




Mini-Review/Systematic Review

Academic production in the field of combat sports: the case of judo and the studies of the principles and values of the sport

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Abstract - Aim: The purpose of the study was to carry out a survey and analysis of the scientific production of judo, specifically the contents that discuss the principles and values of this sport, to understand the contexts of its production at the national and international levels. **Methods:** A “state of the art” literature review was used to analyze seven national journals of Physical Education and five specialized in the area of combat sports, from their first editions up until the year 2021. **Results:** The results indicated that judo production has grown mainly in the last decade. In both national and specialized journals, the analyzed productions (n = 69 and n = 410, respectively) were concentrated in *biodynamics* (57.97% and 72.93%), followed by the *sociocultural* (30.43% and 23.41%) and *pedagogical* areas (11.60% and 3.66%). Articles on principles and values accounted for only 8.35% of judo production, of which 47.50% were written entirely in English, 42.50% in Japanese with only abstracts in English, and a measly 10% in Portuguese, confirming the difficulty in finding information on the topic. This aridity may be the result of the technical-sports perspective that drives scientific research in the area of biodynamics and the language barriers of publications concentrated in English and Japanese. **Conclusion:** It is suggested that actions by the regulatory institutions be taken to encourage both research and greater access to the conceptual and attitudinal knowledge of judo, extrapolating the offer of bodily knowledge and approaching the democratic and integral educational process that is expected.

Keywords: combat sports, teaching, democratization, content, judo.

Introduction

Judo, as a representative physical activity of combat sports/martial arts, has great popularity and despite having been conceived as a primarily educational activity, whose objective was to provide the physical, cognitive and moral development of its practitioners with a view to the progress of society¹⁻³, has changed over time and acquired other contours in society.

Even though it is possible to verify the appreciation of certain educational and traditional aspects of judo by the national⁴ and international communities⁵⁻⁸, it is important to point out the tendency of its practice along with technical and sports knowledge⁷⁻⁸, which highly value the competitive facet of high performance without any apparent type of reflection and adaptation regarding the expectations and needs of its practitioners⁹⁻¹¹. This makes the practice of the modality predominantly represented by the sports-competitive model, in which the

“know-how” of the techniques overlaps with other sports dimensions¹², distancing itself from its integral educational potential.

Specifically in Brazil, this imbalance between traditional and sporting aspects has its roots in the development of judo teaching, a result of the training process of its teachers¹³⁻¹⁴ and the possible lack of materials/resources that offer information and knowledge beyond technical-tactical content, a historical issue already pointed out by Créé¹⁵ at the international level.

In a context in which practitioners are unaware of the founding principles of judo^{4,16}, parents value competition from an excluding perspective starting as early as their children's infancy¹⁰ and teachers and managers tend to encourage an exacerbated appreciation of competitive performance^{9,11}. What are the existing scientific contributions at the national level, within the area of Physical Education, that offers a counterpoint to such situations and that provides the opportunity for contact and access by the

judoistic society to the conceptual and attitudinal contents and knowledge of judo?

Although some initiatives to survey scientific production in relation to martial arts and combat sports (MA/CS) have been carried out nationally and internationally¹⁷⁻²², few focused on judo²³⁻²⁷ and none of them looked into the attempt to verify the productions related to conceptual knowledge and attitudinal aspects of this sports modality, specifically its values and principles, aspects that apparently induce society to approach the physical activity type in question²⁸.

The present study aimed to carry out a survey and analysis of the scientific production of judo, specifically with regard to the contents that discuss the principles and values of this sports modality, in order to understand the contexts of its production at national and international levels.

Methods

This study is characterized as a “state of the art” literature review. It proposed to carry out a survey and evaluation of knowledge on a specific topic, enabling contact with what has already been produced in a certain area, as well as to provide greater attention to themes that deserve it²⁹.

The survey of the scientific production on the topic at hand was carried out in two stages. Stage one was based on publications published in seven national journals, considered by the Qualis/CAPES system (quadrennial, 2013-2016 in the area of Physical Education) as B2, B1, and A2, comprising the beginning of the publication of each journal until the year 2021, that is, between 1979 and 2021. The selection of journals was based on their relevance to the academic community, already expressed in other studies, and which were systematically studied³⁰⁻³⁴.

All publications were analyzed by consulting the online collections of journals or the physical collections of public libraries at UNESP, USP, and UNICAMP when the volumes were not digitally available. Initially, the documents were evaluated based on the occurrence of terms associated with the combat sport in their titles, abstracts, or keywords, to be subsequently filtered based on the descriptors *judo*, and later *principles* and *values*. Therefore, articles, book reviews, essays, and other types of documents were evaluated, counted, and categorized into: *Articles* (documents that presented abstract, methodology, discussion/data analysis, final considerations, bibliographic references and had at least eight pages - size considered minimum by researchers to properly develop the topic in question) and *Others* (congress abstracts, reviews, essays, and other forms of publication).

The second stage was carried out in the same way as the first with regard to the period of analysis, which considered the first publications of these journals, in 1968,

until the year 2021; access to the online collection and classification of documents, however, the choice of journals was based on the combination of international relevance and the specificity that such journals have in the areas of MA/CS and budo^{20,25,35}. Four of the five journals were classified by the Qualis/CAPES system as extracts A2 (2), B1 (1), and B4 (1), and one of them was not classified.

The inclusion criterion for this stage was that the documents have, at least, the title and abstract in English and the occurrence of the word *judo*, so that the filtering with the descriptors *principles* and *values* could be subsequently carried out until the production of the topic in question was found.

After the verification, tabulation, and digital filing of the documents in the two stages, the categorization of the studies that took into account the research perspective was carried out, considering the main sub-areas of concentration of the graduate programs of Physical Education in Brazil, which are: the *Biodynamics*, *Sociocultural*, and *Pedagogical* areas³⁶, followed by a complementary criterion that subdivided the pedagogical area into *School Physical Education* and *Non-School Physical Education*, for better refinement of the data^{32,34,37,38}.

Data analysis was performed using descriptive statistics.

Results

Overview of judo in the national scientific production

The total number of documents analyzed was 14,645, distributed in 604 volumes, in which 7,391 Articles (50.47%) and 7,254 Others (49.53%) were identified. The absolute and relative results of the production of combat sports and judo separated by journals are presented in [Table 1](#).

Scientific production in the field of combat sports added up to 2.73% of the total analyzed, while judo accounted for 0.59% of these publications. Despite the apparently low index, judo represented 21.75% of the total production of combat sports, behind only capoeira with 25.75%.

Judo had its production arranged in a balanced way concerning the *Article* and *Other* categories, despite having significant differences in the number of publications in each of the journals. It was also possible to verify a trend of growth in its scientific production over the years, especially when analyzed over decades ([Table 2](#)).

From the analysis of publications, it was found that there was a predominance of studies in the subarea of *Biodynamics* (58.62%), followed by *Sociocultural* (31.03%) and with few recurrences in the *Pedagogical* area (10.35%), the latter consisting of 6.9% of works related to the subcategory *Non-School Physical Education* and only 3.45% of *School Physical Education*.

Table 1 - Relative and absolute values of combat sports and judo productions by the Journals.

Journals	Total production	Combat sports productions (%)	Judo productions (%)	Judo productions /combat sports (%)*
Motrivivência	1253	36 (2.87%)	7 (0.56%)	7 (19.44%)
Motriz	5148	140 (2.72%)	27 (0.52%)	27 (19.29%)
Movimento	1376	52 (3.78%)	5 (0.36%)	5 (9.62%)
Pensar a prática	1090	39 (3.58%)	4 (0.37%)	4 (10.26%)
RBCE	3106	62 (2%)	13 (0.42%)	13 (20.97%)
RBEFE	1390	32 (2.3%)	15 (1.08%)	15 (46.88%)
REF/UEM	1282	39 (3.04%)	16 (1.25%)	16 (41.03%)
Total	14645 (100%)	400 (2.73%)	87 (0.59%)	87 (21.75%)

*The percentage values shown are concerning the combat sports production of each Journal. The previous abbreviations of the journals correspond to: Revista Brasileira de Ciências do Esporte (RBCE), Revista Brasileira de Educação Física e Esporte (RBEFE), Revista da Educação Física / UEM (REF/UEM).

Table 2 - Relative and absolute values of judo productions separated by format and Journals.

Journals	Judo productions (%)	Judo Articles	Judo Others
AB	164 (29.34%)	155 (94.51%)	9 (5.49%)
SMAES	38 (6.8%)	25 (65.79%)	13 (34.21%)
JMAA	64 (11.45%)	31 (48.44%)	33 (51.56%)
JCSMA	62 (11.09%)	46 (74.19%)	16 (25.81%)
RJB	231 (41.32%)*	156 (67.53%)*	75 (32.47%)*
Total	559 (100%)	413 (73.88%)	146 (26.12%)

*Values that represent the accounting of publications in the English language, despite the existence of productions in the Japanese language, which, if considered from the idiomatic transposition carried out by the Google Translate tool, would be significantly changed. In this case, 10 *Articles* and 1,149 *Others* would be added, substantially changing the production of judo from 559 (9.30%) to 1,718 (28.60%) documents. The previous abbreviations of the journals correspond to: Archives of Budo (AB), Archives of Budo Science of Martial Arts and Extreme Sports (SMAES), Journal of Martial Arts Anthropology (JMAA), Journal of Combat Sports and Martial Arts (JCSMA) and Research Journal of Budo (RJB).

Of the 87 productions found on judo, 20 contained the descriptors *principles* or *values*, but only one of them fit the scope of the research: “Study on the application of judoistic principles in judo learning”⁴. Despite this low number of productions, it was found that some studies dealt with topics very close to the idea of the term values, here understood as the affective character used for a given object, that is, an “affective” relationship between it and the subject³⁹⁻⁴¹.

In this sense, there were seven studies whose central points were: a. the discussion about ideas, conceptions, and, therefore, values that members of the judo commu-

nity had about judo²⁸, b. how were the conceptions that the Kodokan - the representative institution of the creation of judo - had in its creation and how they were changed over the years and c. the meaning that the conversion of judo into an Olympic sport had with the departure from its original conceptions.

Overview of judo in specialized scientific production

In the consultation of the five specialized journals, 282 volumes were analyzed, containing a total of 6,008 productions in the area of combat sports, among which 1,442 (24%) were classified in the *Articles* category and 4,566 (76%) in the *Other* category.

Out of this amount, 559 (9.30%) productions were identified that developed studies and knowledge about judo based on the descriptor *judo*. Among them, 413 (73.88%) were identified as *Articles* and 146 (26.12%) as *Others*. The absolute and relative values of each of the journals are presented below.

At the same time that a growing trend was observed in the publications of specialized journals over the decades, as shown in [Figure 1](#), the analysis of the 559 works showed that 74.24% of them had their discussions in the area of *Biodynamics*, 20.39% in the *Sociocultural* area and only 5.37% in the *Pedagogical* area, with no significant differences between the subareas of the latter.

When the productions were submitted to the filter of the *principles* and *values* descriptors in the titles and keywords of the 559 works, 112 studies were found. Of these, only 16 works specifically addressed aspects of judo values and principles and focused on the socio-educational and historical-cultural dimensions of its knowledge^{5-7,42-55}.

Of the 16 studies, 13 were published in the Research Journal of Budo (RJB), all identified as an *article*, but only one had its text written entirely in English. The other 12, therefore, only offered the abstract in English.

As in the first stage, the existence of publications that indirectly discussed the topic of the present research was verified, although they were not recognized from the descriptors used. In this sense, 32 more works were found that indirectly discuss aspects related to judo values and principles.

Discussion

Although the scientific production of combat sports has grown over the last few decades^{17,20}, the idea of its incipient state must be taken into consideration^{18,27,35}.

Even though combat sports are in the fifth position of the most practiced sports by physically active Brazilians, representing 8.2% of the activities mentioned by the participants of the National Diagnosis of Sport⁵⁷, the academic production in the area is not moving in the same direction. Considering the publications of national journals, only 2.73% of the total (n = 14645) was represented,

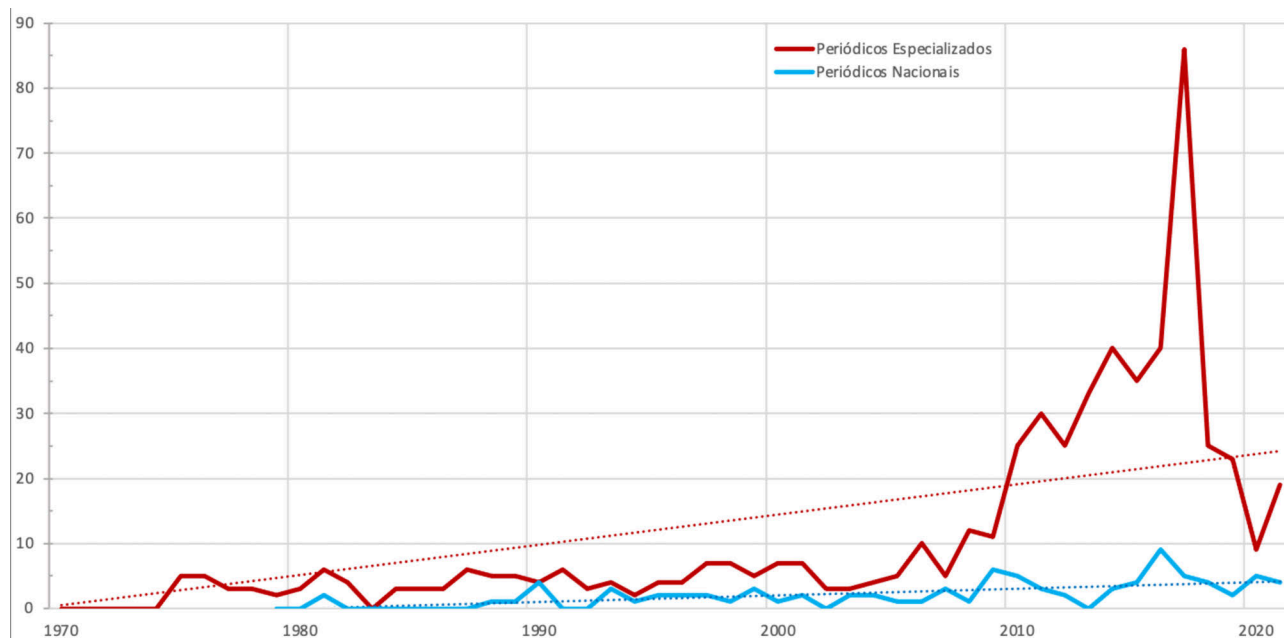


Figure 1 - Number of publications per year in national (blue) and specialized (red) journals regarding Judo, distributed in decades and with respective representations of a linear growth trend.

a value close to that found in the study by Correia and Franchini¹⁸, who verified several productions in the area of MA/CS of only 2.93% (n = 2561).

Although the academic production of combat sports is still low, judo emerges as one of the most studied physical activity types. In the same survey carried out by Correia and Franchini¹⁸, from a national context, this sports modality had a representation of 49.3% of the articles found about combat sports, followed by capoeira (24%). Perhaps considering a broader period of analysis, from 1979 to 2021, and expanding the diversity of production formats beyond articles, the present research found that judo ranked second, with 21.75% of representation, behind capoeira with 25.75%.

Internationally, and especially in the context of publications published in specialized journals, judo would be closer to the representation indicated by the authors¹⁸, if it were not for the fact that a large part of this production is in another language, in this case, Japanese. Due to this characteristic and the proposed study design, judo added up to only 9.30% of the research papers, instead of the possible 28.60%, pointing to the relevance of discussing the production of knowledge of judo and its relation to propagation and access.

It is evident that the production of studies and documents that deal with judo from a perspective focused on the conceptual and attitudinal dimensions of judo exists but focuses on publications in which the language and the writing system can be considered, historically, a barrier to the development of the modality. Two large studies that aimed to survey books about judo and jujutsu (predecessor

art of judo), surveyed a total of 706 books in Japan from 1868 to 1988^{58,59}. The problem of the lack of well-translated books and the consequent difficulty in acquiring specific information about judo historically seems to have limited the processes of intellectual investment of those involved in teaching the modality, being restricted to the knowledge of practical skills⁵⁶ and it still seems to be a relevant aspect to be considered due to this limitation of access to the diversity of knowledge about the modality.

The present study also found substantial growth in publications dealing with judo over the decades, especially in the 2010-2019 decade. When the values of the two stages of the research are added together, it is noted that the number of productions in this period reached the number of 399 studies, which is higher than the sum of the results of the four previous decades (1970-2009), with only 210. This increase may be explained by the popularization of the use of ICT - Information and Communication Technologies by society, in a process that facilitated and stimulated the access and production of content in various dimensions of life in society.

According to the qualitative analysis of the works found on judo, it was found that the area of *Biodynamics* is prevalent, both in national and specialized journals, representing respectively 58.62% and 74.24%. In second place are the works in the *Sociocultural* area, which had a presence of 31.03% and 20.39%, and, finally, the *Pedagogical* area accounting for 10.35% and 5.37%.

These values are confirmed by other studies that deal with the postgraduate structure in the area of Brazilian Physical Education³⁶, academic productions in the field of

volleyball³⁴, in the area of combat sports¹⁸ and specifically on judo^{24,27}, in which the area of *Biodynamics* is prevalent concerning the *Sociocultural* area and especially to the *Pedagogical* are.

The Brazilian Journal that published the most in the field of combat sports/martial arts was Motriz, with 140 works, and it was also the periodical that had the most prominence in the production of judo, with 27 studies. It is important to highlight that these numbers are linked to the production of works presented at conference meetings and symposia, in the same way as it happened with the specialized Journals that had the largest production of judo, RJB, with 231 publications. What seems to happen is that the institutions responsible for such journals also promote relevant scientific meetings, which encourage and drive both the production and exchange of academic knowledge in their areas of activity, in the case of Motriz, the *International Congress of Physical Education, and Human Motricity* and the *São Paulo Symposium on Physical Education* and, in the case of RJB, the *Congress of Japanese Academy of Budo*.

Finally, in relation to the works that dealt with the socio-educational and historical-cultural dimensions of judo, specifically those that discussed its values and principles, only 17 publications were found (2.63%), of which one was present at the national level and the other 16 in international specialized journals.

Following the perspective previously discussed, this small amount becomes even smaller when considering the issues of the language barrier, after all, 12 of the publications were primarily in Japanese - with only the abstracts in English - making it difficult to understand the studies produced in the area in-depth.

This scarcity of works in relation to the socio-educational and historical-cultural aspects of judo, alongside the clear difficulty of accessing this information, seems to have a relevant weight not only in the development of judo focused primarily on technical and sports-competitive dimensions throughout its history, as it is currently providing transmission of superficial, fragmented and decontextualized information, experiencing in practice knowledge based on common sense and exoticism, as with most physical activities linked to combat sports⁶⁰.

Conclusions

Through the survey and analysis of scientific production on judo, there has been substantial growth in the last decade, but with a low percentage of publications nationwide compared to the total number of works analyzed. Even so, the modality is among the three manifestations of combat sports with the most placements in the evaluated periodicals.

Specifically, concerning the principles and values of this sports modality, there is a scarcity of publications on

the subject, both nationally and internationally, which can be the result of two aspects that intertwine and contextualize the current situation of the modality, namely: 1. the predominance of a technical and sporting perspective of judo, based on competitive performance, which drives the development of scientific performance in the area of *Biodynamics* and 2. the difficulty of access to knowledge, as a result of the imposition of the language barrier to the original sources and studies on the subject, which focus especially on English and Japanese.

It is important to highlight the limitation of the study regarding the cut of the analyzed national journals, located between extracts B2, B1, and A2, evidencing a possible characterization of the different data for a group of publications possibly with another classification, a fact that even points to possibilities for further research.

Considering the sports organizational development of judo in recent decades and its intense institutionalization, it is suggested that its federations - national and international - contribute to the development of practices that promote not only the technical and competitive aspects of the sport, but also those related to conceptual and attitudinal knowledge that this modality can offer, such as the recognition, interpretation, and analysis of historical knowledge and social relations that it establishes with the different contexts, of which the principles and values are only a small part.

This promotion process proves to be fundamental for the experience of judo to advance towards a deeper, clearer, and demystified path, transforming its current access, characterized by the fragmentation of its knowledge and practice based on common sense, in an increasingly contact integral, rooted, and historically and scientifically contextualized. Therefore, an approximation between regulatory institutions, researchers, and the judoistic society itself is necessary, since together they could evaluate and re-discuss needs, propose investigations, outline new objectives, and solidify the alleged educational performance of the modality.

The idea of sharing knowledge as a propelling element of the progress of society - which its founder carried out exhaustively around the world in the beginning - is shown to be a fundamental position in the process of re-signification of judo. Not as an attempt to nostalgically or thoughtlessly revive principles that were thought of more than a century ago, but to reinforce an idea that has never ceased to be fundamental, that of the democratization of education, in which access to the various cultural manifestations created historically by humanity, it's everyone's right.

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Manuscript received on July 8, 2022

Manuscript accepted on August 7, 2022



Motriz. The Journal of Physical Education. UNESP. Rio Claro, SP, Brazil
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