Philosophy and pragmatism of Budo as unique area of application
the empirical theory of combat sports

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The theory of combat sports I published in 2000. The inspiration for me were two areas of knowledge: (1) theory of struggle created by Tadeusz Kotarbiński in 1938 (and later formed by Polish scientists: a cybernetic theory of struggle; the theory of a non-armed struggle; the theory of defensive struggle); (2) philosophy and pragmatism Budo (many years ago pragmatic and philosophy of judo created by Jigoro Kano). The third important element was the experience which I got through judo training.

At essentials of Kotarbinski’s interests in a struggle was consciousness that a man develops the biggest amount of energy and smartness when he or she finds in constrained situations. Kotarbinski in the widest comprehension defines “a struggle” as any activity that is at least a two-subject one (premising that a team can be a subject) where at least one of subjects hinders the other.

The theory of combat sports is just narrowed to a micro scale – fights of one versus the other as it has place just in a group of qualified sports to combat sports or an individual versus a small group as it happens recurrently at non-sport confrontations. A criterion that links these both categories of grapple is directing these actions onto the adversary’s body. A field of combat sports theory is identified of three this domain’s set: pragmatic (P), utilitarian (U), mental (M). A set call pragmatic includes entirety of these empirical and comprehensive systems that link directly the problems of preparing a sportsman to a struggle being in an immediate clash versus a competitor, his or her actions and behaviours at struggle and when it is over. Utilitarian – analogically, entirety of these empirical and comprehensive systems that link directly the problems of preparing a man to a struggle being in an immediate clash versus a competitor, etc. This domain of the combat sports theory has tight connections with the theory of the defensive struggle. Mental – empirical and comprehensive systems connected mainly with ethical aspects of preparing a man to a struggle which is in a direct encounter of the parties, actions and behaviours in course of a struggle (combat sports and non-sport confrontations) and when they are over. This domain contains also systems of comprehending to explain and clarify the relations being among these both kinds of struggles of common property – a direct encounter of the parties, in which the actions are directed onto an adversary’s body.

The theory of combat sports on the one hand can provide empirical evidence of educational, health and utilitarian values of Budo as a coherent system of philosophy and practice, which creates a harmonious development of man – spiritual and physical. On the other hand, due to empirical tools (especially the method of measuring the dynamics of the fight and methods of bravery measurement) systems effectively exposes the MMA and other forms of modern gladiatorial contests, which is the negation of these values.