

Report on the 7th European Judo Science & Research Symposium & 6th Scientific and Professional Conference - Applicable research in judo

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REVIEW

Abstract

This report describes the 7th European Judo Science & Research Symposium & 6th Scientific and Professional Conference - "Applicable research in judo" held in Poreč, Croatia on June 19-20, 2023. The two-day conference included three keynote speakers on the first day and 20 oral presentations divided into two sections. The second day included four practical sessions, which closed the program. The conference proceedings book was published, which includes 24 papers. The conference was again impeccably organised and had an outstanding return after the Covid-19 interruption, with many exciting topics presented by researchers and judo practitioners. Additionally, slightly more judo coaches and ex-athletes joined the conference, bringing us one step closer to tightening the gap between judo science and coaching.

Keywords: Martial arts; combat sports; judo, conference, research, education, training.

Informe sobre el 7th European Judo Science & Research Symposium & 6th Scientific and Professional Conference - Applicable research in judo

Resumen

Este informe describe el 7th European Judo Science & Research Symposium & 6th Scientific and Professional Conference - "Applicable research in judo" celebrada en Poreč, Croacia, del 19 al 20 de junio de 2023. La conferencia contó, el primer día, con tres ponentes principales y 20 presentaciones orales divididas en dos secciones. En el segundo día se desarrollaron cuatro sesiones prácticas, que cerraron el programa. Se publicó el libro de actas del congreso, que incluye 24 trabajos. La conferencia estuvo, nuevamente, organizada de forma impecable y tuvo un regreso sobresaliente tras la interrupción de la pandemia por Covid-19, con muchos temas interesantes presentados por investigadores y practicantes de judo. Además, un número ligeramente mayor de entrenadores y ex atletas de judo se unieron al evento, disminuyendo así algo más la brecha existente entre la ciencia y el entrenamiento del judo.

Palabras clave: Artes marciales; deportes de combate; judo, conferencia, investigación, educación, entrenamiento.

Resumo do 7th European Judo Science & Research Symposium & 6th Scientific and Professional Conference - Applicable research in judo

Resumo

Este relatório descreve o 7th European Judo Science & Research Symposium & 6th Scientific and Professional Conference - "Applicable research in judo", realizada em Poreč, Croácia, 19 e 20 de junho de 2023. A conferência incluiu, no primeiro dia, três palestrantes principais e 20 apresentações orais, divididas em duas seções. O segundo dia, incluiu quatro sessões práticas, que encerraram o programa. Foi publicado o livro de atas da conferência, que inclui 24 comunicações. A conferência voltou a ter uma organização impecável e teve um excelente retorno, após a interrupção da Covid-19, com muitos temas interessantes, apresentados por investigadores e praticantes de judo. De acrescentar que vários treinadores e ex-atletas de judo se juntaram à conferência, diminuindo, assim, a distância entre a ciência e o treino de judo.

Palavras-chave: Artes marciais; desportos de combate; judo, conferência, pesquisa, educação, treino.

1. Introduction

This short report will try to summarise and highlight the essential parts of the 7th European Symposium of Science and Research in Judo and 6th Scientific and Professional Conference - "Applicable Research in Judo". It is important to highlight these events as academic conferences are important for researchers to show and discuss their work and to be in contact with actual practitioners to strengthen their relations (Gutierrez-Garcia et al., 2019). Especially as there was a 3-year break from 2019 (Simenko, 2019) due to the Covid-19 pandemic, which forced some

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conferences, as was the case here, to be cancelled (Valenti et al., 2021). However, the comeback was surprisingly strong as compared to the 2019 conference; there were 20 oral presentations (vs 12 held in 2019) with four practical presentations on the mats, and the Proceedings book published 24 papers (vs 17 published in 2019) with the conference being one day shorter (Šimenko, 2019).

It was carried out in the co-organisation of the European Judo Union (EJU), Croatian Judo Federation and Kinesiology Faculty of the University of Zagreb, under the watchful eye of the President of the Organizing Committee and vice president of the EJU Sergei Aschwanden and Chairman of the organising committee Prof. Dr. Hrvoje Sertić. The conference was again held in Poreč, Croatia, from 19-20 June. The Congress was part of the 8th European Judo Festival that lasted from the 10th to the 21st of June and included various activities, including Workshops for clubs, EJU Olympic Training Camp, EJU Cadet Training Camp, Kids and Family Camp and the Adapted Judo Camp. Unfortunately, the conference was scheduled at the end of the festival, when the majority of competitive participants and especially their coaches, were departing. This fact diminished the conference's applicable part, transferring the knowledge to coaches and getting their most valuable feedback. Perhaps next year, the conference might be scheduled in the middle of the festival when athletes' attending the OTC and cadets training camps have their active rest planned so the coaches might have some more "free" time to attend the conference.

2. Proceedings

With its written contributions and/or oral presentations, the Congress was enriched by researchers and judo practitioners from 13 countries. This is a good number; however, there is room for improvement, as many active judo researchers working in European Institutions and clubs are still missing and could be a part of this event to share their valuable and high-level work. The start of the first day of the Congress was dedicated to three keynote speakers. The first keynote speaker was Dr. Emanuela Pierantozzi from University of Genoa (Italy) and presented a lecture on the topic of the Active and Traditional methodologies continuum. With her elite competitive background, she examined the methodological practices to develop, teach and train judo athletes (Pierantozzi & Calmet, 2023).

Dr Jose Morales, from the Faculty of Sports Sciences Blanquerna of the Ramon Llull University (Spain) delivered the second keynote lecture on the topic of specific tests and monitoring in judo training. He presented a comprehensive summary of specific tests that are available in Judo. He focused on presenting the practical side and usefulness of these tests to monitor judokas' training load, development and how to use these tests for greater athlete training individualisation (Morales, 2023).

Dr Jožef Šimenko, from the University of Hertfordshire (UK) held the third keynote lecture on how Judo impacts and develops morphological (a)symmetries. His lecture emphasised the importance of morphological asymmetries via a systematic literature review where several morphological asymmetries in different age groups were identified. Additionally, the negative aspect of unilateral technical execution for short-term success via early specialisation was presented and how coaches can directly impact the morphological development of their athletes via bilateral technical performance in training as this can increase their technical-tactical repertoire in competitions (Šimenko, 2023).

At the Congress, 20 oral presentations from 24 accepted papers were presented and published in the Proceedings book. Apart from the invited lecturers at the plenary lectures, other works from the field of Judo were also presented by Dr. Bayram Ceylan, Dr. Şükrü Serdar Balcı, Dr. Nemanja Stanković, Cristina Curto, Dr. Vivien Brunel, Linda Cena, Dr. Katrina McDonald, Dr. Mike Callan, Martyna Trajdos, Mojmir Kovac, Viktorija Pečnikar Oblak, Dr. Óscar DelCastillo-Andrés, Dr. Sanda Čorak, Slaviša Bradić, Dominik Družeta, Dr. Ivan Segedi, Dr. Hrvoje Sertić, Dr. Marjan Jozić, Dr. Zrinka Franić, Dr. Veda Marija Varnai, Dr. Şengül Demiral and many others. The works presented topics that focused on the following areas: hypohydration in judo athletes; judo practices for populations with intellectual and other disabilities; symmetries of throwing techniques in youth judokas; burnout in Judo; the long-term impact of rapid weight loss; introducing judo to an older population; mental health in youth elite sports; teaching values through judo practice; judo *ukemi* (falls); sports financing; golden score, and others (Sertić et al., 2023).



The second day was comprised of four practical presentations. Dr. Jose Morales held the first session, where a practical demonstration of selected judo-specific tests and their normative values to interpret their results were presented. Dr. Emanuela Pieratozzi did the second session on the topic of teaching methodologies. The third session was held by Dr. Mike Callan and Dr. Katrina McDonald on the topic of teaching judo and *ukemi* to an elderly population. Ivana Pranjić held the last presentation on the availability of EU funds that could benefit judo and its various projects.

3. Future directions

Besides the conference, there were some interesting workshops and official EJU meetings where they presented the introduction of the Best Practice Platform and the aim to develop a 'Judo Ethical and Healthy Values: Judo for Children' toolkit (Cowen, 2023). An exciting conference program was intertwined with informal meetings, where everyone could ask additional questions and establish contacts with fellow judo researchers and practitioners. To conclude, with an excellent organisation, everyone could bring home much up-to-date knowledge and new ideas. However, more could be done by the EJU and its member federations. For the first instance, the national federations could better promote and share the information regarding this conference among their members. They could also send their medical, training and educational commission representatives to participate, share their good practices, and help disseminate new knowledge. The organisers try their best to make the conference as available as possible with a NO conference fee (0 €). Perhaps in the future, they could consider introducing the youth researcher award to encourage judokas to continue their academic development and to stay connected to judo via research in their respective fields. Additionally, a coach-researchers round table could be introduced, where coaches with their researchers could share good practices and give examples of cooperation with sports science. This way, coaches could get new ideas, communicate directly with round-table participants, and perhaps ask or give them a problem and get the best possible solution or advice for it. Now it is on the EJU, national federations and their judo experts to share the knowledge and be an example of the essential judo principle called "Jita-Kyoei" or so-called mutual benefit, so it is not just a lovely and often an overused phrase. The future looks bright with the upcoming formation of the EJU Scientific Commission under the Educational Department. Hopefully, future conferences can top the attendance and contributions of this highly specialised field to the 1st Conference of Applicable Research in Judo, which had 27 oral presentations and 32 written contributions in the Abstract book (Šimenko, 2015).

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