INTERNATIONAL
MARTIAL ARTS and COMBAT SPORTS
SCIENTIFIC SOCIETY

Uniwersytet Rzeszowski

Announcement no. 3

15th IMACSSS INTERNATIONAL CONFERENCE &

6TH WORLD SCIENTIFIC CONGRESS OF COMBAT SPORTS AND MARTIAL ARTS

in Rzeszów

Date: **OCTOBER 14-16, 2026** * Venue: **UNIVERSITY OF RZESZÓW (POLAND)**

RZESZÓW

NEAR RZESZÓW

International Martial Arts and Combat Sports Scientific Society, 35-001 Rzeszów, Cicha Street 2a, 35-326 Rzeszów
www.imacsss.com contact@imacsss.com
BANK PEKAO S.A. o. Rzeszów
Konto bankowe w PLN 76 1240 4751 1111 0010 9667 2401
Bank Account in Euro Code Swift: PKOPPLPW Bank Account in € No: PL73 1240 4751 1978 0010 9667 2658

Program (provisional version):

General Assembly, First Plenary Session & Keynote Speeches, Welcome banquet (14th October);

Sessions (oral only), Martial Arts Workshops (15th October);

Last Plenary Session, Clossing Ceremony (16th October)

Forms of participation: traditional or online

https://www.ur.edu.pl/en/colleges-/medical-college/units/faculty-of-physical-culture-sciences/imacsss2026

Organizer: International Martial Arts and Combat Sports Scientific Society (IMACSSS)

Committee: Prof. Dr hab. Wojciech J. Cynarski (President), Dr Paweł Świder (PhD, Vice-President), Dr Przemysław Pawelec (PhD, Secretary), Mr Jerzy Kulasa (MA), Mr Adrian Piórko (MA), …

Patronage: Prof. Dr hab. Adam Reich (Rector of the University of Rzeszów) * President of the City of Rzeszów * Marshall Carpathian Marshal (of Podkarpackie Voivodeship)

Congress co-organizers: University of Rzeszow (Faculty of Physical Culture Sciences) * Idokan Poland Association (IPA) * European Martial Arts Committee (EMAC)

Congress organizational partners: Carpathian Local Governor * Carpathian Marshal * City of Rzeszów * Rector of the University of Rzeszów * World Society for Peace Sports (WSPS) * "Ido Movement for Culture Journal of Martial Arts Anthropology"

It is the tradition of our Faculty and University that since 2006 we have been organizing subsequent World Scientific Congresses every 4 years. IMACSSS was established here in Rzeszów. We also want to combine the Rzeszów Congress with the IMACSSS International Conference this time.

As in previous editions, we plan to publish the Proceedings Abstract Book in electronic and paper form.

Exceptionally, for the first time, we provide hybrid participation - both direct and remote.

In addition to exchanging knowledge, there will be an opportunity to practice martial arts during the Workshops.

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Invited Keynote Speakers

Prof. Dra **Bianca Miarka,** Federal University of Rio de Janeiro, Brazil

Dr **Sangjin Yoon,** UNESCO (UNESCO ICM), Chungcheongbuk-do, Republic of Korea

Program of IMACSSS Congress 2026

Day 1 – October 14, 2026

09:00 – 15:00 Registration of participants

11:00 – 13:00 IMACSSS General Assembly MAIN HALL

13:00 – 13:20 Screening of the film Body and Mind Becoming One MAIN HALL

13:20 – 14:15 Opening ceremony MAIN HALL

14:45 – 16:15 Lunch

16:45 - 18:15 Plennary Session (chairman – Wiesław Błach) MAIN HALL

16:45-17:15 Wojciech J. Cynarski (University of Rzeszow, Rzeszów (Poland)), The Culture of the Duel in Boxing, Karate and Kickboxing – Comparative Analysis

17:15-17:45 Bianca Miarka (Federal University of Rio de Janeiro, Rio de Janeiro (Brazil))1, Rafael Pereira Azevedo Teixeira (Federal University of Rio de Janeiro, Rio de Janeiro (Brazil)), Vanessa Teixeira Müller (Federal University of Rio de Janeiro, Rio de Janeiro (Brazil), Neuroscience-Based Neuromodulation in Combat Sports: A Case Study on Transcranial Magnetic Stimulation and Performance Enhancement in MMA Athletes

17:45-18:15 Sangjin Yoon (International Centre of Martial Arts for Youth Development and Engagement under the auspices of UNESCO (ICM), Chungju (Republic of Korea)), Defining Martial Arts in a Global Context: From Warrior Traditions to Universal Human Culture

18:15 – 19:00 Discussion Panel Innovative Research Directions, Methods, and Applications, as Well as Scientific and Research Cooperation – Wiesław Błach, Mohamad Nizam Mohamed Shapie, Bianca Miarka, Sangjin Yoon - MAIN HALL

20:30 - 23:00 Welcome Banquet

Day 2 – October 15, 2026

09:00 - 10:15 Thematic Sessions

Session 1: Quality of Life; Pedagogy and Physical Education (chairman - Kentaro Tai) MAIN HALL

9:00-9:15 Vanesa Castro-Salgado (University of the Basque Country, Vitoria-Gasteiz (Spain), Zuriñe Gaintza (University of the Basque Country, Leioa (Spain)), Arkaitz Lareki (University of the Basque Country, Donostia-San Sebastián (Spain)), Age-Related Differences in Quality of Life Among People with Intellectual Disabilities Participating in Adapted Taekwondo

9:20-9:35 Marcos P.V.C. Pereira (Minas Gerais State University, Passos (Brazil)), Gustavo Vitor Braz (Minas Gerais State University, Passos (Brazil)), Gelcemar O. Farias (Santa Catarina State University, Florianopolis (Brazil)), Pedagogical Content Knowledge in the Teaching of Martial Arts in Brazilian Universities: A Case Study

9:40-9:55 Kentaro Tai (Gunma University, Gunma (Japan)), Budo's Learning Formats as a Structure for Graduated Competition in School Physical Education

9:55-10:15 Discussion

Session 2: Self-defence and Combat Systems (chairman – Zdenko Reguli) CONFERENCE ROOM 107

9:00-9:15 Martin Bugala (Masaryk University, Brno (Czech Republic)), Zdenko Reguli (Masaryk University, Brno (Czech Republic)), Jitka Reguli Čihounková (Masaryk University, Brno (Czech Republic)), The Readiness Paradox in Special Forces Candidates: Implications for Human Performance Systems

9:20-9:35 Zeev Cohen (Givat Washington Academic College of Education (Israel)), Idit Sulkin (Givat Washington Academic College of Education (Israel)), Embodied Agency After the 7 October Nova Festival Attack: Survivors' Subjective Experiences of a Krav Maga Program

9:40-9:55 Idit Sulkin (Givat Washington Academic College of Education (Israel)), Zeev Cohen (Givat Washington Academic College of Education (Israel)), Why They Begin and Why They Stay: Biographical Meanings, Agency, and Long-Term Commitment in Krav Maga

9:55-10:15 Discussion

Sessio 3: Kinesiology & Coaching I (chairperson - Bianca Miarka) CONFERENCE ROOM 108

9:00-9:15 Dominik Bajza (Comenius University in Bratislava, Bratislava (Slovakia)), Effect of rules changes on the final kumite bouts time-motion parameters

9:20-9:35 Frederika Pajonková (University of Presov, Presov (Slovakia)), Kristína Němá (University of Presov, Presov (Slovakia)), Rapid Weight Loss Practices, Sources of Influence, and Sex Differences in Competitive Kickboxers

9:40-9:55 Jitka Reguli Čihounková (Masaryk University, Brno (Czech Republic)), Rudolf Kosička (Masaryk University, Brno (Czech Republic)), The Effect of Different Warm-Up Methods on Performance and Range of Motion in the High Kick

9:55-10:15 Discussion

10:15 - 11:00 Coffe Break

11:00 - 13:15 Thematic Sessions

Session 4: Kinesiology & Coaching II; Mental Health (chairman – Wiesław Błach) MAIN HALL

11:00-11:15 Sho Ito (Nanzan University, Nagoya (Japan)), Shinya Tanaka (Japan Wrestling Federation, Tokyo (Japan)), Match Dynamics in Wrestling between Olympic-Qualifying and Non-Qualifying UWW Senior World Championships: Preliminary Findings from an Exploratory Comparison of the 2022 and 2023 Editions

11:20-11:35 Ardo Okilanda (University Negeri Padang, Padang (Indonesia)), Nurul Ihsan (University Negeri Padang, Padang (Indonesia)), Firunika Intan Cahyani (University Negeri Padang, Padang (Indonesia)), Lusi Angelia (University Negeri Padang, Padang (Indonesia)), Weny Sasmitha (University Negeri Padang, Padang (Indonesia)), Ike Revita (Faculty of Sport Science, Universitas Negeri Padang (Indonesia)), Mohamad Nizam Mohamed Shapie (Universiti Teknologi

MARA, Shah Alam, Selangor, (Malaysia)), Longitudinal Evaluation of Biomotor Progress in Young Pencak Silat Athletes: A Quantitative Analysis for 2025–2026

11:40-11:55 Leonard Marynowski (Signum Polonicum Wrocław (Poland)), Adaptive Responses to Variable Sabre and Palcat Ruleset Conventions in HEMA Tournaments

12:00-12:15 Piotr Pietrzak (Idokan Poland Association & IMACSSS, Rzeszów (Poland)), Kinematic Chain Efficiency and Rate of Force Development as Key Determinants of Punch Force in Combat Sports

12:20-12:35 Simona Janoušková (Masaryk University, Brno (Czech Republic)), A Comprehensive Methodology of Prevention, De-escalation, and Safe Restraint Techniques for Managing Aggressive Patients in Psychiatric Settings

12:40-12:55 Rudolf Jakhel (Free researcher, Ljubljana (Slovenia)), Tripartition of Karate

12:55-13:15 Discussion

Session 5: Pedagogy and Didactics; Neuroscience and Psychology of Sport; Injuries and Fitness; Exercise Physiology; Physical Anthropology (chairman – Dariusz Boguszewski) CONFERENCE ROOM 107

11:00-11:15 Mohamad Nizam Mohamed Shapie (Universiti Teknologi Mara, Shah Alam, Selangor (Malaysia)), Shahriman Zainal Abidin (Universiti Teknologi Mara, Shah Alam, Selangor (Malaysia)), Yulingga Nanda Hanief (Malang State University, Malang City (Indonesia)), Nurul Ihsan (Universitas Negeri Padang, Padang (Indonesia)), Hendra Setyawan (Universitas Negeri Yogyakarta, Yogyakarta (Indonesia)), The Pedagogical Structure of Level Five (Pesilat – Green Belt) within the Malaysian Silat Curriculum: Integrating Art, Self-Defence, Tactical Adaptability, and Character Formation

11:20-11:35 Dariusz Boguszewski University of Physical Education in Warsaw (Poland), Katarzyna Boguszewska University of Physical Education in Warsaw (Poland), Reylin Maciejewski University of Physical Education in Warsaw (Poland) Artur Kruszewski University of Physical Education in Warsaw (Poland), Relationship Between Functional Fitness And Number Of Injuries In Judo And Karate Practitioners In Different Age

11:40-11:55 Reylin Maciejewski (Józef Piłsudski University of Physical Education in Warsaw, Warsaw (Poland)), Katarzyna Boguszewska (Józef Piłsudski University of Physical Education in Warsaw, Warsaw (Poland)), Artur Kruszewski (Józef Piłsudski University of Physical Education in Warsaw, Warsaw (Poland)), Dariusz Boguszewski (Józef Piłsudski University of Physical Education in Warsaw, Warsaw (Poland)), Cross-Cultural Comparison of Injury Prevalence and Biopsychosocial Characteristics Among Polish and Filipino Male Judo Athletes

12:00-12:15 Mohamad Nizam Mohamed Shapie (Universiti Teknologi MARA, Shah Alam, Selangor (Malaysia)), Nur Aiman Farhan Nasri (Universiti Teknologi MARA, Shah Alam, Selangor (Malaysia)), Muhammad Aziq Shah Rozali ((Universiti Teknologi MARA, Shah Alam, Selangor (Malaysia)), Yulingga Nanda Hanief (Malang State University, Malang City (Indonesia)), Nurul Ihsan (Universitas Negeri Padang, Padang (Indonesia)), Hendra Setyawan (Universitas Negeri Yogyakarta, Yogyakarta (Indonesia)), Nazer Berahim (Universiti Teknologi MARA, Shah Alam, Selangor (Malaysia)), Noor Izni Mohamed Shapie (Kepong Health Office, Kuala Lumpur (Malaysia)), Injury Patterns During the Inaugural Silat EVO Tournament: A Preliminary Injury Surveillance Study of Youth Athletes

12:20-12:35 Uğur Sarıkaya (Harran University, Şanlıurfa, Türkiye), Bayram Ceylan (Kastamonu University, Türkiye), Hüseyin Nasip Özaltaş (Dicle University, Türkiye), Merve Koçer Sarıkaya (Dicle University, Türkiye), The 60-Day Effects of a Single-Session Hydration Education and Encouraging Materials in Child Judokas

12:20-12:35 Jožef Šimenko (University of Ljubljana, Ljubljana (Slovenia)), Exploring the Relationships between Body Composition Indexes and Physical Performance in Youth Judokas

12:40-13:00 Discussion

Session 6: History and Hoplology; Cultural Anthropology; Bibliometrics (chairperson - Stefania Skowron-Markowska) CONFERENCE ROOM 108

11:00-11:15 Jakub Pokojski (Signum Polonicum, Katowice (Poland)), Fighting with two sabres of the Polish winged hussars - Research hypothesis

11:20-11:35 Stefania Skowron-Markowska (University of Wrocław, Wrocław (Poland)), “Come on, let's give it a try” – Daily Life and Challenges in the Training of Polish Athletes in China

11:40-11:55 Shahriman Zainal (Abidin Universiti Teknologi MARA, Selangor Darul Ehsan (Malaysia)), Mohamad Nizam Mohamed Shapie (Universiti Teknologi MARA, Selangor Darul Ehsan (Malaysia)), Mohad Anizu Mohd Nor (Universiti Teknologi MARA, Shah Alam, Selangor (Malaysia)), Nature, Movement, and Style Identity in Malay Silat: A Biomimetic Perspective

12:00-12:15 Yizhen Jia (Southwest University, Chongqing (China)), Guodong Zhang (Southwest University, Chongqing (China)), Carving Identity into Stone: How Martial Arts Steles Foster Collective Identity and Community Cohesion in Shandong Villages

12:20-12:35 Carlos Cobo-Corrales (University of Cantabria (Spain)), Mikel Pérez-Gutiérrez (University of Cantabria (Spain)), Contributions from the Ido Movement for Culture Journal of Martial Arts Anthropology: A Bibliometric Approach

12:35-12:55 Discussion

13:45-14:45 Lunch

16:15 - 17:50 Gala of Martial Arts – Demonstrations MAIN HALL

16:15-16:35 Artur Krzyżanowski (Poland), Kobudō Kata Demonstration

16:40-17:00 Leonard Marynowski (Signum Polonicum, Wrocław (Poland)), The Circle of Palcaty Fighters: From Structured Formation to Full-Circle Combat

17:05-17:25 Jakub Pokojski (Signum Polonicum, Katowice (Poland)), The Polish Sabre Fencing

17:30-17:50 Mohamad Nizam Mohamed Shapie (Universiti Teknologi MARA, Shah Alam, Selangor (Malaysia)), Malay Silat: Heritage, Art and Combat – A Cultural Performance from Malaysia

17:55 -19:30 Gala of Martial Arts – Workshops; ROOM 111

17:55-18:15 Leonard Marynowski (Signum Polonicum, Wrocław (Poland)), The Circle of Palcaty as a Training Model in Old Polish Fencing

18:20-18:40 Jakub Pokojski (Signum Polonicum, Katowice (Poland)), Workshop of Polish Palcat Fencing

18:45-19:05 Mohamad Nizam Mohamed Shapie (Universiti Teknologi MARA, Shah Alam, Selangor (Malaysia)), Malay Silat Combat Systems: Advanced Locking, Counter-Locking and Traditional Weapons

19:10-19:30 Edvard Šefer (Monk Art., Martial Art School of Self-Defense, Dolenjske Toplice (Slovenija)), Sun and the Moon Hand

20:00 Dinner

Day 3 16, 2026

8:35 - 10:35 Thematic Sessions

Session 7: Tradition and Philosophy; Tradition and Evolution; Sociology of Culture; (Chairman - Gergo Vida) MAIN HALL

8:35-8:50 Edvard Šefer (Monk Art., Martial Art School Of Self-Defense, Dolenjske Toplice (Slovenija)), On Sport, Martial Art and Human Violence from Perspective of Cultural Anthropology, Sociology and History

8:55-9:10 Gergo Vida, Sopron (Hungary), The Encounter of Zen and Tao in Jikishinkage-ryu Kenjutsu: The Philosophical Foundations of a Classical Japanese Sword Fighting Tradition

9:15-9:30 Nurul Ihsan (University Negeri Padang, Padang (Indonesia)), Firunika Intan Cahyani (University Negeri Padang, Padang (Indonesia)), Ardo Okilanda (University Negeri Padang, Padang (Indonesia)), Revitalizing the Silek Minangkabau Ecosystem Through the Silek Arts Festival: A CIPPO Evaluation of Community-Based Cultural Governance

9:35-9:50 Kim Dong Chan (International Centre of Martial Arts for Youth Development and Engagement under the auspices of UNESCO (ICM), (Republic of Korea)), Nine Years of Documenting the World's Martial Arts: The WMAIR Project (2017–2025) as Shared Infrastructure for Martial Arts Studies

9:55-10:10 Le Thi My Hanh (University of Sport Ho Chi Minh City (Vietnam)), Le Thanh Nhan (University of Sport Ho Chi Minh City (Vietnam)), Beyond Cultural Preservation: A Dual-Path SOR Framework Explaining Participation Loyalty in Vietnamese Traditional Martial Arts

10:15-10:35 Discussion

Session 8: Sociology of Fighting Arts; Fighting Arts in New Technology (Student Panel; Chairmen – Paweł Świder and Przemysław Pawelec) CONFERENCE ROOM 09

9:20-9:35 Magdalena Gruszka (University of Rzeszow, Rzeszów (Poland), Combat Sports and the Crisis of Social Bonds: The Role of Sports Clubs in Building Social Capital among Adolescents

9:40-9:55 Paweł Świder (University of Rzeszów, Rzeszów (Poland)), Justyna Glińska-Wlaź (University of Rzeszów, Rzeszów (Poland)), Małgorzata Janusz (University of Rzeszów, Rzeszów (Poland)), Renata Grzywacz (University of Rzeszów, Rzeszów (Poland)), Anna Nizioł (University of Rzeszów, Rzeszów (Poland)), Beata Prukop (University of Rzeszów, Rzeszów (Poland)), Aneta Rejman (University of Rzeszów, Rzeszów (Poland)), Katarzyna Sochacka (University of Rzeszów, Rzeszów (Poland)), Agnieszka Szybisty (University of Rzeszów, Rzeszów (Poland)), Jerzy Kulasa (University of Rzeszów, Rzeszów (Poland)), Wojciech J. Cynarski (University of Rzeszów, Rzeszów (Poland)), The Significance of Acquiring Competencies Through Travel for Practitioners of Various Forms of Fighting Arts

10:00-10:15 Przemysław Pawelec (Doctoral School, University of Rzeszów, Rzeszów, (Poland)), Algorithms and Body Posture Mediatization in Fighting Arts

10:15-10:35 Discussion

10:35 – 11:30 Coffe Break

11:30 – 12:30 Concluding Remarks Closing Ceremony (including the presentation of the Young Research Awards 2026 certificates and information about the IMACSSS 2027 Conference) MAIN HALL

We invite you to participate. On behalf of the Organising Committee,

Yours sincerely,

Prof. Dr hab. Wojciech J. Cynarski

President of IMACSSS & IPA