



**8th INTERNATIONAL CONFERENCE OF IMACSSS
2019 SCIENTIFIC CONGRESS
ON MARTIAL ARTS AND COMBAT SPORTS**

October 10-12, 2019

**POLYTECHNIC INSTITUTE OF VISEU - PORTUGAL
Main Auditorium**

ANNOUNCEMENT



Under the auspices of **IMACSS – International Martial Arts and Combat Sports Scientific Society** (www.imacsss.com), the 2019 edition of the **Scientific Congress on Martial Arts and Combat Sports (SCMACS)** will take place from October 10-12, 2019 in Viseu, Portugal.

The central issue of the Congress is the scientific interpretation of actions in broader contexts and cultures such as **Martial Arts (MA)**, **Combat Sports (CS)** or **Self-Defence (SD)**, in relation to objectives usually associated with human development (e.g., health, well-being, education and culture).

We organized in 2007 (<http://www.ipv.pt/CCAMDC/>), 2009 (<http://www.ipv.pt/CCAMDC2009/>) and 2011 (<http://www.ipv.pt/CCAMDC2011/>) **Scientific Congress on Martial Arts and Combat Sports** and a Congress of IMACSSS also as been organized in Rio Maior, Portugal in 2017.

The congress organizing committee believes that this 2019 initiative will provide a valuable opportunity to promote, enlarge and strengthen the scientific community gathered around martial arts and combat sports (MA&CS).

Education and training of MA&CS Teachers and Instructors is a clearly medium to long-term objective across the world, with a growing presence in the environments of physical activity (health, well-being and fitness), sports (from basics of education to sport performance of different levels), school physical education (given the eclectic, inclusive and multilateral context of this school subject) and culture construction (practices as non-material and intangible heritages, folklore and multicultural natures). This trajectory, however, should be followed in coherent connection with research developed and practice in scientific centres.

In this way, we request 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 MA&CS, to disseminate this information among potentially interested researchers, educators and practitioners, stimulating them to participate in the event as speakers and poster presenters. All committed communities of technicians and advanced practitioners of MA&CS will certainly be interested in participating in this congress and they can expect full support of the Congress' organising committee to do it.

We look forward to seeing you in Viseu, Portugal!

www.esev.ipv.pt/IMACSSS2019

Abel Figueiredo, Ph.D.
IMACSSS 2019 Scientific Committee Chair
abel.figueiredo@esev.ipv.pt



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CONGRESS INFORMATION

Dates and Venue

10th to 12th October 2019

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 and scholars to promote debate around the study object of the contexts of 'martial arts', 'combat sports' or 'self-defense': human fight motricity;
2. To reflect on on-going international research work on this areas;
3. To promote the dissemination of projects in the fields concerned, and;
4. To call the attention to the need of developing different scientific approaches.

Main Target Groups

Researchers and scholars in the field of martial arts and combat sports (MA&CS);

Teaching and training participants in the area of MA&CS;

Higher education students and advanced level practitioners, and;

Heads of Organizations promoting MA&CS.

Call for Papers

Deadline: 30th July 2019.

Review results: send out max.15 days after submission reception.

Please consult the authors' guidelines.

Registration Fees (see registration form)

General Participation (e.g., audience members & students with no paper): 25 Euros

Scientific Paper / Workshop submission presenters: 50 Euros.

Certification

All participants will receive a certificate of attendance.

International Patronage

IMACSSS – International Martial Arts and Combat Sports Scientific Society (www.imacsss.com)

National Patronage

REDESPP – Portuguese Network of Public Polytechnic Universities with Sport Studies (<http://redepolitecnicosdesporto.com/>)

Organizing Committee

João Paulo Balula, Ph.D. – President of the School of Education - Viseu

Antonino Pereira, Ph.D. – Coordinator of Sport Sciences and Motricity Department

António Azevedo, Ph.D. – Coordinator of Human Motricity Area

Abel Figueiredo, Ph.D. – Coordinator of Sport Sciences Study Program

Francisco Mendes, Ph.D., João Esteves, Ph.D., Paulo Eira, Ph.D., Francisco Gonçalves, Ph.D.,

Aristides Rodrigues, Ph.D., Carlos Vasconcelos, MSc., Miguel Lima, MSc., Patrícia Sousa,

MSc., Ricardo Almeida, MSc.

Executive Committee

Coordination: Abel Figueiredo (Portugal), Antonio Brito (Portugal) and Carlos Gutierrez (Spain).

Adjunct Coordination: Vitor Rosa (Portugal) and Bruno Rosa (Portugal).

Assistants: Students of Bachelor in Sport and Physical Activity.

Registration and Financial Management: Sílvia Vasconcelos (ESEV).



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SPECIFIC PRESENTATION

Scientific Committee Coordination

Wojciech J. Cynarski, Ph.D. (IMACSSS) – **President**

Abel Figueiredo, Ph.D. (Polytechnic Institute of Viseu – Portugal) – **All Program Chair**

António Vences Brito, Ph.D. (Polytechnic Institute of Santarém – Portugal) – **Abstracts Chair**

Carlos Gutierrez, Ph.D. (University of León – Spain) – **Editorial Chair**

Scientific Committee Members

Ágata Cristina Aranha, Ph.D (University of Trás-os-Montes - Portugal)

Ana Rosa Jaqueira, Ph.D. (University of Coimbra – Portugal)

António de Castro Caeiro, Ph.D. (Universidade Nova de Lisboa – Portugal)

António Quaresma, Ph.D. (University Lusófona – Portugal)

Carlos Montero Carretero, Ph.D. (Universidad de Alicante - Spain)

Cristiano Roque, Ph.D. (University of São Paulo – Brasil)

David Brown (Cardiff University, United Kingdom)

Emerson Franchini, Ph.D. (University of São Paulo – Brasil)

Eric Margnes, Ph.D. (University of Pau et des Pays de l'Adour – France)

Ewa Polak (CS & MA, Kinesiology - Poland)

Fumiaki Shishida, Ph.D. (Waseda University – Japan)

Fuminori Nakiri (Japanese Academy of Budo - Japan)

George Jennings Ph.D. (Cardiff University - UK)

Helder Manuel Arsénio Lopes, Ph.D. (University of Madeira – Portugal)

Jikkemien Vertonghen, Ph.D. (Vrije Universiteit Brussel - Belgium)

John A. Johnson, Ph.D. (Keimyung University – Korea)

Jose Bragada, Ph.D. (Polytechnic Institute of Bragança – Portugal)

Kai Filipiak, Ph.D. (Leipzig University – Germany)

Keith Kernspecht, Ph.D. (N. Sports Academy & Bulgarian State Univ. of Plovdiv – Germany)

King Yan Walter Ho, Ph.D. (University of Macau – China)

Luis Fernandes Monteiro, Ph.D. (University Lusófona - Portugal)

Luis Santos Rodríguez, Ph.D. (Universidad de León – Spain)

Marc Theeboom, Ph.D. (Vrije Universiteit Brussel - Belgium)

Marco Branco, Ph.D. (Polytechnic Institute of Santarém – Portugal)

Michel Calmet, Ph.D. (Université Montpellier I – France)

Michal Vít, Ph.D. (Masaryk University - Czech Republic)

Mikel Pérez Gutierrez, Ph.D. (University of Cantabria - Chile)

Oscar Martínez De Quel Pérez, Ph.D. (Polytechnic University of Madrid - Spain)

Pablo Antonio Valdés Badilla Ph.D. (Universidad Autónoma De Chile - Chile)

Paulo Coelho Araújo, Ph.D. (University of Coimbra – Portugal)

Paulo Martins, Ph.D. (Faculty of Human Motricity – Portugal)

Pedro Magalhães, Ph.D. (Polytechnic Institute of Bragança – Portugal)

Pierluigi Aschieri, Ph.D. (Facoltà di Scienze Motorie, Università de L'Aquila – Italy)

Raquel Escobar Molina, Ph.D. (University of Granada – Spain)

Raúl Sánchez García, Ph.D. (Polytechnic University of Madrid - Spain)

Roberto Ruiz Barquín, Ph.D. (Autonomous University of Madrid - Spain)

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)

Vitor Rosa, Ph.D. (CeIED, University Lusófona – Portugal)

Zdenko Regulj, Ph.D. (Masaryk University - Czech Republic)

Zhang Guodong (Southwest University - China)



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Editorial Patronage

Revista de Artes Marciales Asiáticas (Spain) - <http://revpubli.unileon.es/index.php/artesmarciales/index>
Ido Movement for Culture. Journal of Martial Arts Anthropology (Poland) - <http://imcjournal.com/index.php/en/>
Research Journal of Budo (Japan) - http://www.budo.ac/contribution_E.html

Research Units Patronage – Portugal:

CI&DETS – Centre for the Study of Education, Technology and Health.

Information about other Indexed Research Journals in Martial Arts and Combat Sports:

Acta Taekwondo et Martialis Artium (previously Journal of the International Association of Taekwondo Research) (Republic of Korea) - <https://www.actataekwondo.com/>
Archives of Budo (Poland) - <http://archbudo.com/>
Archives of Budo Science of Martial Arts and Extreme Sports (Poland) - <http://smaes.archbudo.com/>
Chinese Wushu Research (China) - http://en.cnki.com.cn/Journal_en/H-H134-ZHWY-2017.htm
International Journal of Martial Arts (Republic of Korea) - <http://www.injoma.com/sub01.htm>
International Journal of Wrestling Science (USA) - <http://inwr-wrestling.com/international-journal-of-wrestling-science/>
Journal of Combat Sports and Martial Arts (Poland) - <https://combatsports.edu.pl/resources/html/cms/MAINPAGE>
Journal of Martial Arts Research (Germany) - <https://openjournals.uni-bayreuth.de/index.php/jomar>
Martial Arts Studies (UK) - <http://martialartsstudies.org/>

Honourable Committee

President of the Portuguese Institute of Sport and Youth (IPDJ)
President of Viseu City Hall Municipality
President of the Olympic Committee of Portugal (COP)
President of the Paralympic Committee of Portugal (CPP)
President of the Polytechnic Institute of Viseu
President of School of Education of Viseu
President of REDESPP – Portuguese Network of Schools with Sport Studies in Polytechnic Public System Universities
Deans of the Physical Education and Sport Faculties and Higher Education Schools
President of the Portuguese Confederation of Coaches
Presidents of Portuguese Sport Federations (MA&CS) and Coach Associations (MA&CS)
President of IMACSSS – International Martial Arts and Combat Sports Scientific Society
President of REDESPP – PT Network of Public Polytechnic Universities with Sport Studies



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CONGRESS PROGRAM

General Presentation

The Congress will be divided into two main fields: (1) global approach (2) multidimensional.

The global approach on the first day will mainly focus on two sections:

- a) MA&CS object of study, systematic, institutions and research methodologies;
- b) Pedagogy and Didactics including Instructors and Coach Education processes in MA&CS.

The multidimensional field will be based on the analysis of martial arts and combat sports according to five dimensions as seven sections:

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

The Congress format will be based on three minutes' poster presentations with final group discussion, 10 minutes oral communications, 20 minutes oral conferences, and 45 to 60 minutes roundtable panels with four-five specialists. The latter will have a 10 minutes' central presentation and three to five minutes 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.

The Congress program will start with the global approach, to be developed during the first day, followed by more specific interpretative analyses within the above-mentioned dimensions. The Closing Session will summarize all relevant aspects discussed.

Program (Provisory)

Thursday, October 10, 2019 – Global Approach – Session 1 and 2

10.00h – Opening of Registration Desk

12.00h – Opening Session

13.00h – Lunch break

15:00h – Study object, systematics and research on martial arts and combat sports (conference + papers + roundtable panel)

17.00h – Pedagogy and Didactics in MA&CS (conference + papers + roundtable panel)

19.00h – End of 1st day.

Friday, October 11, 2019 – Multidimensional Approaches – Session 3, 4, 5 and 6

09.00h – Physical dimension in MA&CS (conference + papers + roundtable panel)

11.00h – Technical dimension in MA&CS (conference + papers + roundtable panel)

13.00h – Lunch break

15.00h – Tactical dimension in MA&CS (conference + papers + roundtable panel)

17.00h – Psychological dimension in MA&CS (conference + papers + roundtable panel)

19.00h – End of 2nd day.

20:00h – Congress Official Dinner

Saturday, October 12, 2019 – Multidimensional Approaches – Session 7

09.00h – Socio-cultural and philosophical dimension in MA&CS (conf.+ papers + rt. panel)

11.30h – Roundtable – Congress Final Conclusions

12.30h – Closing Session

In due time, a more detailed program will be made available that will reflect the Congress' contents (and consequently the distribution) of the abstracts received.

Actualization: www.esev.ipv.pt/IMACSSS2019



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GUIDELINES FOR ABSTRACTS

1. The participants who intend to submit scientific research studies, projects and practices (i.e., oral presentations or e-posters) are required to submit their extended abstracts in English, by following the **template** published by Organizing Committee (www.esev.ipv.pt/IMACSSS2019). Extended abstract should not exceed 3 pages (A4).
2. Each author can participate on a maximum of three abstracts and can only present two studies on the congress. After the communication of abstract acceptance, the author presenting the study should make full registration on the congress. Only registered authors could have the study published in the **abstracts book** which intends to stimulate debate regarding research in MA&CS.
3. The **deadline** for extended abstract submission in electronic format is 30th July 2019.
4. The **extended abstract** should address the following basic aspects of the work: Title, short abstract (150 to 250 words), 3-6 keywords separated by semicolons, introduction, objectives, methodology, results, discussion, conclusions and references. For bibliographic references, use the APA 6th Ed.
5. Extended abstracts will be evaluated by two specialists of the Scientific Commission and acceptance is dependent upon the average of points. **Evaluation criteria** for extended abstracts are divided into General (topic relevance, originality, follow abstract template) and Specific (scientific methodology, results, transferability, conclusion, future directions and selection of references).
6. The organizers and the scientific committee encourage researchers to present high quality, complete and well-structured extended abstracts, to be published as a **special issue in RAMA** (<http://revpubli.unileon.es/ojs/index.php/artesmarciales>) as this is key for the oral presentations/poster selection process.
7. All proposals must be submitted through the *Revista de Artes Marciales Asiáticas* website (<http://revpubli.unileon.es/index.php/artesmarciales>). Registration and login are required to submit items online. Please choose the section "Articles" when submitting your proposal, and pay attention to correctly complete all the required fields during the submission process. Add a comment for the Editor stating that your submission is intended for the 8th IMACSSS Congress *Revista de Artes Marciales Asiáticas* Special Issue.
8. If authors have some difficulties to send abstract online, can send by e-mail following the template that could be requested by e-mail (IMACSSS2019Viseu@esev.ipv.pt) or downloaded from www.esev.ipv.pt/imacsss2019.
9. Guidelines for presentations will be sent to authors and could be downloaded from website on correct timing.



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IMACSSS YOUNG RESEARCHERS AWARDS

AIM & DESCRIPTION

The International Martial Arts and Combat Sports Scientific Society (IMACSSS) is an organization devoted to promote and expand the scientific knowledge and culture of martial arts and combat sports (MA&CS). In pursuing this objective, the IMACSSS Young Researchers Awards are established as a way to facilitate the integration of young researchers into the MA&CS scientific community and the recognition of high quality researches. There will be at least one IMACSSS Young Researcher Award in every IMACSSS annual conference.

ELIGIBILITY

- During the submission of the abstracts the first author should apply for this award.
- MA&CS researchers must be under 35 years old.
- Candidates must be master or doctoral level students or awarded with Ph.D. no earlier than 5 years before the conference takes place. The candidates must prove their eligibility.
- Candidates cannot have been awarded the IMACSSS Young Researcher Award at a previous conference.
- Only one application for the IMACSSS Young Researchers Awards per author is accepted. The applicant must be the first author of his/her proposal and also present it at the conference as an oral or poster presenter.
- To successfully apply for the Young Researchers Awards all requirements must be met within the requested deadlines.

PROCEDURE

- Applicants for IMACSSS Young Researchers Awards will follow the same instructions and procedures as other researchers taking part in each conference.
- The IMACSSS Board will designate, in coordination with the conference organizing committee, three members for the evaluation of the applicants.
- The evaluation of the applicants will be based on the quality of the abstract submitted to the conference and the quality of the presentation (oral or poster) done at the conference venue, both rating 50% of the total score.
- One IMACSSS Young Researchers Award will be given to an oral presenter and one award for poster presenter.
- Awards will be announced in the closing ceremony of each conference.

AWARDS

- The winning young researchers will be awarded with a diploma.
- The name of winning authors will be posted on the IMACSSS website.
- Whenever possible, the IMACSSS Board and/or the conference organizing committee will grant winning authors with other kind of awards.



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HOTELS AND TRAVELLING

VISEU - PORTUGAL

The region of Viseu is 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), linking its medieval energy with modernity in a balance way (<https://visitviseu.pt/>). 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.



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

From the Airport, you take the Metro to station: “Bolhão”. The cost is less than 2 €.

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 near 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
(WhatsApp application)

Other Airport: Portela – Lisbon

From the Lisbon Airport you can take the Subway (Metropolitano) line and use the “Jardim Zoológico” station to interface with the Bus Terminal of Sete Rios (“Rede Nacional de Expressos” – National Express Net) and take the bus to Viseu City.

RECOMMENDED HOTEL (special prices)

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

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

Single – 31.00 € / Double – 48.00 € / Breakfast Buffet inc.

E-mail: geral@hmoinhodevento.pt Webpage: www.hotelmoinhodevento.pt

Mention for reservations by e-mail: “Martial Arts Congress”

Alternative: **Albergaria José Alberto – located near the first one**

Rua Cândido dos Reis, 42, 3510-057 Viseu - Tel.: +351 232 440 440, Fax: +351 232 440 442

E-mail: reservas@hotelvis.pt / geral@hotelvis.pt Webpage: www.hotelvis.pt

Single – 40.00 € / Double – 53.00 € / Breakfast Buffet inc.

More logistics information on the website of congress: www.essev.ipv.pt/IMACSSS2019

E-mail for any requests: IMACSSS2019Viseu@esev.ipv.pt