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Violence, sport and martial art understanding.

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Key words: Violence, Sport, Martial art

Abstract

The aim of this research was to explain at least one reason why knowing original martial art knowledge is mostly lost and to give the key for those who do research of the knowledge hidden in old documents and *Kata* forms. Conclusion was made that reason for lost understanding lies in human tend towards violence and urge to inflict pain. Based on this human nature, fighters introduced violence into sports to satisfy their own need, and in order to satisfy the need for violence of the pay-per-view spectators, fight managers have supported the introduction of violence into sports fights. Explanation why and how sport and original martial art differs is given based on documents from previous centuries when original martial was not yet forgotten.

Background

At the beginning of reasoning it is important to understand what is sport and what is martial art. For sport or war participants are trained for attacking. Opposite to that original martial art participants are trained for self-defense.

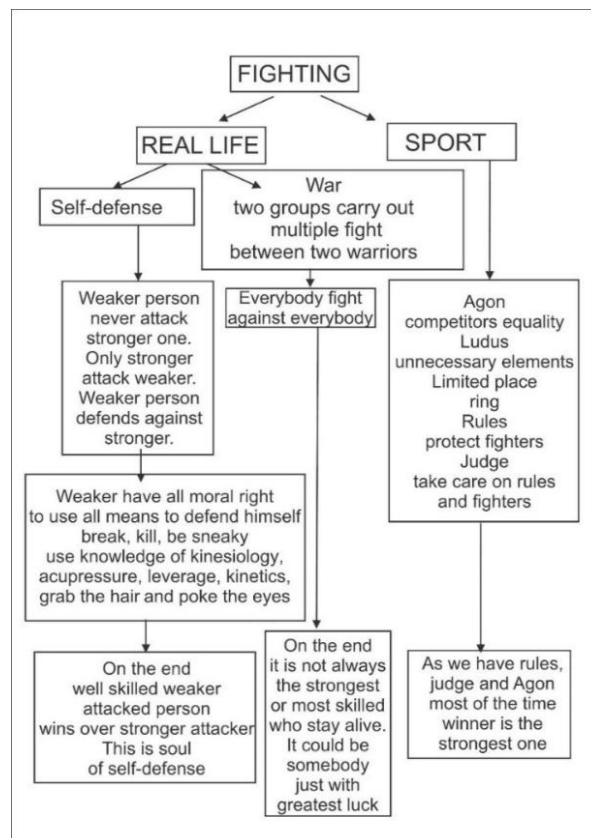


Fig. 1 what is what (Author)

Problem

Understanding of original martial art and martial art training forms (Kata forms) nowadays is lost because everybody whom the author meet in his life and everything what can be seen on YouTube, TV or in cinema have approach to martial art trough eyes of sportsman where stronger person win in some form of limited place by rules, ropes or cage. Author become aware of the present “understanding” of martial art when he was asked by somebody: But how do fighters fight at all if they are only defending. Desire for fight and violence is so high between the people that they are unable to understand Confucius (1) wisdom that highest goal in the war is to win without fighting.

Method

For the research, the author used a qualitative method. His goal was to use the research to gain understanding a human approach to understanding and explanation of martial arts.

Author opted for probabilistic sampling in the population practicing sport martial arts because according to author's research nowadays nobody anymore train original martial arts meant for self-defense. In the research given in this article, the author took as a basis what is the original martial art of self-defense, his conclusions obtained through research based on various sciences such as psychology, philosophy, history, kinesiology, acupuncture, mathematics, physics and vector analysis. What is the original martial art of self-defense, the author found in the book *Jixiao Xhinshu*, which was written by the Chinese general Qi Jiguang between 1550 and 1560 and published in 1562 where general wrote that this martial art is intended for those who cannot be strong. Besides in *Jixiao Xhinshu* author found answers in the *Bubishi* books from several editors, which were created around 1850 on the basis of drawings and notes of Okinawan students who studied in the Chinese province of Fujian. To understand drawings and symbolic texts in both books Author used content analysis focused on written and visual objects and the repetitive patterns present in them, relying mainly on indirect information, as texts and drawings are made in a way that is incomprehensible to “ordinary” observers. In doing so, he devoted himself to conceptual analysis.

Results

In the real life there are two sorts of fights. First is to provide and preserve the energy (land to provide food and house to provide shelter. Second is to provide insemination right.

First sort of fight is when the predators go hunting. Predators try to kill as fast as possible with no intent to torture hunted animal and in principle behaving same as when human go to market and buy a grocery.

Second is when humans same as the animals fight in front females for insemination right and again humans in this fight cause intentionally and subconsciously as much pain as possible to opponent and do all nasty things to make competitor ugly by hitting lips, breaking teeth or nose, punching eyes and even making insemination incapable by kicking the testicles. Humans even kill each other intentionally. Animals opposite to that just show which one is stronger with no intent of harming and with only few fights ending with death or serious

causalities. An animal that wins lets the loser go but a human beats the loser to death in a literal or symbolic sense.

Martial art is nowadays trained, precepted and performed as sport. Sports are games. Games are for youngsters to learn by mimicking real life. When puppies are learning to chase and fight by playing, they do not hurt or injure each other on purpose. Unfortunately humans tend to exaggerate. Exaggerating leads on the beginning to progress but on the end it mostly spoil good ideas. In same manner fighting sports became surrogate for gladiator fights in amphitheaters of ancient Rome. The only difference between antient time and nowadays is that fighters do not kill each other anymore. The sport fight is exhibition for watcher and have same purpose as watching gladiators fights.

Watching cruel fights, smelling blood and sweat is like a dope that calms need for violence to those who paid entrance tickets. Longer the fight lasts and crueler it is more are spectators satisfied therefore fight managers introduced in to fighting sports Agon and Ludus that made fights to last longer. Agon is presented by fighter category and Ludus is presented by limited place by ropes or cage and rules. When two males fight the rest of a herd behave stoic and do not allow to be disturbed from their everyday tasks but humans like to observe the fights and even nowadays react same as in old Rome with standing up, shouting and falling in trans off a joy. This show unique human character differing from animals and this is human need for violence that animals do not have. Martin Van Creveld wrote (2): So elemental is the human need to endow the shedding of blood with some great and even sublime significance that it renders the intellect almost entirely helpless. Freud (2) made conclusion that there is some dark flaw in the human psyche, a perverse desire to destroy, countering Eros and the will to live. Need for violence is even introduced to sacral rituals where Rituals of blood sacrifice both celebrate and terrifyingly reenact the human transition from prey to predator. (2). Itumo (3) is expressing: Human beings have innate tendency to exhibit violence behavior.

Sport and war fights out of need for violence are formed in frontal way face to face where brave men are attacking-harming each other. When Europeans started in new era in mid nineteen century to engage with sport again (First Olympic games of modern era was back in 1896) they set rules for fair play “civilized” fighting like twelve Queensberry rules for boxing (4).

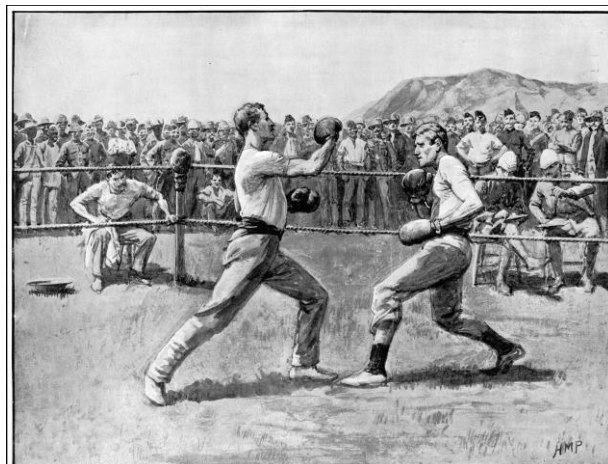


Fig. 2 Civilized fighting (Duncan 1890) (4)

Attacking and hitting from behind was considered as dishonorable and nowadays it is prohibited by rules.

Opposite to sport rules where Agon (the equality of fighters) is considered are set martial art self-defense instructions where weaker attacked person have moral right to defend himself using all available means. In real life it does not count how many times one fighter succeed to kick or punch another fighter but it count if attacked person succeed to defend himself from attack with no casualties and to eliminate attacker. Martial artist defense them self in open space in the manner expressed by old chine wisdom (臥虎藏龍 *wo hu cang long*) literary meaning Crouching Tiger, Hidden Dragon but with symbolic meaning a place or situation that is full of unnoticed masters. To understand the meaning some must focus on words unnoticed, tiger and dragon.

Focusing on unnoticed is important. Bully always attack person for which he thinks that it is weaker than him. Attacked person with Martial art knowledge must leave him in this perception. This is very important fact because all techniques are based on a surprise and therefore much different than those techniques used in a ring where both fighters know why they are there and with whom they are going to fight.

Crouching tiger is hunting. He have no violence in his mind. If one observe videos on YouTube he will detect that tigers is calm and concentrated. Tiger crouch to be less visible and gets as close as possible before he jumps and kill as fast as possible. This is same as when martial art master defense himself. In such moment he is only defending with no intent to cause pain to attacker or to wound him to cause bleeding. Martial art master when following in Kata hidden techniques with first move divert attacker away with second by knocking attacker on acupressure points put him in unconsciousnesse and finally kill him by breaking his neck. Everything is done in few seconds without unnecessary causing the pain.

For word hidden dragon explanation may be found in instructions given by antient Chinese philosophers wisdom. Chinese military general, strategist, philosopher Sun Tzu's (544-496 BC) book *The Art of War* (5) who gave many important instructions:



Fig.3 Sun Tzu (6)

In ancient times, an experienced warrior first assured his own invulnerability and then waited for the enemy's vulnerability.

A skilled warrior attacks so that the enemy cannot defend himself and defends himself so that the enemy cannot attack.

Both above instructions advise to protect-hide from attacker

Instructions are clear: do not attack, wait for attackers attack because in this way attacker will become vulnerable, assure your invulnerability in the way that enemy cannot attack, kill attacker in few seconds to immediately and permanently remove danger caused by attacker.

Based on Sun Tzu instructions author set detailed six rules for self-defense (7)

First rule is Shogun rule teaching never to attack first and not to show to opponent your intentions as acted Shogun in the book written by James Clavell. Famous karate master Gichin Funakoshi expressed Shogun rule as: *ni sente nashi* (there is no first attack) and war lord and later King of Wei Cao Cao (155-220AD) (5) explained Shogun rule with his wisdom: If an enemy attack, he becomes vulnerable.

Second rule is four step rule.

First step is to step in or wait attacker to step in close distance and then *uke* (receiving his attack not blocking because weaker cannot block stronger).

Second step is position of your body on the safe place behind the back of attacker or at least turning his had away from you so that he cannot see you.

Third step is punching pressure points to do softening of muscle strength or unconscious.

Last fourth step is braking attacker's legs, hands or neck to make him incapable for further fight.

Third rule is attacker force use. Vector analyze which was first described by j. Willards Gibbs and Edwin Bidwell Wilson in book Vector Analysis dated 1901 help mathematically to understand how even weaker person (woman) can easily protect her from stronger attacker. Fact is if weaker attacked person try to block-stop attacker who is double weight and strength this would be fatal for him same as when private car hit the truck.



Fig. 4 Car hit truck (www.shaheengordon.com)

What weaker attacked person (woman) can do is to receive (*uke*) attack and redirect attackers force i.e. hand to flow by. This action is mathematically expressed: divert attacker force vector to slide by to another direction with much smaller part of force than for direct block. Very good example for this action can be seen in first minutes of movie Troja where Achilles who is half a size kill the giant.

Fourth rule is use of body characteristics.

Fourth rule is based on fact that some muscles on the normal average body are stronger than others. For example everybody is able to pull or push with hands in direction to stomach much stronger than when pushing them away from stomach.

The fifth is stay out rule.

Defender may not never ever use any technique where his hands or legs get tie up with attacker hands and legs because attacker is always stronger them defender therefore attacker will get out of intertwined situation or held the attacked in an entangled.

The sixth is emotional rule.

Attacked should at the beginning always fake that he is scared to cause that attacker become careless and during successful defense action to turn his face to smile to take away courage and strength from the attacker.

Using his six rules made the author capable to explain all the posters from *Bubishi* and *Jixiao Xhinshu* and several pre twenty century Kata.

For practical example how to implement these six rules the author made un explanation of one poster from *Bubishi* book (fig.6).

Article 27: Zheng's Twenty-Four Iron Hand Applications and White Monkey Style



There is no explanation to accompany this illustration. However, it does say "Aunt and Uncle Zheng." I assume that they are in some way related to Zheng Lishu (see Article 1, p. 97). In the Chinese ranking system, terms like big brother and uncle are used to denote seniority. (TR)

Fig. 6 Old Chinese drawing on aunt and uncle Zheng (7,8)

Practical explanation what *Bubishi* drawing teach.



Fig. 7 Uncle attack aunt (author)



Fig. 8 Aunt redirect uncle's energy first step (author)



Fig. 9 Aunt redirect uncle's energy second step (author)

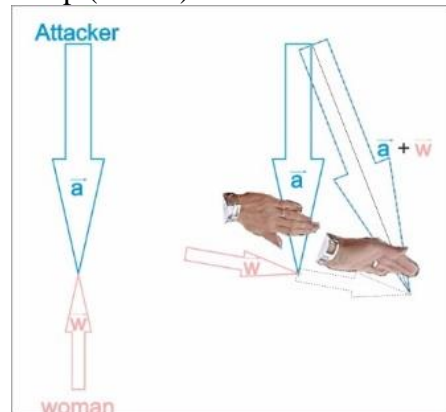


Fig. 10 Vector analyses



Fig. 11 Aunt knock uncle on GB 20 pressure point (author)

Conclusion

Humans tend towards violence and urge to inflict pain to others what prevents them to understand the original martial art.

In sports, fighters of the same weight class fight for several rounds following rules that prevent themselves from seriously injuring in order to satisfy the need for violence of the spectators who have paid to see their painful and bloody performance.

In martial art weaker person use all his knowledge and power to defend from stronger attacker therefore defend must be fast before defender exhaust himself and his abilities. Sun Tzu (5) symbolically expressed: In war, victory must be fast. If victory is slow, men get tired. Weaker person cannot stand for several defense actions (rounds) by pushing attacker away and starting again as in sport. There are no repetitions possible. Defender must surprise attacker and be successful with first defense before attacker get aware that defender is dangerous because he have martial art knowledge.

Biggest difference between sport and martial art of self-defense is that sport fighters fight face to face causing each other as much as possible pain for several minutes. Opposite to sportsman martial artist defend themselves the way that they first assure their own invulnerability mostly by hiding them self from eyesight of un attacker. After hiding they in just two seconds knock out or kill attacker with minimal efforts with avoiding unnecessary causing the pain.

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