

## EDITORIAL

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# Between order and extremes: about balance, rationality and a broader approach to reality

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### Abstract

**Problem.** Let us try to answer two questions: 1) What should be the paradigm of martial arts research today?; 2) How does this translate into the content published in Ido Movement for Culture?

**Method.** The first question requires reflection from the areas of epistemology/philosophy of science and sociology of science. The analysis emphasizes the contextual and humanistic dimensions. In the second question, the discussion pertains to the content of volume 23. **Results.** The reflection mainly concerns schematism and barriers present in scientific institutions or those working for science. Reference is made to the history and cultural heritage of Poland. This is a context, especially axiological, that involves noble patterns. The further content focuses on interdisciplinarity and multidisciplinary, as well as the contents of volume 23 in the context of the 23 years of functioning of this scientific periodical.

**Conclusions.** Through logical deduction, it has been shown that it is justified to conduct interdisciplinary and multidisciplinary research on fighting arts, and this is also the case with the study popularizing the research results published in Ido Movement for Culture.

### Introduction

Let us start with a bit of **history**. 340 years ago, on September 12, 1683, the knighthood of Central Europe saved Europe and its Western Latin civilization from the invasion of the Turkish Empire. A significant role was played by the commander-in-chief of the allied forces, Polish King Jan III Sobieski, as well as the successful charge of the Polish hussars. Unfortunately, a century later, Austria, Prussia, and Russia attacked Poland and divided its territory. In order to save the Commonwealth – the home of Poles, Lithuanians, as well as Ruthenians, Latvians, and Estonians – the first constitution in Europe was adopted in Warsaw in 1791, which was very pro-

gressive. Jan Matejko captured this historic moment in his painting [Fig. 1].

However, when the multinational Commonwealth (The Republic of Poland) fell, generations of patriots fought for independence. Particularly in 1863, exactly 160 years ago, during the January Uprising, Poles fought against imperial Russia with the support of Lithuanians and Ruthenians (ancestors of today's Belarusians and Ukrainians), as depicted in the coat of arms of that time.

This coat of arms [Fig. 2] depicted the heraldic symbols of the Crown/Kingdom of Poland (White Eagle, used with or without a crown), Lithuania (Chase) and Ruthenia (St. Michael the Archangel). Significantly, the

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White Eagle holds a sword and a cross, while the Knight in the Chase and St. Michael have crosses on their shields. The role of religion, especially the Catholic Church, in preserving Polish identity and later regaining independence cannot be overstated [Cynarski 2022]. The coat of arms on the seal of the National Government is featured on a commemorative silver coin of 20 zloty dedicated to the memory of the heroes of that time [Fig. 3], which also displays the primary weapons of that era – a rifle with a bayonet, a war scythe, and a sabre. It is also depicted on a gold coin with a denomination of 200 zloty. The inscription on the seal reads “Equality, Freedom, Independence”. At that time, the residents of the territories of the First Polish Republic – Poles, Lithuanians, and Ruthenians – were fighting for these ideals against imperial Russia.



Fig. 1. Constitution of May 3, 1791 [painting by Jan Matejko, 1891].



Fig. 2. Coat of arms of the January Uprising [Wikipedia 2022].

Poles are a nation that cannot be subdued. This nation has endured partitions and annexations, wars and occupations, and even 45 years of communism, while preserving its spiritual culture. It is a nation of great scholars, such as Nicolaus Copernicus and Maria Sklodowska-Curie, remarkable figures of the Church, such as Karol Wojtyła / John Paul II, co-creators of the world culture, such as Fryderyk Chopin, but also great leaders – from King Boleslaw Chrobry to Marshal Jozef Pilsudski, victorious knights – from Zawisza the Black (1370-1428) to the hus-

sars, and the bravest soldiers, such as Wladyslaw Raginis (1908-1939) and Witold Pilecki (1901-1948).

From the shared heritage of the First Polish Republic and the Cossack tradition, Ukrainians draw strength today as they bravely and effectively defend themselves against Russian imperialism. Obviously, both Slavic countries, namely Poland and Ukraine, cherish the legacy of the Vistulan and Polan State (8th-9th century) and the Kievan Rus (9th century). Previously, they shared ancient history, poorly explored, of Aryan-Slavic/Indo-European origins. Thus, Ukrainians are fighting today like their brave ancestors, their brave ancestors, striving for the freedom and sovereignty of their state.



Fig. 3. 20 zloty coin “160th Anniversary of the January Uprising,” Ag 925, 28.28 g, National Bank of Poland, 2013. Issued on January 16, 2023.

The year 2023 marks 2,370 years since the death of Plato (423-347 BC), the co-creator of classical philosophy developed in Athens. Furthermore, it is the 550th anniversary of the birth of Nicolaus Copernicus (1473-1543), a brilliant Pole, doctor and scientist, polyhistor and exemplary *Homo Creator Nobilis* [Cynarski, Szajna 2017]. These and other outstanding figures have contributed to the heritage of Western civilization in terms of knowledge and wisdom. The values of Western civilization, such as freedom and democracy, self-determination and solidarity, were fought for in the past and continue to be fought for today. Will there be enough defenders? However, let us now turn to the events in the recent history of martial arts and martial arts research.

Exactly one hundred years ago, Henryk Jeziorowski, with the assistance of the Military Institute of Scientific Publishing, published the manual *Close Combat Jiu-Jitsu* [Jeziorowski 1923]. It was an edition created for the needs of the military, with an emphasis on the practical application of *jujutsu* fighting techniques. At least since 1906, this Japanese martial art and form of physical culture have been propagated and taught in Poland

[Perez-Gutierrez et al. 2021], as well as in several other European countries. The Science Committee has been operating at the Polish Ju-Jitsu Association for several years, although without funding for research.

In turn, the jubilee of the 75th anniversary of the Idokan organization on an international scale (1947-2022) was recently celebrated. This year, we are also celebrating the 30th anniversary of the Idokan Poland Association (IPA). The publisher of our Journal started its activities in March 1993 in Rzeszow, earlier than the Polish Ju-Jitsu Association. Initially, IPA was involved in the practice of fighting arts. The Idokan Poland Cup competitions in sport *jujutsu* were organized. It was only later that IPA began its activity as a scientific society. Currently, Yoshin Academy is responsible for practical activities in martial arts in IPA (in the *Idokan Yoshin-ryu* style) and for the functioning of the Centre in Rzeszow. The same Academy now takes over the role of the publisher of our Journal.

### Schematism and blocking

Let us now consider the balance, rationality, and broader understanding of reality in the process of popularizing scientific knowledge. What is beneficial here, and what constitutes a hindrance, a kind of barrier/blocking?

#### 1. Blocking time caesuras

In historical journals, rigid temporal frameworks are often adhered to. Therefore, when a particular study extends beyond the established temporal boundaries (either contemporary or medieval history), it is not accepted at all. The author has experienced this when attempting to submit a study that spans approximately three thousand years. Such works are rejected by editors for formal reasons. Should not a broader perspective be allowed in historical research?

#### 2. Blocking certain topics and paradigms

In monodisciplinary journals, disciplinary boundaries (which are also a kind of convention) limit the horizons of approaches, research scopes, and methodological actions. In thematic journals, this often manifests itself as monothematic content within a rigid paradigm or mixed with ideology (politically incorrect content is rejected without review). Furthermore, there are instances where research findings from other disciplines are not considered at all when they challenge dominant theories and interpretations (paradigms in Thomas Kuhn's sense).

#### 3. Blocking formal schematism

Excessive editorial requirements and schematism (such as page or character limits, article templates with prescribed formatting in automated systems) render the human editors unnecessary. They can be relatively easily replaced by a machine – a computer with appropriate software. Consequently, the process

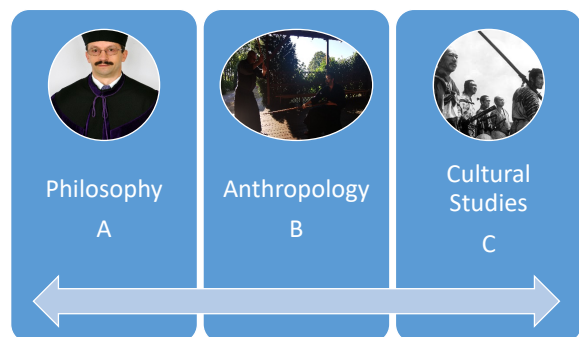
of evaluating and accepting scientific works becomes dehumanized.

Valuable and unconventional work may be rejected for technical or formal reasons, or it may not even be submitted because the automated system does not accept it. This is similar to test-based assessment that measures the ability to solve tests rather than the knowledge and the ability to apply it. Is the goal for machines to become more intelligent than humans?

The other extreme would be allowing complete freedom in bibliographic citation, writing structure, abstract formulation, etc. Hence, our Journal maintains a balance in this matter and approaches manuscript formatting in a rational and common-sense manner. Manuscripts are expected to be prepared in the required IPA style, with a flexible approach to certain aspects (length, number of references, structural arrangement). By the way, flexibility, balance, and moderation (avoiding extremes) align with the principles of *jujutsu* and related martial arts and the principles advocated by the ancient founder of the *Lykeion* – Aristotle.

### Between Order and Extremes

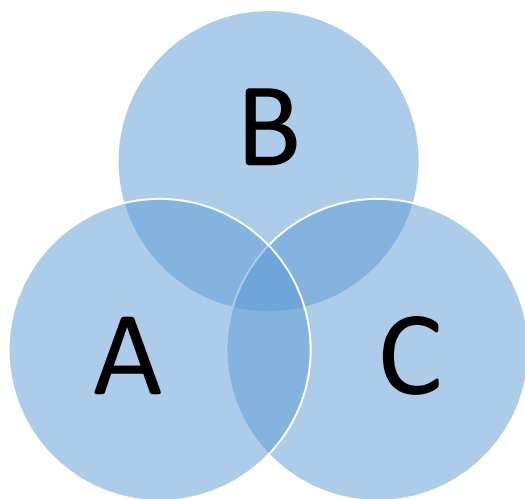
Why are interdisciplinary, multidisciplinary, or transdisciplinary approaches more advantageous for discovering new knowledge? Are these concepts synonymous? Let us try to explain and illustrate them using very simple diagrams.



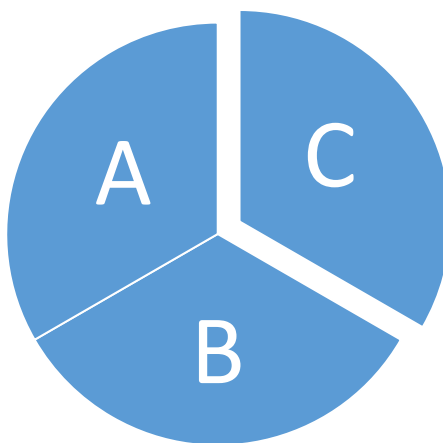
**Fig. 3.** Transdisciplinarity – Discipline B is extended to adjacent disciplines A and C, with B serving as the base concept.

For example, in the broader field of anthropology (B), areas of philosophy (A) and cultural studies (C) can be areas of transdisciplinary research [Fig. 3]. Transdisciplinarity, in this context, refers to surpassing the boundaries of a specific scientific field or discipline by incorporating aspects typically associated with other disciplines. This can apply to anthropological and sociological approaches, research in physical culture studies (which are always inter- or multidisciplinary), or applications of the General Theory of Fighting Arts (GTFA).

In addition to physical culture studies or tourism studies, traditional martial arts, in particular, require interdisciplinary and multidisciplinary approaches [Fig. 4-5], as they extend beyond the realms of physical culture, sports, and entertainment. Their historical and cultural, medical and psychological, symbolic and philosophical dimensions call for multifaceted research and multidimensional analysis. It is worth noting that interdisciplinary and multidisciplinary research poses significant challenges and is often reluctantly undertaken by researchers.



**Fig. 4.** Interdisciplinarity of disciplines – the overlapping areas illustrate the common scope.



**Fig. 5.** Multidisciplinarity. The theoretical perspective or scientific frameworks are collectively shaped by scientific disciplines A, B, and C, or a larger number of them.

### Reluctance to Change

Relatively often, new knowledge emerges at the intersections of various scientific disciplines and sub-disciplines. However, this does not mean that this new knowledge

changes students' curricula or the prevailing paradigms. These changes progress very slowly. In some disciplines, the resistance of communities to paradigm shifts hinders the recognition of knowledge derived from research on the same issues but conducted in other disciplines or through interdisciplinary approaches. For example, Janusz Piontek stated that “A new beginning in “true” interdisciplinary research on the ethnogenesis process of Slavs and an attempt to explain this process seem possible only by rejecting the previously accepted dogmas disseminated in archaeological literature” [Piontek 2020: 178]. The goal is to accept and even prefer interdisciplinary research not only in the humanities. For example, research on national origins has found a connection between genetics (biology, Y-DNA) and national identity (culture) [cf. Chiaroni, Underhill, Cavalli-Sforza 2009; Tikhonov *et al.* 2019; Cynarski 2023].

On the other hand, Lech Jaczynowski recognizes the danger of losing and reducing physical culture studies to their biotechnical aspects: “Due to the complexity of the issues related to physical culture and the fact that the main goal of universities is to prepare teaching staff (physical education teachers, instructors, coaches, etc.), it is not appropriate to evaluate the quality of such universities solely based on the scientific output of those employees who address topics exclusively related to medical sciences because eliminating socio-humanistic topics distorts the ideas and purpose of educating professionals for the entire field of interest” [Jaczynowski 2019: 11]. The specific nature of physical culture/sport sciences is described and explained in great detail by Jerzy Kosiewicz [2012].

Our Journal strives to address these identified gaps and has been doing so for many years. Jerzy Kosiewicz wrote many years ago, “In the environment associated with physical culture studies, there is a deficit of publications concerning the relationships between these sciences, their subject of interest, societies, and civilizations in various forms of non-European cultures”. Until now, there has been a lack of a scientific journal in Central and Eastern Europe serving as a forum for humanistic reflection on Far Eastern martial arts in a broader, holistic approach. This gap is filled by the *Ido Movement for Culture* (...) and further: “The established thematic profile of the journal is based on humanistic, cultural, and anthropological assumptions related to human psycho-physical activity, moral and health concepts in the context of competition and combat. It provides – as indicated by Prof. B. Mytskan – a broad platform for the exchange of new scientific thought, ranging from training theory to philosophical anthropology” [Kosiewicz 2005].

In summary, the path to knowledge, truth, and wisdom sometimes requires breaking away from rigid patterns and adopting more flexible thinking.

## The Impact Factor for Our Journal

Our Journal is undergoing evolution, improving both its form and content. It has transformed from an annual publication to a quarterly journal and has transitioned from being written in Polish to having also its English version. It has shifted from being a relatively local journal with limited reach and influence to a global journal with significant impact. This is confirmed by the achievement of an Impact Factor (IF: 1.0) this year, as calculated by the specialized American company *Clarivate Analytics Impact Factor*, based on citations from the previous year. This indicator is sometimes referred to as “magical” as it is occasionally fetishized. However, it remains an important measure of the value of scientific content published in a particular journal [cf. Garfield 1970, 1972]. Along the way, since 2000, there have been changes in our journal [cf. Rzany 2001; Kosiewicz 2005; Cynarski, Cynarska 2008; Cynarski, Yu, Litwiniuk 2011; Cynarski, Reguli 2014; Pawelec 2016; Gutierrez-Garcia *et al.* 2018], and increasingly better indicators have been achieved, such as in the *Scopus* database (2021 2-year IF: 1.09), *Resurchiefy* (2021 Impact Score: 1.09), *Academic Accelerator* (2022 2-year IF: 1.101), etc. Currently, our journal has an H-index of 15 in the *Scopus* database and an H-index of 16 on the *Web of Science*.

I would like to express my sincere thanks to the authors and reviewers because it is thanks to their high competence and solid work that this development and undeniable success have been possible, and it is something worth celebrating. Our editorial team looks forward to further fruitful collaboration.

## About the content of Volume 23

Our editorial team supported the Chinese Martial Arts Congress in Wrocław in 2021. Therefore, in the first issue of this year’s volume, an article titled *Attractiveness of a martial arts Grand Master in Tourism* was published, which was a commissioned presentation at the Congress. In the third issue, an article titled *Expert meeting, 2023. Report plus analysis of selected issues* was published, which our journal also supported during the meeting in Munich. Another important event was the commemorative gathering and *The 30th General Assembly Commemoration Symposium*. The introductory presentation from this Symposium will be published in the first issue of Volume 24.

Volume 23 contains a total of 36 papers in four issues of our quarterly journal, including 35 original research papers and one review article. The most interesting, in terms of knowledge, are the papers that adopt interdisciplinary approaches. Therefore, it is not easy to assign a given article to a specific thematic section. For example, in the fourth issue, we find the paper *The Brutalisation of*

*Aikido: The Case of Real Aikido*, which describes a process of ideological change in the specific philosophy of *Aikido*. In the case of two other papers, they explore the connections between martial arts traditions and injury occurrence (sports medicine) and the impact of exercise on health (martial arts medicine, known as *bujutsu ido* in Japanese).

Overall, in Volume 23, we can find research papers from the field of Kinesiology & Coaching, as well as humanistic disciplines such as Philosophy and Pedagogy of Sport. We also cover social and cultural aspects. All of this relates to fighting arts and military cultures/traditions (Hopology and Anthropology of Martial Arts). All or the vast majority of the papers fit within the field of physical culture/science of sport, ranging from biomedical approaches to humanistic perspectives. This is how the phenomenon of martial arts should be studied. We have a wide range of approaches, from cultural anthropology: Semiarto A. Purwanto, Agung S. Perdana – *Playing with the Senses: A Traditional Martial Art in West Java, Indonesia*, to physical anthropology: Armando Monterrosa Quintero, Adrian De La Rosa, Coralie Arc Chagnaud, Jorge Mario Gomez Quintero, Antonio Renato Pereira Moro – *Morphology, lower limbs performance and baropodometric characteristics of elite Brazilian Jiu-jitsu athletes*. From the aforementioned work in Cultural Tourism/Martial Arts Tourism to Physiology & Coaching, cf. Raquel S. Mendes-Netto, *et al.* – *Acute carbohydrate restriction induces a higher weight loss and preserves the athletic performance of Brazilian jiu-jitsu athletes*.

The previous volume includes a special edition and an additional edition, totalling six. This is due to our journal’s endorsement of the IMACSSS conferences, from which selected papers were accepted for publication. We apologize for the delay in publishing the names of external reviewers from Malaysia.

Starting from January 2023, Prof. Wojciech J. Cynarski has resumed the position of Editor-in-Chief. Dr Sergio Raimondo has stepped down from this role due to personal reasons. Our editorial team sincerely thanks him for his collaboration, especially for his social activity for our Journal.

The President of IPA obtained funding from the Polish Ministry of Education and Science for the publication of volumes 22 and 23. Unfortunately, due to exceeding a deadline for settlements and reports, IPA was forced to return 2/3 of the received amount (even though the funds had already been effectively spent). Despite sending two letters of explanation to the Minister (dated May 12th and May 25th, 2023), the institution did not demonstrate flexibility or an overly accommodating approach. Life and human affairs are usually more complicated than pre-prepared agreements and regulations. Therefore, we were forced to change the publisher and publication rules. The responsibility for this now lies with the *Yoshin*

Academy, while IPA and IMACSSS continue to support our Journal. It is not possible to capture the evolving reality in regulations, let alone plan everything in detail.

## Summary

Through logical deduction, it has been demonstrated that it is justified to study the phenomenon/problem area of fighting arts through inter- and multidisciplinary approaches. This is precisely what is being realized in terms of knowledge dissemination and research findings in the Ido Movement for Culture. Journal of Martial Arts Anthropology.

Despite the difficulties and necessary changes, this journal is published with a commitment to align with the principles of the new scientific paradigm, while maintaining fidelity to truth and ethical principles. The achievement of a good Impact Factor confirms the successful direction of the editorial team, publisher, and numerous collaborators, including authors and reviewers.

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### **Między uporządkowaniem a skrajnościami: o równowadze, racjonalności i szerszym ujmowaniu rzeczywistości**

**Słowa kluczowe:** popularyzacja wiedzy, blokady, wymagania redakcyjne czasopism naukowych, *fighting arts*, historia

#### **Streszczenie**

**Problem.** Spróbujmy odpowiedzieć na dwa pytania: 1) jaki ma być dzisiaj paradygmat badań sztuk walki?; 2) jak się to przekłada na treści publikowane w „Ido Movement for Culture”?  
**Metoda.** Na pytanie pierwsze odpowiedź wymaga refleksji z obszarów epistemologii / filozofii nauki oraz socjologii nauki.

Tu w analizie akcent pada na wymiary kontekstualny i humanistyczny. W drugim pytaniu omówienie dotyczy treści tomu 23. Wyniki. Refleksja dotyczy głównie schematyzmu i blokad występujących w instytucjach naukowych lub działających na rzecz nauki. Nawiązano do historii i dziedzictwa kulturowej Polski. Jest to kontekst, zwłaszcza aksjologiczny – szlachetne wzorce. W dalszej części treść dotyczy inter- i multidyscyplinarności, oraz zawartości tomu 23 w kontekście 23 lat funkcjonowania tego periodyku naukowego.

**Wnioski.** W drodze logicznej dedukcji wykazano, że słuszne jest inter- i multidyscyplinarne badanie *fighting arts*, i tak właśnie jest też realizowane popularyzowanie wyników badań na łamach „Ido Movement for Culture”.