poland for many years. Therefore, the *Polski Związek Szermierczy (PZS)* / Polish Fencing Association celebrated its 100th anniversary in 2022 [cf. Szajna, Cynarski 2018]. PZS is an organization that brings together players, coaches and activists of Polish fencing; was established on May 28, 1922 in Lviv. It has been based in Warsaw since 1945. Both the sports discipline and the level of organizational and institutional development (institutionalization) can be defined here as **WI 4** (100+). Saber, epee and foil are successfully practiced.

In turn, *palcaty* (sticks) and saber fencing (*polska szabla husarska* / Polish hussar sabre) have a centuries-old tradition in Poland and are still cultivated [cf. Cynarski 2008a, 2008b; Sawicki 2020]. It is about the over a thousand-year-old tradition of the documented history of the Polish state and its famous art of war, including the tradition of sword and saber fencing [Zabłocki 2001].

Boxing has also been practiced in Poland for a long time, which also applies to its Olympic formula. The *Polski Związek Bokserski (PZB)* / Polish Boxing Association - founded in 1923, and in 1925 became a member of the International Federation of Amateur Boxing (FIBA) [more: Kolodziej et al. 2020]. Since 1946, he has been a member of the International Amateur Boxing Association (AIBA). So, in 2023, PZB celebrated its 100th anniversary. Boxing as a sport and PZB achieved the **WI 4** indicator.

It is a tough sport that teaches courage and bravery, resistance to pain, but also systematicity and perseverance. Since ancient times, it has always been a test of a warrior's character. In Poland, it is still a popular combat sport - both in the amateur, Olympic and professional versions.

2. Combat Sports of non-European origin

The longest-practiced sport from the Far East in Poland is **judo**. It is both a martial art and a popular, Olympic combat sport. Judo has been practiced in Poland since the first years after World War II. In 1957, the *Polski Związek Judo (PZJ)* - Polish Judo Association was established. PZJ has been a member of the International Judo Federation (IJF) and the European Judo Union (EJU) since 1960. Basically, its activities focus on competitive sports [Sikorski 2009]. The level of institutionalization and the corresponding indicator are the same as in the case of the modern wrestling sport (**WI 2**).

Taekwondo is the second East Asian combat sport to become an Olympic discipline (because *karate* did not quite succeed). This is a version of WT (World Taekwondo), formerly: WTF. It is represented in Poland by the *Polski Związek Taekwondo*

Olimpijskiego (PZTO) - Polish Olympic Taekwondo Association. In 1992, the Polish Sports Taekwondo Association was established with its headquarters in Lublin, of which PZTO is, in a sense, a continuator. It can be assumed that this is a total of over 30 years of activity and **WI 1**.

People practicing *taekwondo* do it for different purposes, with different motivation [Zeng *et al.* 2015]. However, the main goal in sports is the best possible sports result and this is what training in combat sports is aimed at. Sports *karate* is developed under the patronage of the *Polski Związek Karate* (PZK) / Polish Karate Federation, established in 1980. Currently, it is divided into two large style committees - *Kyokushin* and *Shotokan*. This means over 40 years of continuous activity, which gives PZK the institutionalization index **WI 1**. Since karate (as a sport) has been practiced in Poland since around 1973, it has been over 50 years and **WI 2**. Non- contact formula (*Shotokan karate* and related), knock-down (*Kyokushin karate*), and demonstration competition of technical forms are practiced.

The first popularizers of sports *karate* in Poland were Janusz Świerczyński, the first president of PZK, and Jerzy Miłkowski, a *karate* instructor and sports referee [Miłkowski 1983, 1984-85; Świerczyński 1983]. It was a time when, after the film "Enter the Dragon" in Polish cinemas, there was a boom in *karate*. Several hundred people trained in each section.

Kendo has been practiced, like *karate*, since 1973. As a combat sport, representative of Japanese *budo*, as a set of martial arts disciplines, it is at the **WI 2** level of institutionalization. However, the *Polski Związek Kendo* / Polish Kendo Federation has been operating since 2001. It is still below **WI 1**. The popularity of *kendo* is a function/derivative of samurai films. In a situation where classic *kenjutsu* was unavailable in Poland, it was easier to start *kendo* training. The samurai atmosphere and idea are preserved here - a kind of spirituality and ethos [Bennett 2015]. **Kickboxing** operates in Poland under the patronage of the *Polski Związek Kickboxingu* / Polish Kickboxing Association, which was registered in 2001, similarly to the Polish Kendo Federation. However, kickboxing was practiced before the formal registration of a sports association and has been in operation for at least 40 years (**WI 2**). This especially applies to semi-contact, light- contact and full-contact formulas.

The successes of Polish players achieved at the end of the 20th century - P. Siegoczyński, M. Piotrowski, P. Saleta - contributed to the popularity of this new sport [Ufel 1991]. Then, some Polish *karatekas* and some entire clubs changed practicing *karate* to kickboxing.

Sports *jujutsu* has been developed in Poland since the late 1980s. In 1993, the *Polski Związek Ju-jitsu* (PZJJ) / Polish Ju-jitsu Association with its headquarters in Katowice was registered. After 30 years,

in 2023, there was a division and the *Polski Związek Ju-jitsu Sportowego* (PZJJS) / Polish Sports Ju-Jitsu Association based in Mysłowice was established. So it is over 30 years in total, but it is difficult to talk about the full stability of PZJJ structures and institutions [cf. Cynarski, Siekanski 2019; Kisiel *et al.* 2022] (**WI 1**). Both associations have been teaching fighting and duo-system competition since their very beginnings.

In this case, institutions related to sports teaching/training, matters of teaching qualifications, degrees and licenses, examiners' authorizations and their granting were borrowed from the longer operating PZJ - Polish Judo Association. An institution functioning in many fighting arts of Japanese origin operating today (but not only) is the "Dan Commission", responsible for awarding student and master, technical and honorary degrees.

3. Asian Martial Arts

Wushu kung-fu is a traditional Chinese martial art and a path to self-perfection. This is not about *wushu* as a sport, but about various styles/varieties of martial arts of the Chinese tradition. For example, teaching in the lineage of Master J.M. Yang's (YMAA) has been developed in Poland for over 30 years [Skowron-Markowska 2017] (**WI 1**).

Kobudo, as a tradition of Okinawan martial arts (*Okinawa kobudo*) or the main Japanese islands (*Nihonden / Honshu kobudo*), is taught in several mediums in Poland. This is especially the *Shorin-ryu karate* organization - for *Okinawa kobudo* (Polish Shorin-Ryu Karate & Kobudo Union) and *Shibu Kobudo* in Poland (since 1993) for *Idokan kobudo* and classical *kenjutsu* [Sieber, Grzywacz 2015; Cynarski 2024]. A small group of enthusiasts have been cultivating *kobudo* for over 30 years (**WI 1**).

Jujutsu has been practiced in Poland since the beginning of the 20th century - mainly as a self- defense art [Pérez-Gutiérrez *et al.* 2021]. As such it deserves **WI 4**. However, in a more institutionalized and systemic way, it is cultivated for a much shorter time. For example, within the Idokan Poland Association (IPA) - since 1993 (*Idokan Yoshin-ryu jujutsu* style) [Cynarski, Cynarska 2024] (**WI 1**).

Taekwon-do of the ITF / International Taekwondo Federation organization (and style) is developed in Poland under the patronage of the *Polski Związek Taekwon-Do* (pztkd) / Polish Taekwon-Do Association and several other organizations. The registration of the Polish Taekwon-Do Association took place in 2002, so it has only been over 20 years of continuous activity of this association. However, ITF *taekwondo* itself has been practiced in Poland since the 1980s (**WI 1**). It is treated both as a martial art and as a competitive sport [Bujak 2012; Wasik 2014].

Most *aikido* organizations, some *karate* schools and organizations, as well as organizations focused on self-defense (*WingTsun*) or health-promoting exercises

(*qigong*, *Yang taijiquan*) remain outside sports competition. *Judo* is also sometimes practiced solely for recreation [Swider 2018; Cynarski 2019; Skrzeta *et al.* 2021].

4. Impact on society

The different territorial scope of individual organizations affects the strength of social impact throughout the country. However, the importance of even small organizations for the local community cannot be underestimated. This applies to various types of fighting arts (martial arts or combat sports) [*cf.* Kulpinski 2020; Warchol *et al.* 2021; Wójcik 2021]. In turn, longer operation of a given organization (at least 30 years) leads to the establishment of certain customs and institutions outside the regulations, which are often imitated by later organizations [*cf.* Cynarski 2023]. Older Polish associations and unions have already developed a tradition of dealing with various issues within the scope of their activities.

The spectacular aspect (tournaments, shows) connects fighting arts with a wider audience. Especially presence in the media (film, television) influences the collective imagination and fashion. Therefore, some types of fighting arts are gaining in popularity, while others are losing popularity. The successes of Polish representatives also influence the popularity of given sports disciplines. This popularity may then translate back into success when more children and teenagers practice a given sport. However, despite successes in these very difficult sports disciplines, it is impossible to break through in the media, where football reigns supreme, and for martial arts enthusiasts - mainly MMA (mixed martial arts).

During the period of lack of many goods (the time of the communist system in Poland), the poverty of a large part of the society blocked the participation of young people in some sports disciplines. In martial arts, it was clearly visible that the practice of particular types was determined by class conditions. Wrestling and boxing were mainly practiced by the lower classes, while *judo* and fencing were practiced by the upper classes, students and people with higher education. This was a certain regularity at least until 1990 [Krawczyk 1995]. Later and currently there has been no research on this topic.

Generally, a regularity can be identified regarding the institutional advancement of martial arts organizations, which applies to both national and international organizations. Long-term operation contributes to the stability and recognition of a given organization in the environment [*cf.* Cynarski, Walczak 2009; Cynarski, Litwiniuk 2011; Bennett 2015]. Generally speaking, various fighting arts organizations offer their high-value contribution to the physical culture of Polish society [Cynarski, Sieber, Szajna 2014], although to varying degrees, scope/scale of influence, and duration of influence on society.

4. Conclusion

Older, longer-operating organizations develop their specific institutions. The duration of operation affects the position of a given organization and allows for a longer impact on the social environment. The institutionalization rate seems to be related to the durability of its functioning. However, this requires further research (this time quantitative) to see whether there is a strong positive correlation.

Various sports associations and fighting arts organizations offer their high-value contribution to the physical culture of Polish society, although with different scale and duration of impact on society. Long-term operation contributes to the stability and recognition of a given organization in the community. A minimum period of 30 years of constant activity seems to be an appropriate criterion for achieving a certain institutional maturity (WI 1).

The longest-functioning combat sports organizations in Poland have European origins and those that patronize Olympic disciplines, such as the Polish Judo Association (PZJ). Other combat sports organizations in their institutionalization imitate the patterns and institutions adopted in these older organizations. However, in martial arts of Asian origin, operating within smaller associations, their tradition and institutional solutions are just being created or are at various levels of the institutionalization process.

The novelty here is the proposal to determine the institutionalization indicator WI. However, the limitation of conclusions from the conducted research results from the use of qualitative methods. We don't have hard statistical results here. The matter probably requires further research, taking into account variables other than "functioning time".

Reference

- Adamou, A., Picca, D., Hou, Y., & Loreto Granados-García, P. (2023a). The Facets of Intangible Heritage in Southern Chinese Martial Arts: Applying a Knowledge-driven Cultural Contact Detection Approach. *J. Comput. Cult. Herit.*, 16(3), 63:1-63:27. <https://doi.org/10.1145/3606702>
- Bueno, JCA, Faro, H., Lenetsky, S., Gonçalves, A.F., Dias, SBCD, Ribeiro, ALB, Silva, BVC da, Filho, CAC, Vasconcelos, BM de, Serrão, JC, Andrade, A., Souza-Junior, TP, & Claudino, J.G. (2022). Exploratory Systematic Review of Mixed Martial Arts: An Overview of Performance of Importance Factors with over 20,000 Athletes. *Sports*, 10(6). <https://doi.org/10.3390/sports10060080>
- Cheng, Y., & Guo, N. (2024). An ethnography of construction and characteristics of curriculum for inheritance of intangible cultural heritage martial arts in universities. *Frontiers in Sports and Active Living*, 6. <https://doi.org/10.3389/fspor.2024.1395128>

- Donohue, J. (2023). The Evolution of the Modern Martial Arts Systems: Characteristics and Context.
- Farhan, M., Wardani, PA, Rahmanita, M., & Santoso, ZKPN (2025). Preserving Traditional Martial Arts Through Tourism Development: A Study of Pencak Silat Heritage Institutions in West Java. *Journal of Applied Tourism Science*, 10(1), 11–21. <https://doi.org/10.56743/jstp.v10i1.461>
- Figueira, H.A., Figueira, O.A., Corradi-Perini, C., Martínez-Rodríguez, A., Figueira, A.A., Silva, CRL da, & Dantas, EHM (2021). A Descriptive Analytical Study on Physical Activity and Quality of Life in Sustainable Aging. *Sustainability*, 13(11). <https://doi.org/10.3390/su13115968>
- Hamilton, R.P. (2021). The Fist of Virtue: The Virtue-Skill Analogy and Traditional Martial Arts. *The Journal of Value Inquiry*, 55(2), 371–385. <https://doi.org/10.1007/s10790-021-09821-1>
- Healey, G., Neumann, D., Cornell, S., & Piatkowski, T. (2025). 'Martial Arts Crossed Over Into the Rest of My Life': A Qualitative Exploration of Australian Practitioners' Experiences of Martial Arts and Combat Sports on Wellbeing. *Journal of Community & Applied Social Psychology*, 35(1), e70035. <https://doi.org/10.1002/casp.70035>
- Holt, J. (2023). Physical Philosophy: Martial Arts as Embodied Wisdom. *Philosophies*, 8(1), 14. <https://doi.org/10.3390/philosophies8010014>
- Ilyas, MB, & Awal, A. (2025). Literature Review: Fitness and Physical Condition of Martial Arts. *Journal of World Education*, 5(6), 2466–2478. <https://doi.org/10.55081/juridip.v5i6.4093>
- Jauharuddin, MW, Galang, M., Mustofa, AN, Nasrudin, MH, Sugiantoro, & Setyawan, KG (2024). Preserving Lirboyo Kediri Pencak Silat as an Effort to Maintain Cultural Heritage Amidst the Current of Modernization. *Maharsi: Journal of History and Sociology Education*, 6(3), 87–92. <https://doi.org/10.33503/maharsi.v6i3.47>
- Jiang, S., Cynarski, W.J., Ambroży, T., Tai, K., Figueiredo, A.A., Kulpiński, J., Green, T.A., Rydzik, L., & Zhang, G. (2025). Cultural and Ethical Values in Martial Arts: Wushu and Budō in a Globalized World. *Ido Movement for Culture. Journal of Martial Arts Anthropology*, 3, 61–72. <https://doi.org/10.14589/ido.25.3.7>
- Kemp, S. E., Ng, M., Hollowood, T., & Hort, J. (2018). Introduction to Descriptive Analysis. In *Descriptive Analysis in Sensory Evaluation* (pp. 1–39). John Wiley & Sons, Ltd. <https://doi.org/10.1002/9781118991657.ch1>
- Li, Y., Lubis, J., & Wasan, A. (2025). Dilemma And Solution: Investigation And Research On Value Orientation Of Chinese Traditional Martial Arts. *Cuestiones de Physiotherapy*, 54(3), 3807–3830. <https://doi.org/10.48047/xm6vqr81>
- Li, Z., & Li, Z. (2021). A Study on the External Communication Strategy of Martial Arts Culture. 221–228. <https://doi.org/10.2991/assehr.k.211025.036>
- Luo, Y., Li, H., Green, T. A., & Zhang, G. (2021). The safeguarding of Chinese traditional martial arts in the past three decades (1990-2020): A perspective of intangible cultural heritage. *Revista de Artes Marciales Asiáticas*, 16(2), 116. <https://doi.org/10.18002/rama.v16i2.7055>
- Markowska, S.S., Nowakowska, M., Skowron-Markowska, S., & Nowakowska, M. (2021). Chinese Destinations Related to Martial Arts Tourism from the UNESCO Perspective. *Sustainability*, 13(14). <https://doi.org/10.3390/su13147581>
- Ortiz, SL, & Madariaga, CJ de. (2022). The UNESCO convention for the safeguarding of the intangible cultural heritage: A critical analysis. *International Journal of Cultural Policy*, 28(3), 327–341. <https://doi.org/10.1080/10286632.2021.1941914>
- Pasolo, F., Pasolo, MR, Akbar, MA, Salim, M., & Sumartono, S. (2025). Revitalizing Pencak Silat Through the Management of Inter-College and School Competitions in Jayapura City. *Eastasouth Journal of Positive Community Services*, 3(03), 175–183. <https://doi.org/10.58812/ejpcs.v3i03.334>
- Pawelec, P., Piepiora, P., Guodong, Z., TAI, K., Mohamed Shapie, M.N., Kindzer, B., Johnson, J., & Cynarski, W. (2025). Success orientation among young people practicing martial arts in different countries. *Journal of Kinesiology and Exercise Sciences*, 35, 15–22. <https://doi.org/10.5604/01.3001.0054.9617>
- Poplawska, M. (2025). Intangible Cultural Heritage Systems – Challenges of Cultural Conservation from a Cross-Cultural Perspective. *Keteg: Journal of Knowledge, Thought and Studies on Sound*, 25(2), 158–180. <https://doi.org/10.33153/keteg.v25i2.7725>
- Qechai, S. (2023). UNESCO and the Shaping of Intangible Cultural Heritage: Exploring its Significance and Implications. *Revue Des Sciences Humaines et Sociales de l'Académie Du Royaume Du Maroc*, 2(1), 113–124. <https://doi.org/10.34874/PRSM.shs-arm-vol2iss1.36815>
- Rozenfeld, E., & Podoler, G. (2023). Heritage for identity and as diplomacy: The case of Korean martial arts. *International Journal of Cultural Policy*, 29(7), 828–843. <https://doi.org/10.1080/10286632.2022.2144842>
- Rydzik, Ł., Ambroży, T., Cynarski, W.J., Czarny, W., Błach, W., Rydzik, Ł., Ambroży, T., Cynarski, W.J., Czarny, W., & Błach, W. (2024). Special Issue Athletes' Performance and Analysis in Combat Sports and Martial Arts. *Applied Sciences*, 14(2). <https://doi.org/10.3390/app14020543>
- Sarbaitinil, S., Rudagi, R., Rahmat, I., Elfemi, N., & Isnaini, I. (2023). Expressing Philosophical

- Discourse In Pencak Silat As A Pillar of Character Education And Strengthening Social Ties In Society. *Journal of Pragmatics and Discourse Research*, 3(2), 150–162. [https://doi.org/10.5181/Bennett.A.\(2015\).Kendō.Culture.of.the.Sword.University.California.Press](https://doi.org/10.5181/Bennett.A.(2015).Kendō.Culture.of.the.Sword.University.California.Press).
- Bujak Z. (2012), Czarny pas w taekwon-do. Teoria, rzeczywistość, praktyka [The Black Belt in Taekwon-Do. Theory, reality, practice], MKS „Żal”, Biała Podlaska [in Polish].
- Cynarski W.J. (2008a), An overview of Polish Martial Arts, "Journal of Asian Martial Arts", vol. 17, no. 2, pp. 8-25. ISSN 1057-8358
- Cynarski W.J. (2008b), Una vision generale de las Artes Marciales Polacas, "Revista de Artes Marciales Asiáticas", vol. 3, no. 3, pp. 8-25.
- Cynarski W.J. (2014), Polish achievements in the theory of physical education and new directions, "Ido Movement for Culture Journal of Martial Arts Anthropology", vol. 14, no. 2 pp. 1–14; doi: 10.14589/ido.14.2.1.
- Cynarski W.J. (2019), Martial Arts & Combat Sports: Towards the General Theory of Fighting Arts, Wydawnictwo Naukowe Katedra, Gdańsk.
- Cynarski W.J. (2020), Wrestling traditions of Indo-Europeans - from warrior exercises to folk games and circus performances, "International Journal of Wrestling Science", vol. 10, no. 2, pp. 43-48.
- Cynarski W.J. (2023), Sociologia sztuk walki / Sociology of Fighting Arts, Rzeszow University Press, Rzeszów [in Polish and English].
- Cynarski W.J. (2024), Japanese Kobudō: Prolegomena to the Anthropology of Martial Arts / Japońskie kobudō. Prolegomena do antropologii sztuk walki, Wydawnictwo UR, Rzeszów [in Polish and English].
- Cynarski W.J., Cynarska E. (2024), 30 years of the Idokan Poland Association (1993-2023): scientific and educational activity, "Ido Movement for Culture Journal of Martial Arts Anthropology", vol. 24, no. 1, pp. 8–19; doi: 10.14589/ido.24.1.2.
- Cynarski W.J., Litwiniuk A. (2011), Exemplification of the institutionalization process of martial arts: the new development, "Journal of Combat Sports and Martial Arts", vol. 2, no. 1, pp. 49-52.
- Cynarski W.J., Sieber L., Szajna G. (2014), Martial arts in physical culture, "Ido Movement for Culture Journal of Martial Arts Anthropology", vol. 14, no. 4, pp. 39–45; doi: 10.14589/ido.14.4.5.
- Cynarski W.J., Siekanski L. (2019), Essay on the Polish Ju-Jitsu Association's history (1993-2018), "Ido Movement for Culture Journal of Martial Arts Anthropology", vol. 19, no. 2, pp. 4-11; doi: 10.14589/ido.19.2.2.
- Cynarski W.J., Walczak J. (2009), Karate casus in Poland – towards sociology of martial arts, "Journal of Combat Sports and Martial Arts", vol. 1, no. 1, pp. 59-63. ISSN 2081-5735.
- Cynarski W.J., Warchol K. (2022), Wrestling: the impact of their cultivation on achievements in various areas of life, "Ido Movement for Culture Journal of Martial Arts Anthropology", vol. 22, no. 5, pp. 22–28; doi: 10.14589/ido.22.5.1.
- Green T.A., Skowron-Markowska S., Cynarski W.J., Gutiérrez-García C., Figueiredo A., Simenko J. (2019), Qualitative and quantitative methods in the study of martial arts and combat sports: a panel based on personal experiences, "Revista de Artes Marciales Asiáticas", vol. 14, no. 2s, pp. 79–83; doi: 10.18002/rama.v14i2s.6048.
- Kisiel W., Ambroży T., Gierczak A., Kisiel M. (2022), Sportowe ju-jitsu w Polsce – aspekty historyczne, rozwojowe i prawne oraz zarządzanie sobą w drodze do doskonałości, Oficyna Wydawnicza Politechniki Rzeszowskiej, Rzeszów [in Polish].
- Kłóśnik Z. (1909), Dziu-Dzicu, czyli Źródło zdrowia, siły i zręczności. Podług H. Irvinga Hancocka, 2nd edn., E. Wende i Ska, Lwów – Warsaw [in Polish].
- Kolodziej R., Ostrowski P., Brozyna M., Czarnota B., Drozd M. (2020), Activities of the Polish Boxing Association between 1923– 1939 – an outline of the problem, "Ido Movement for Culture Journal of Martial Arts Anthropology", vol. 20, no. 3, pp. 53–61; doi: 10.14589/ido.20.3.8.
- Krawczyk Z. (1995), Socjologia kultury fizycznej [Sociology of Physical Culture], AWF, Warsaw [in Polish].
- Krippendorff K. (2004), Content Analysis: An Introduction to Its Methodology, Sage, Thousand Oaks, CA.
- Kulpinski J. (2020), Eastern martial arts in the Bielsko-Biala voivodeship between 1975 and 1998, "Ido Movement for Culture Journal of Martial Arts Anthropology", vol. 20, no. 2, pp. 1–9; doi: 10.14589/ido.20.2.1.
- Miłkowski J. (1983), Karate, Wydawnictwo MON, Warsaw [in Polish].
- Miłkowski J. (1984-85), Karate sportowe (vol. 1- 7), Wydawnictwo „Czasopisma Wojskowe”, Warsaw [in Polish].
- Pérez-Gutiérrez M., Świder P., Kulpiński J., Cynarski W.J. (2021), Polish publications on jujutsu (1906-2020): bibliometric analysis, "Movimento (Porto Alegre)", vol. 27, e27061; doi: 10.22456/1982-8918.111543.
- Sawicki Z. (2020), Palcaty – staropolska szermierka na kije. Od sądów bożych do narodowej sztuki walki, Wydawnictwo Signum Polonicum, Zawiercie [in Polish].
- Sieber L., Grzywacz R. (2015), Jubilee of Shibu Kobudō 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.
- Sikorski W. (2009), 50 years of Polish judo. Olympic dimension, WSHE, Łódź [in Polish].
- Skowron-Markowska S. (2017), The beginnings of

- Yang's Martial Arts Association Poland. Thirty years of activity, "Ido Movement for Culture. *Journal of Martial Arts Anthropology*", vol. 17, no. 3, pp. 1–10; doi: 10.14589/ido.17.3.1.
- Skrzeta M., Wlodyka R., Pop T., Wlodyka K., Piasecka K., Rusek E., Cynarski W.J. (2021), Attempts to assess the impact of Taiji Quan and Qigong exercises on emotional states, "Ido Movement for Culture *Journal of Martial Arts Anthropology*", vol. 21, no. 3, pp. 67–78; doi: 10.14589/ido.21.3.9.
- Swider P. (2018), Aikidō and Judo in teaching of shihan Wojciech J. Cynarski, "Ido Movement for Culture. *Journal of Martial Arts Anthropology*", vol. 18, no. 1, pp. 8- 14; doi: 10.14589/ido.18.1.2.
- Szajna G., Cynarski W.J. (2018), Jubilee 95th Anniversary of Polish Fencing Federation [w:] E. Małolepszy, J. Kosiewicz, N. Organista [red.], *Z najnowszych dziejów kultury fizycznej i turystyki w Polsce i Europie (w okresie XIX-XX wieku)*, Uniwersytet Humanistyczno-Przyrodniczy im. J. Długosza w Częstochowie, Częstochowa, pp. 21-40 [in Polish].
- Świerczyński J. (1983), *Karate*, KAW, Warsaw [in Polish].
- Ufel L. (1991), *Świat kick-boxingu [The world of kickboxing]*, Sport i Turystyka, Warsaw [in Polish].
- Warchol K., Korobeynikov G., Osiel C., Cynarski W.J. (2021), Martial arts as a form of physical activity for children and young people in the opinion of adult inhabitants of Podkarpackie Voivodeship, "Ido Movement for Culture *Journal of Martial Arts Anthropology*", vol. 21, no. 1, pp. 28–37; doi: 10.14589/ido.21.1.5.
- Wasik J. (2014), Three areas of Taekwon-do identification and practice, "Ido Movement for Culture *Journal of Martial Arts Anthropology*", vol. 14, no. 3, pp. 22-26.
- Wójcik Z. (2021), Sport zapaśniczy w Polsce północno-wschodniej jako czynnik aktywizacji społecznej i młodzieży szkolnej 1945-1989. Studium historyczno-pedagogiczne, Wyd. Nauk i Innowacje, Poznań [in Polish].
- Zabłocki W. (2001), *Polskie sztuki walki. Miecz oburęczny i szabla husarska*, Aula, Podkowa Leśna [in Polish].
- Zeng H.Z., Cynarski W.J., Baatz S., Park S.J. (2015), Exploring motivations of taekwondo athletes / students in New York City, "World Journal of Education", vol. 5, no. 5, pp. 51-63.7/jpdr.v3i2.301
- Solymanzadeh, F., Rokhafroz, D., Asadzaker, M., & Dastoorpoor, M. (2024). Association of shift work with hypercholesterolemia among nurses: A cross-sectional and descriptive-analytical study. *Journal of Human Behavior in the Social Environment*, 34(5), 673–683. <https://doi.org/10.1080/10911359.2023.2208628>
- Tu, Z., Zhong, L., & Xie, J. (2025). Traditional Chinese martial art Wushu to improve the mental state and physical fitness of students: Designing space for optimal practice and training. *Frontiers in Psychology*, 16. <https://doi.org/10.3389/fpsyg.2025.1581226>
- Xiang, J. (2024). The Inheritance and Development of Traditional Martial Arts Culture in Physical Education in the New Era. *Journal of Art, Culture and Philosophical Studies*, 1(2). <https://doi.org/10.70767/jacps.v1i2.324>
- Xue, C., Bai, H., Niu, Y., & Zhang, R. (2023). The Role of Wushu Martial Arts Representation in the Contemporary Mass Culture of the World. *Critical Arts*, 37(3), 45–61. <https://doi.org/10.1080/02560046.2023.2255637>
- Xue, S., Ji, H., Yang, J., Zhao, L., & Su, X. (2025). Implementing martial arts education in Chinese schools: Teachers' perspectives on the school martial arts program. *Frontiers in Sports and Active Living*, 7, 1699131. <https://doi.org/10.3389/fspor.2025.1699131>
- Yu, L., & Mantuhac, IHPB (2024). Martial Arts in Physical Education and Student Self-Regulation. *International Journal of Education and Humanities*, 16(3), 316–321. <https://doi.org/10.54097/5vrdq971>
- Yuan, A. (2020). Inheritance and Development of Tujia Martial Art Culture Under Social Changes. 347–349. <https://doi.org/10.2991/assehr.k.200801.084>