



**2009 SCIENTIFIC CONGRESS  
ON MARTIAL ARTS AND COMBAT SPORTS**  
Viseu – Portugal  
**16<sup>th</sup> and 17<sup>th</sup> May 2009**  
**POLYTECHNIC INSTITUTE OF VISEU,  
MAIN AUDITORIUM**

GENERAL PRESENTATION.....	2
REGISTRATION FORM.....	6
GUIDELINES FOR ABSTRACTS.....	7
LOGISTICS INFORMATION.....	8



ON MARTIAL ARTS AND COMBAT SPORTS  
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GENERAL PRESENTATION

The 2009 edition of the **Scientific Congress on Martial Arts and Combat Sports (SCMACS)** will take place on 16<sup>th</sup> and 17<sup>th</sup> May 2009, in Viseu (Portugal). The organizing committee of this event fully believes that this initiative will provide a valuable opportunity to promote, enlarge and strengthen the scientific community gathered around martial arts and combat sports.

The central issue of this Congress is the interpretation (explanation and comprehension) of motricity in institutionalised human combat at the contextual levels of **Martial Arts (MA)**, **Combat Sports (CS)** and **Self-Defence (SD)**, and in relation to objectives usually associated with human educational development (health, education and well-being).

Participation in this congress should be as wide as possible. Human resources education and training, aiming at the development of skills throughout Polytechnic and University higher education study cycles, is a clearly medium-/long-term fundamental objective in Europe, with a growing presence in the markets of physical activity (health, well-being and fitness), sports (from education to sport practice) and school physical education (given the eclectic, inclusive and multilateral context of this school subject). This trajectory, however, should be followed in connection with empirical research developed at practice centres.

We firmly believe researchers, as well as undergraduate and post-graduate students (covering the levels of bachelor's, master's and Ph.D.), in the field of martial arts and combat sports will be ready to present their research and share the richness of their experiences. This will surely contribute to strengthening this scientific community, which is growing and acquiring importance as a forum for the social development of Sports and Education at the European level and even worldwide, given its multicultural nature (East/West), usually more explored in non-scientific contexts.

In this way, we now challenge all cultural and scientific organisations, particularly higher education and research institutions developing scientific activities related to the field in question, as well as federations with public usefulness purposes in the scope of martial arts and combat sports, to disseminate this information among potentially interested researchers and practitioners, stimulating them to participate in this event as speakers and poster presenters. All committed communities of technicians and advanced practitioners of martial arts and combat sports will certainly be interested in participating in this congress and they can expect full support from us to do it.

The Congress is a non-profit event and no speaker fees will be paid by the organising committee. However, efforts will be carried out to cover foreign guest speakers' logistic expenses (through registration fees funding). Any profit will be invested in the publication of the congress proceedings.

The financial management of this first edition may count on the professional support provided by ADIV (Viseu's Association for Development and Research), which is integrated in the Polytechnic Institute of Viseu, the higher education institution assuming the coordination of this congress, specifically through its School of Education .

Welcome to Viseu - Portugal!

Abel Figueiredo



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**SPECIFIC PRESENTATION**

**Dates and Venue**

16<sup>th</sup> and 17<sup>th</sup> May 2009

Polytechnic Institute of Viseu - Main Auditorium (Central Services Building).

Polytechnic Campus, Av. Coronel José Maria Vale de Andrade, 3504-510 Viseu, Portugal.

**Objectives**

1. To gather researchers to promote debate around the study object of the contexts of 'martial arts', 'combat sports' or 'self-defence': combat human motricity;
2. To reflect on on-going national and foreign research work;
3. To promote the dissemination of projects in the fields concerned;
4. To call the attention to the need of developing different scientific approaches.

**Main Target Groups**

Researchers in the field of martial arts/combat sports;

Teaching and training participants in the area of martial arts/combat sports;

Higher education students and advanced level practitioners;

Heads of Organisations promoting martial arts/combat sports.

**Organizing Committee**

Prof. Coordinator Fernando Sebastião – Dean of the Polytechnic Institute of Viseu.

Cristina Gomes, Ph.D. – President of School of Education - Viseu

Dr. Carlos Alberto Ribeiro Rua – President of ADIV

Idalino Almeida, MSc – Coordinator of Physical Education and Sport Sciences Department

Francisco Mendes, Ph.D., Antonino Pereira, Ph.D., Teresa Mateus, Ph.D., João Esteves, MSc,

António Azevedo, BSc., Filipe Amaral, BSc., Carlos Vasconcelos, BSc., Ricardo Almeida, MSc,

**Executive Committee**

Coordination: Abel Figueiredo (ESEV – IPV) and Vítor Rosa (ISCTE).

Assistants: Luis Oliveira, Carlos Russo, Ana Catarina, Ana Costa, Filipa Antunes, Maria Pereira.

Registration and Financial Management: Maria do Carmo (ADIV).

**Call for Papers and Posters**

Those interested in participating should send an abstract in electronic format not later than: **13<sup>rd</sup> March 2009**. Please consult the author's guidelines.

**Registration Fees**

Regular registration: 50 euros (25 euros for those registering for only one day).

Federation Practitioners or Trainers: 20 euros.

Higher education students and researchers and papers/posters presenters: 20 euros.

**Certification**

All participants will be awarded a certificate of attendance.



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## **SPECIFIC PRESENTATION**

### **Honourable Committee**

Deans of the Physical Education and Sport Faculties and Higher Education Schools.  
Presidents of National Sport Federations (MA&CS).  
Presidents of National Coach Associations (MA&CS).

### **Scientific Committee**

Abel Figueiredo, Ph.D. (Polytechnic Institute of Viseu – Portugal)  
Alan Stoleroff, Ph.D. (Higher Institute of Work and Enterprise Sciences – Portugal)  
Andrew M. Lane, Ph.D. (University of Wolverhampton – United Kingdom)  
António Brito, Ph.D. (Polytechnic Institute of Santarém – Portugal)  
Carlos Gutierrez, Ph.D. (University of León – Spain)  
Cristiano Roque, Ph.D. (University of São Paulo – Brasil)  
Emerson Franchini, Ph.D. (University of São Paulo – Brasil)  
Eric Margnes, Ph.D. (University of Pau et des Pays de l'Adour – France)  
Fernando Torres Baena, Ph. D. (University of Las Palmas – Gran Canaria – Spain)  
Jose Bragada, Ph.D. (Polytechnic Institute of Bragança – Portugal)  
Kazimierz Obodynski, Ph.D. (University of Rzeszów – Poland)  
Michel Calmet, Ph.D. (Université Montpellier I – France)  
Michela Turci, Ph.D. (Università degli Studi di Milano – Italy)  
Osmar Pinto Neto, Ph.D. (Texas A & M University – USA)  
Paulo Coelho Araújo, Ph.D. (University of Coimbra – Portugal)  
Raquel Escobar Molina, Ph.D. (University of Granada – Spain)  
Roman Kalina, Ph.D. (University of Rzeszów – Poland)  
Roberto Haramboure, Ph.D. (Catholic University of Peru – Peru)  
Samuel Julhe, Ph.D. (Université Toulouse III – France)  
Sergio Raimondo. Ph. D. (University of Cassino – Italy)  
Thomas Green, Ph.D. (Texas A & M University – USA)  
Willy Pieter, Ph.D. (Science University of Malaysia – Malaysia)  
Wojciech Cynarski, Ph.D. (University of Rzeszów – Poland)

### **Editorial Patronage**

Journal of Asian Martial Arts (US) (<http://journalofasianmartialarts.com>)  
Revista de Artes Marciales Asiáticas (Spain) ([www.revistadeartesmarciales.com](http://www.revistadeartesmarciales.com))  
Journal of Sport Sciences and Medicine – Combat Sports Special Issues (Turkey)  
(<http://jssm.org/combat.php>)  
Electronic Journals of Martial Arts and Sciences (<http://ejmas.com>)  
IDO – Movement for Culture (Poland) ([http://idokan.republika.pl/index\\_en.html](http://idokan.republika.pl/index_en.html))  
Archives of Budo (Poland) ([www.archbudo.com](http://www.archbudo.com))  
IRKRS Journal (Australia) ([www.koryu-uchinadi.com/Journal.htm](http://www.koryu-uchinadi.com/Journal.htm))  
JORRESCAM (France) ([www.jorrescam.fr](http://www.jorrescam.fr))

### **Research Units Patronage – Portugal:**

NICM – Motricity Sciences Research Nucleus (ESEV) integrated on:  
CI&DETS – Centre for the Study of Education, Technology and Health.  
CIDESD – Research Centre on Sport, Health and Human Development.



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MAIN AUDITORIUM**

**CONGRESS PROGRAM**

**General Presentation**

The Congress will be divided into two main blocks: one concerning a global approach and the other a multidimensional one. The global approach of martial arts and combat sports will mainly focus on the common study object, on systematics and on the corresponding research lines. The other block will be based on the analysis of martial arts and combat sports according to five dimensions:

- i) Physical dimension – physiological conditioning factors in physical training;
- ii) Technical dimension - biomechanical conditioning factors in technical training;
- iii) Tactical dimension – bioinformational conditioning factors in tactical training;
- iv) Psychological dimension – affective and emotional conditioning factors in psychological training;
- v) Socio-cultural and philosophical dimension – conditioning factors of norms, values and symbols.

The Congress program will start with the global approach, to be developed during the morning of the first day, followed by more specific interpretative analyses within the above mentioned dimensions. The Congress Closing Session will summarize all relevant aspects discussed. The Congress format will be based on 30-minute conferences, 15- to 20-minute papers and 45- to 60-minute roundtable panels with four-five specialists. The latter will have a 10-minute central presentation and three to four 5-minute presentations on the subject, followed by a discussion centred on questions and answers from the audience and will conclude with final comments by the roundtable panel members. Posters will take place separately, in a free format (mainly during breaks), and are aimed at promoting contact and discussions with their authors.

**Specifics**

**Saturday, 16th May**

- 10.00 – Opening Session
- 10.30h – Study object, systematics and research on martial arts and combat sports (conference + roundtable panel)
- 13.00h – Lunch break
- 15.00h- Physical dimension in MA/CS (conference + papers + roundtable panel)
- 17.00h – Technical dimension in MA/CS (conference + papers + roundtable panel)
- 19.00h – Final 1<sup>st</sup> day.

**Sunday, 17th May**

- 09.00h – Tactical dimension in MA/CS (conference + papers + roundtable panel)
- 11.00h – Psychological dimension in MA/CS (conference + papers + roundtable panel)
- 13.00h – Lunch break
- 15.00h – Socio-cultural and philosophical dimension in MA/CS (conf.+ papers + rt. panel)
- 17.00h – Roundtable – Congress Final Conclusions
- 18.00h – Closing Session

In due time, a more detailed program will be made available reflecting the number and contents (and consequently the distribution) of the abstracts received.



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**REGISTRATION FORM**

**Personal Data:**

NAME: \_\_\_\_\_

FULL ADDRESS: \_\_\_\_\_

INSTITUTION: \_\_\_\_\_

TEL.: \_\_\_\_\_ MOBILE PHONE.: \_\_\_\_\_

EMAIL: \_\_\_\_\_ @ \_\_\_\_\_

MAJOR SPORTS MODALITY: \_\_\_\_\_ OTHER SPORTS MODALITIES: \_\_\_\_\_

TYPE OF REGISTRATION (please tick on the relevant box)

- Regular registration (2 days)  
 One day registration::  16<sup>th</sup> May (Saturday) or  17<sup>th</sup> May (Sunday)  
 Federation trainers – Federation: \_\_\_\_\_  
 Higher education students and researchers – Higher education institution: \_\_\_\_\_

**Registration**

**Registration until 30<sup>th</sup> March 2009**

- 50 Euros - regular registration (2 days)
- 25 Euros - 1 day registration
- 20 Euros - Instructors, practitioners, university students and researchers

**Registration after 30<sup>th</sup> March 2009**

- 100 Euros - regular registration (2 days)
- 50 Euros - 1 day registration
- 25 Euros - Instructors, practitioners, university students and researchers

Send Registration by e-mail: [adiv@adiv.pt](mailto:adiv@adiv.pt)

**Payment**

We recommend registration at the earliest possible.

Payment should be done on the first day of the congress to:

ADIV – Development and Research Association of Viseu

Tel: (+351) 232 480 662; Fax: (+351) 232 480 551; e-mail: [adiv@adiv.pt](mailto:adiv@adiv.pt)



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**GUIDELINES FOR ABSTRACTS**

1. The deadline for abstract submission in electronic format is **13<sup>rd</sup> March 2009**. The abstract shall not exceed 2 A4 pages – Times New Roman, font size 12, 1.5 line spacing and 3cm margins. It shall include: head with indication of the name(s) of the author(s), home institution(s), e-mail and telephone, followed by the title (centred) and by the body of the text. The decision on selection shall be announced not later than **30<sup>th</sup> March 2009**.
2. Although it should be a summary, the abstract must be explicit regarding the contents, given that, in case of acceptance, it will be included in the Congress documentation to be delivered to the participants. Evaluation criteria for abstracts are divided into General (Topic Relevance, Originality, General Structure, Coherence, Clarity) and Specific (Problem Identification, Methodology/Design, Results, Discussion/Conclusion, Basic References),
3. Complete versions of the accepted papers/posters shall be sent by participants **by 10<sup>th</sup> May 2009**, to allow for their inclusion in the Congress Book. This complete version in English shall not exceed 10 pages – Times New Roman, font size 12, 1.5 line spacing and 3cm margins.
4. Both abstracts and complete versions shall be sent by e-mail, in electronic format, to:  

Abel Figueiredo School of Education of Viseu R. Maximiano Aragão 3504-501 Viseu – Portugal Tel. +351-4190000 / Fax.+351-4190002 Mobile Phone: +351 962928113 Email_1: abel.figueiredo@esev.ipv.pt Email_2: namban@netcabo.pt	Vítor Rosa Horta das Figueiras, Rua Fernanda Seno, n.º 30, 3.º Dto 7000-485 - Évora - Portugal Mobile Phone:+351933266792 Emails: vitor.rosa@mail.pt artes_orientais@sapo.pt
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5. As for bibliographic references, the Harvard or Chicago system is suggested (author-date).



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**LOGISTICS INFORMATION**

**VISEU**

The region of Viseu is located in the very inside of the centre-north of Portugal and it is a gastronomically unforgettable region with good food and wine (Dão river region). We hope that this energy will be enriched by your presence. We will do all we can to make you feel comfortable in line with the quality of the educational program in preparation.



**HOW TO ARRIVE**



**Nearest Airport to Viseu:  
Francisco Sa Carneiro (OPO) – Porto City**

From the Airport, you take the Metro (only one line so it is easy).

You leave from station: Bolhão. The cost is 1.35 €.

Then you walk 5 minutes to the bus station (“Rede Nacional de Expressos” – National Express Net) and take the bus to Viseu City. Less than 2 hours travelling. The cost is 8 €.

From the Viseu bus station you walk 15 min to the hotel or take a taxi. The cost is 3 € max.

Abel Figueiredo’s mobile phone: (+351) 962928113

Transportation from the airport to the congress may be booked by e-mail

**Other Airport:  
Portela – Lisbon**

**RECOMMENDED HOTEL**

Moinho do Vento (\*\*R) – located in the center of the city

Rua Paulo Emílio, nº 13, 3510-098 Viseu - Tel : 232424116, Fax: 232429662

E-mail: [geral@hmoinhodevento.pt](mailto:geral@hmoinhodevento.pt) Webpage: [www.hmoinhodevento.pt](http://www.hmoinhodevento.pt)

Single – 31.00 € / Double – 36,00 € / Breakfast Buffet inc.

Mention: Congresso de Artes Marciais e Desportos de Combate

Transportation from the hotel to the congress may be booked by e-mail

Students’ Residents (Polytechnic Institute) near Congress venue – 22.50 € (no breakfast)

Meals in the students’ restaurant is possible by reservation.

**More logistics information:** ADIV – Development and Research Association of Viseu  
Tel: (+351) 232 480 662; Fax: (+351) 232 480 551; e-mail: [adiv@adiv.pt](mailto:adiv@adiv.pt) ([www.adiv.pt/local.htm](http://www.adiv.pt/local.htm))