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# POLISH KENPO



**Adam Jurczakowski**

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**Address** for correspondence: info@icmaua.com



## INTRODUCTION

Kenpo in translation from Japanese means the method of a fist or an art of a fist. Polish Kenpo is a style of fighting created in Poland in 2016 by Adam Jurczakowski. He is Master in Political Science and Doctor of Philosophy in Martial Arts. The creator of this style was born on 5<sup>th</sup> February 1967 in Warsaw. He has been practising martial arts since 1983. The inspiration to create a separate martial art were: Ju-jitsu, Karate Shotokan, Kenpo Karate (American Kempo) and Kick-boxing.

Polish Kenpo puts great attention on education in the area of martial arts (both theory and practice) and on real self-defense. The creator of the style does not recommend sport competition as it is based on conventionally accepted rules. In sport fighting it is allowed to use particular techniques only in aim to defeat the opponent ( imposed rules) and achieve fame and money. So in fact it is not a real fight. In real self-defense there is no rules and when fighting in self- defense one aims to save their life and health. So our goal should be self-improvement and achieving maximum effectiveness in self- defense. Summing up sport competition ought to be treated as some kind of supplement. It cannot become our aim itself as we risk martial art distortion and losing our ability of real self-defense what is the assumption of Polish Kenpo.

Acquired skills should be in principle presented only in dojo (a training room) or while training in the open area. Exceptional circumstances are: possible martial arts shows and competitions, self-defense and defense of the weaker. The organization which brings together training people and their supporters is WORLD POLISH KENPO ORGANIZATION (WPKO) whose founder and president is Adam Jurczakowski. WPKO is a member of a worldwide federation INTERNATIONAL COMBAT MARTIAL ARTS UNIONS ASSOCIATION (ICMAUA) gathering several organizations and a great number of individual members.



WPKO has implemented Japanese terminology and naming. It is undoubtedly a nod towards traditional martial arts of Japanese background.

Traditional martial arts are of the most respect and ought to be treated as a source from which one should get as much as possible. But they cannot be the limits. Polish Kenpo is a martial art which is supposed to develop. New elements from different parts of the world should be added. Creative inventiveness of the Masters of Polish Kenpo seems to be a very important factor. Every Master (a person who gained the master level) is obliged to express themselves through martial art as well as develop and popularize it as part of their abilities.



*Soke Adam Jurczakowski 10 Dan, a creator of Polish Kenpo.*

## DEGREES OF INITIATIONS AND TITLES IN POLISH KENPO

There are nine students' degrees kyu (from 9 to 1) and ten masters' degrees dan (from 1 to 10). Kyu levels exams can be performed by every examiner who has a master level dan ( an owner of 1 dan is authorized to give every level to 1 kyu). To give master levels dan an examiner must have a level of initiation at least two levels higher than an applicant (for example to give a degree 2 dan one must have at least 4 dan). Exams are taken to 9 dan but the highest degree 10 dan is given for outstanding achievements and contributions for martial arts development.

In exceptional cases, soke can award degrees of honour. However, they do not entitle to conduct training and examination. Degrees must be confirmed with appropriate certificates. For giving seriousness, the examiner can create a commission that will consist of two or three people. The examiner may be a person with a master level who has been authorized by soke (the authorization may be withdrawn), with grades 9 and 10 dan, it may only be issued by soke (the leader of the Polish Kenpo style). Currently, it is Adam Jurczakowski, who himself has 10 dan, because he created a style, defined the principles and techniques of this style and requirements for particular levels of initiation. His degree has been confirmed by relevant certificates issued by ICMAUA, WKKO Kenpokaikan and World Council of Black Belts (WCBB).

Soke can indicate his successor (another soke and WPKO president) during his life or in his will. If he does not, the master of the style will be the master who currently has the highest degree of dan. If there are more champions with this degree, the leader will be selected through voting. Only people with the Polish Kenpo championship can vote, and each of them can cast only one vote.

Soke automatically becomes a WPKO president and these functions cannot be separated into two people. The new soke automatically achieves a 10 dan degree. The leader of the organization can choose to help (at his own discretion) representatives, i.e. the secretary general and regional directors.

Persons with a master's degree are entitled to the honorable sensei title (master, teacher). If the instructor does not have a master's degree, he has the right to use the title senpai (senior). In addition, soke can award the following honorary titles to outstanding masters:

- 1) renshi (multiple master) at 5 dan,
- 2) kyoshi (outstanding master) at 6 dan,
- 3) shihan (grand master) at 7 and 8 dan,
- 4) hanshi (master of champions) at 9 and 10 dan.

Requirements for individual student and master classes along with the colors of the belts will be provided at the end of this study.

In the case of meritorious people for the promotion and dissemination of martial arts, written acknowledgments, congratulations, honorary memberships of the WPKO, honorary black belts, commemorative medals and orders of merit of the WPKO can be granted. They can be awarded by soke (President of WPKO) on their own initiative or at the request of the Secretary General.

The World Polish Kenpo Organization also provides instructor courses. They are organized by soke or a master authorized by him. In addition, self-defense courses and courses of tactics and intervention techniques are organized.

## **TRAINING OUTFIT**

During Polish Kenpo training, a special outfit named keiko is recommended. It is very durable, breathable and well absorbs sweat. In addition, it provides freedom of movement, which is extremely important during training. To meet all these requirements, clothing should be made of pure cotton. Keiko-gi consists of three parts: kimono (upper part of the outfit), hakama (pants) and obi (belt). WPKO allows costumes in black or red. The color of the belt depends on the degree of initiation. All students during training, demonstration or competition must be uniformly dressed (black or red). A stripe or embroidery with the WPKO logo is to be placed on the left chest. On the left shoulder there may be a second patch or embroidery with the logo of the club or section belonging to WPKO. Persons conducting training, or instructors (regardless of their degree) have a special privilege, do not need to adapt to others, decide for themselves whether they dress in black or in red. In exceptional cases, soke may issue permission to use costumes with a different cut and color.

## **CEREMONIAL**

You should enter the dojo barefoot or in a special training shoe. Every time you enter and leave, it is obligatory to face the room and make a bow in a standing position (tachi – rei). The same greeting should be given to all current masters and instructors who do not have a master degree.

At the beginning and at the end of the training, the students stand in a row (or several rows, if there are a lot of them) from right to left, according to the degree of seniority. In the tachi-zen position (musubi-dachi), the teacher performs a bow to which the students answer the seiza command, all sit down in order of advancement, kneeling first on the left knee (the leader sits first).

The instructor, sitting opposite the practitioners, gives the command otagai - ni - rei (mutual nod). Then the teacher makes a bow in the sitting position (for -rei), which the students immediately answer. Once the bows have been exchanged, the instructor issues a mokuso command. It is a signal to start relaxation and breathing exercises. Thanks to them, we can relax and mentally prepare for training. The mokusoyame command completes relaxation and breathing exercises. Then the students listen to what the instructor has to say and at his command kiritsu wake up (he gets up first).

At the end, a bowing in a standing position is again performed (the instructor bows first). There are also special bows for the master (teacher) and the creator of Polish Kenpo.

The practitioner, called to the trainer, or addressing him, bows in a standing position, which should be immediately reciprocated. A person who is late for training, bows in a standing position, then sits at the entrance to the dojo in a position of za-zen and only on the sign given by the teacher joins the group of exercisers.

## **TECHNIQUES USED IN POLISH KENPO**

Polish Kenpo is an extremely versatile martial art. So it has a very wide range of techniques. We find here many techniques of Ju-Jitsu, Karate and Kick-boxing. In addition, there are techniques of fighting with the use of weapons. All these techniques can be combined into an infinite number of combinations. Each champion

can choose what he thinks best suited to real self-defense. New techniques and their combinations can be introduced as well as new types of weapons. Currently, the basic division of techniques into particular groups is as follows:

- 1) tachi-waza - standing positions,
- 2) ukemi-waza - pads,
- 3) kawashi-waza - dodges,
- 4) uke-waza - blocks,
- 5) tsuki-waza - sticks,
- 6) uchi-waza - impacts,
- 7) keru-waza - kicks,
- 8) kuzushi-waza - tearing, pulling out,
- 9) osae-waza - pressures,
- 10) nage-waza - projections,
- 11) taosu-waza - overthrow,
- 12) kari-waza - undercuts,
- 13) osaekomi-waza - holding, immobilizing,
- 14) kansetsu-waza - levers,
- 15) shime-waza - suffocation,
- 16) beech-waza - weapons combating techniques,
- 17) techniques used in kick-boxing and boxing.

The most frequently used fighting techniques included in selected groups are listed below.

TACHI - WAZA: heisoku-dachi, musubi-dachi, hachiji-dachi, zenkutsu-dachi, kiba-dachi, kokutsu-dachi, neko-ashi-dachi, sanchin-dachi.



*Sensei Agnieszka Ciesielska 1st dan is presenting the position zenkutsu-dachi.*

UKEMI – WAZA : zenpo-ukemi, zenpo-kaiten-ukemi, yoko-ukemi, koho-ukemi, koho-kaiten-ukemi.



*Sensei Agnieszka Ciesielska 1st dan is presenting a pad yoko-ukemi performed after throwing.*

UKE – WAZA: age-uke, otoshi-uke, soto-ude-uke, uchi-ude-uke, gedan-barai, te-nagashi-uke, teisho-uke, sukui-uke, shuto-uke, juji-uke, morote-uchi-uke, kakiwake-uke, ashibo-uke.





*Sensei Agnieszka Ciesielska 1st dan is presenting a block uchi-ude-uke in the position of kiba-dachi.*

TSUKI – WAZA: choku-zuki (kara-zuki, tate-zuki, ura-zuki, age-zuki), wa-zuki (mawashi-zuki, kagi-zuki).

Otherwise, bets can be divided into: oi-zuki, gyaku-zuki, kizami-zuki. These ones made with one hand are katate-zuki, while those ones made with both hands are morote-zuki.



*Soke Adam Jurczakowski 10th dan is presenting a punch ura-zuki.*



*Sensei Agnieszka Ciesielska 1st dan is presenting a punch gyaku-zuki in the position of zenkutsu-dachi.*

UCHI – WAZA: tettsui-uchi, uraken-uchi, shuto-uchi, haito-uchi, hirabasami-uchi, torade-uchi, haishu-uchi, enpi-uchi, atama-uchi.



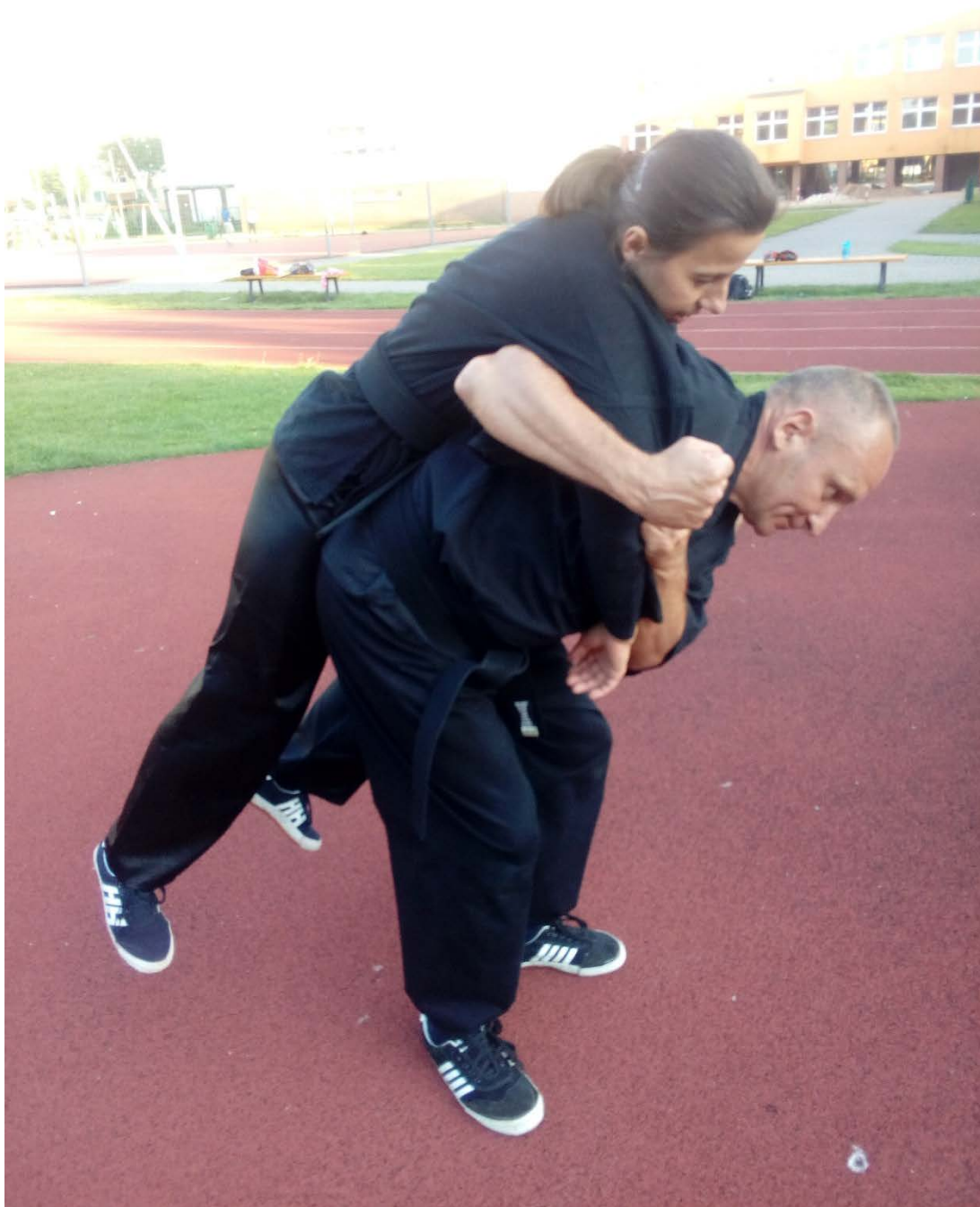
*Agnieszka Ciesielska 1st dan is presenting the impact tettsui-uchi in the position of kiba-dachi.*

KERI – WAZA : mae-geri-kekomi, mae-geri-keage, mae-geri-fumokomi, yoko-geri-kekomi, yoko-geri-keage, yoko-geri-fumikomi, mawashi-geri, ura-mawashi-geri, gyaku-mawashi-geri, mikazuki-geri, ushiro-geri-kekomi, ushiro-geri-keage, ushiro-geri-fumikomi, mae-hiza-geri-kekomi, mae-hiza-geri-keage, mawashi-hiza-geri. Kicks can be made from the legs off-road, off-screen, from jumping, from a jump or from rotation.



*Sensei Agnieszka Ciesielska 1st dan is presenting a kick yoko-geri-kekomi.*

NAGE – WAZA: o-goshi, koshi-guruma, harai-goshi, ippon-seoi-nage, tai-otoshi, kata-guruma, morote-gari, uchi-mata, osoto-gari, tomoe-nage, soto-makikomi. You can also enter other throws used in Judo and the so-called reverse casts.



*Soke Adam Jurczakowski 10th dan is presenting a throw ippon-seoi-nage.*

OSAEKOMI – WAZA : kesa-gatame, kata-gatame, yoko-siho-gatame, kami-shiho-gatame.



*Soke Adam Jurczakowski 10th dan is presenting a holding kata-gatame.*

KANSETSU – WAZA: ude-osae, waki-gatame, ude-garami, ude-hishigi-juji-gatame.



*Soke Adam Jurczakowski 10th dan is presenting a lever waki-gatame.*

SHIME – WAZA: nami-juji-jime, gyaku-juji-jime, kata-juji-jime, tsukkomi-jime, hadaka-

jime, sode-guruma-jime.



*Sensei Agnieszka Ciesielska 1st dan is presenting suffocation hadaka-jime.*

BUKI – WAZA: bo, hanbo, tonfa, tanto, ken, nunchaku and others.



*Soke Adam Jurczakowski 10th dan, weapon techniques (tonfa).*





*Soke Adam Jurczakowski 10th dan (on the right side) and Shihan Robert Wiech 8th dan, using a baton to defend against a knife.*



*Sensei Agnieszka Ciesielska 1st dan, weapon techniques (bo).*



*Soke Adam Jurczakowski 10th dan (on the left side) and Shihan Robert Wiech 8th dan, use of tonfa to defend against the stick.*

**KATA**

At present the form Kata does not exist in Polish Kenpo. Maybe it will be developed in the future. Instructors can introduce into their training forms from other styles, if they deem it appropriate. It is recommended, however, to create your own forms (tokui-kata) by practitioners. This mainly applies to the fight with the use of weapons (instruments). These types of forms will be required on some exams. The ability to lay down your own forms testifies to the high level of people practicing martial arts.

## THE **FISTS** POSITIONING

We put our fists in Polish Kenpo in five ways: seiken, hiraken, nakadaka-ken, ippon-ken, ryuto-ken.



*Sensei Agnieszka Ciesielska 1st dan is presenting punching hiraken.*

## STRIKING SURFACES

Polish Kenpo abounds in a number of striking surfaces. Masters of this style can add other surfaces that are not included in this study.

STRIKING SURFACES OF HANDS: kentsui, ura-kentsui, uraken, heiken, shuto, haito, teisho, haishu, nukite (ippon-nukite, nihon-nukite, sanbon-nukite, shihon-nukite, gohon-nukite), hirabasami, torade, koken, seiryuto, keito, kumade, enpi.



*Soke Adam Jurczakowski 10th dan is presenting a strike using the surface shuto.*

STRIKING SURFACES OF LEGS: koshi, sokuto, ura-sokuto, haisoku, kakato, teisoku, tsumasaki, hiza.



*Sensei Agnieszka Ciesielska 1st dan is presenting a kick mae-geri-keage (kin – geri) with the surface of haisoku.*

STRIKING SURFACES OF A HEAD: atama (a head) – front, side and back of the head.



*Sensei Agnieszka Ciesielska 1st dan is presenting a strike with the head mae-atama-uchi.*

## STANDARD REQUIREMENTS AT POLISH KENPO

### STUDENT DEGREES

9 kyu (a white belt) – no requirements.

8 kyu (a yellow belt)

- 1) Basic information about martial arts (in particular on Polish Kenpo).
- 2) Positions : heisoku - dachi, musubi - dachi, hachiji – dachi, kiba – dachi, zenkutsu – dachi, kokutsu – dachi.
- 3) Ways of moving in positions: zenkutsu – dachi and kokutsu – dachi.
- 4) Blocks : gedan – barai, age – uke, soto – uke, uchi – uke.
- 5) Impacts : kara – zuki, tate – zuki, ura – zuki.
- 6) Kicks : mae – geri kekomi, keage and fumikomi.
- 7) Pads : yoko – ukemi, koho – ukemi, zenpo – ukemi, zenpo – kaiten – ukemi, koho – kaiten – ukemi.

7 kyu (an orange belt)

- 1) Requirements for 8 kyu.
- 2) Positions : sanchin – dachi, neko – ashi – dachi.
- 3) Moving in the known positions.
- 4) Blocks : otoshi – uke, juji – uke.
- 5) Impacts : oi – zuki, gyaku – zuki.
- 6) Kicks : yoko – geri kekomi, keage and fumikomi.
- 7) Making known blocks, thrusts and kicks, moving in position zenkutsu – dachi.
- 8) Selected throws : o – goshi, gohshi –guruma, o – soto – gari ( finishing with a thrust or kick).

6 kyu (a green belt)

- 1) Requirements applicable to lower grades.
- 2) Blocks : te – nagashi – uke, sukui – uke, teisho – uke, shuto - uke.
- 3) Sticks :kizami – zuki and round sticks e i mawashi – zuki and kagi – zuki.
- 4) Kicks : mawashi – geri, mikazuki – geri.
- 5) Making known blocks, knocks and kicks, moving in positions zenkutsu – dachi and kokutsu – dachi.
- 6) Levers : ude – osae, waki – gatame, kote – gaeshi, ude – garami, ude - hishigi – juji – gatame.

7) Selected throws : ippon – seoi – nage, morote – seoi – nage, kata – guruma (finishing with a punch, kick or lever).

8) Kihon kumite – set sequence, each technique announced earlier.

#### 5 kyu (a blue belt)

1) Requirements applicable to lower grades.

2) Blocks : morote – uchi – uke, kakiwake – uke, ashibo - uke.

3) Sticks of type morote – zuki.

4) Kicks : ura – mawashi – geri oraz ushiro – geri – kekomi, keage and fumikomi.

5) Making known blocks, knocks and kicks, moving in known positions.

6) Selected throws: tai - o - toshi, tomoe - nage, morote - gari (finish with a punch, kick or lever).

7) Jiu ippon kumite (semi-free fight) – earlier announced techniques performed during free movement.

#### 4 kyu (a blue belt)

1) Requirements applicable to lower grades.

2) Strikes : shuto – uchi, uraken – uchi, tetsui – uchi, strikes of type enpi - uchi.

3) Impacts with a knee: mae – hiza – geri kekomi and keage, mawashi – hiza – geri.

4) Kicks : ushiro – ura – mawashi – geri, ushiro – yoko – geri.

5) Making known blocks, knocks and kicks and punches, moving in known positions.

6) Selected throws : uchi – mata, harai – gosi (finishing with a punch, impact, kick or lever).

7) Jiu ippon kumite (semi-free fight) – earlier announced techniques performed during free movement.

#### 3 kyu (a brown belt)

1) Requirements applicable to lower grades.

2) Punches, kicks and impacts using different positions of fists and striking surfaces (at the discretion of the examiner).

3) Kicks from the leg shadow.

4) Selected throw : soto – makikomi (finishing with any known techniques).

5) Holds : kesa – gatame, kata – gatame.

6) Suffocation: hadaka – jime, nami – juji - jime.

7) Defense against handles and torso restraints (at the discretion of the examiner).

8) Jiyu kumite (free fight) – lack of division between the attacker and the defending

one.

2 kyu (a brown belt)

- 1) Requirements applicable to lower grades.
- 2) Holdings : kami – shiho – gatame, yoko – shiho- gatame.
- 3) Suffocation : sode – guruma – jime, tsukkomi – jime.
- 4) Combinations of known techniques (at the discretion of the examiner).
- 5) Defense against punches and kicks (at the discretion of the examiner).
- 6) Jiyu kumite (free fight) – lack of division between the attacker and the defending one. Time and rules are determined by the examiner.

1 kyu (a brown belt)

- 1) Requirements applicable to lower grades.
- 2) Japanese nomenclature (division of techniques in Polish Kenpo, names of known techniques, striking surfaces, fist positions).
- 3) Demonstration of boxing and kickboxing techniques and their combinations using the trainer's paws.
- 4) Defense against attack with a baton - four types of attack.
- 5) Jiyu kumite (free fight) – lack of division between the attacker and the defending one. Time and rules are determined by the examiner.

## **MASTER DEGREES**

1st dan (a black belt)

- 1) Requirements for kyu grades.
- 2) Defense against knife attack - four types of attack.
- 3) Jiyu kumite (free fight) – no division into the attacker and defending himself, successively with two opponents. Time and rules are determined by the examiner.

2nd dan (a black belt)

- 1) Requirements applicable to lower grades.
- 2) Defense against blackmail with a pistol - four types of attack.
- 3) Jiyu kumite (free fight) – no division into the attacker and defending himself, successively with three opponents. Time and rules are determined by the examiner.

3rd dan (a black belt)

- 1) Requirements applicable to lower grades.
- 2) Randori - fight with different opponents at the same time (attackers in turn). The



number of enemies and the time is determined by the examiner.

#### 4th dan (a black belt)

- 1) Requirements applicable to lower grades.
- 2) Randori - fight with different opponents at the same time (attackers in turn). The number of enemies and the time is determined by the examiner.

#### 5th dan (a black belt)

- 1) Requirements applicable to lower grades.
- 2) Self-defense demonstration with the weapon of one's choice.
- 3) Tokui-kata (one's own form) using the weapon selected for the show.

#### 6th dan (a black or white and red belt)

- 1) Requirements applicable to lower grades.
- 2) Self-defense demonstration with a weapon of one's choice (other than during the 5th dan exam).
- 3) Tokui-kata (one's own form) using the weapon selected for the show.

#### 7th dan (a black or white and red belt)

- 1) Requirements applicable to lower grades.
- 2) Self-defense demonstration with a weapon of one's choice (other than during previous examinations).
- 3) Tokui-kata (one's own form) using the weapon selected for the show.

#### 8th dan (a black or white and red belt)

- 1) Requirements applicable to lower grades.
- 2) Self-defense demonstration with a weapon of one's choice (other than during previous examinations).
- 3) Tokui-kata (one's own form) using the weapon selected for the show.

#### 9th dan (a black or red belt)

- 1) Requirements applicable to lower grades.
- 2) Any battle show.
- 3) Tokui-kata(one's own form).
- 4) Written work or publication on martial arts.

10th dan (a black or red belt) -no exam requirements.

1) Outstanding achievements and contributions to the development of martial arts.

The examiner may introduce other techniques and their combinations in addition to the examination requirements if he deems it appropriate. An example of such techniques can be reverse casts.

## **CONCLUSION**

Polish Kenpo is a martial art, therefore it does not allow aggressive behavior. In practice, mentioned techniques can only be used in self-defense. The creator of the style believes that the fight is a last resort and should be avoided if it is possible. Many fights can be avoided by using persuasion instead of aggression. Often you can simply retreat without injury or humiliation on honor. What is important is our attitude. We should repress aggression, not attract and induce. For this purpose, it is necessary to have an appropriate posture, ie straightened and at the same time relaxed. Eyes should be wide open and the face should be relaxed. The fight (if it occurs) should end with the exclusion of the opponent (or opponents), ie making them unable to act or resign from these actions. However, there are times when we must take preventive measures to take care of our life and health. This requires anticipating actions against the opponent's intentions. It all depends on a proper assessment of the situation and an instant response on our part. Remember, however, that our actions must fall into the categories of self-defense. One should take into account the reality and inevitability of the threat and legal norms prevailing in a particular territory.



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