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## Introduction

The aim of the study is to analyse the actual situation in the field of scientific research in combat sports. The study was conducted considering the number of publications and their topics for each discipline and confronting all the publications presented during the last 9 years ECSS congresses to delineate the state of the art of scientific research in combat sports and in every specific discipline.

## Material and Methods

The research work was carried out considering all the abstracts books of ECSS congresses of the last 9 years (1999-2008). Each publications on combat sports was catalogued in specific grids in order to collect data divided into discipline, chronological order of publication and lastly scientific type (physiology, refereeing, regulations, tests, training, technique and tactics, etc.).

Grids were analysed statistically, confronting publications which had been divided into discipline and topics and calculating percentages and significativity.

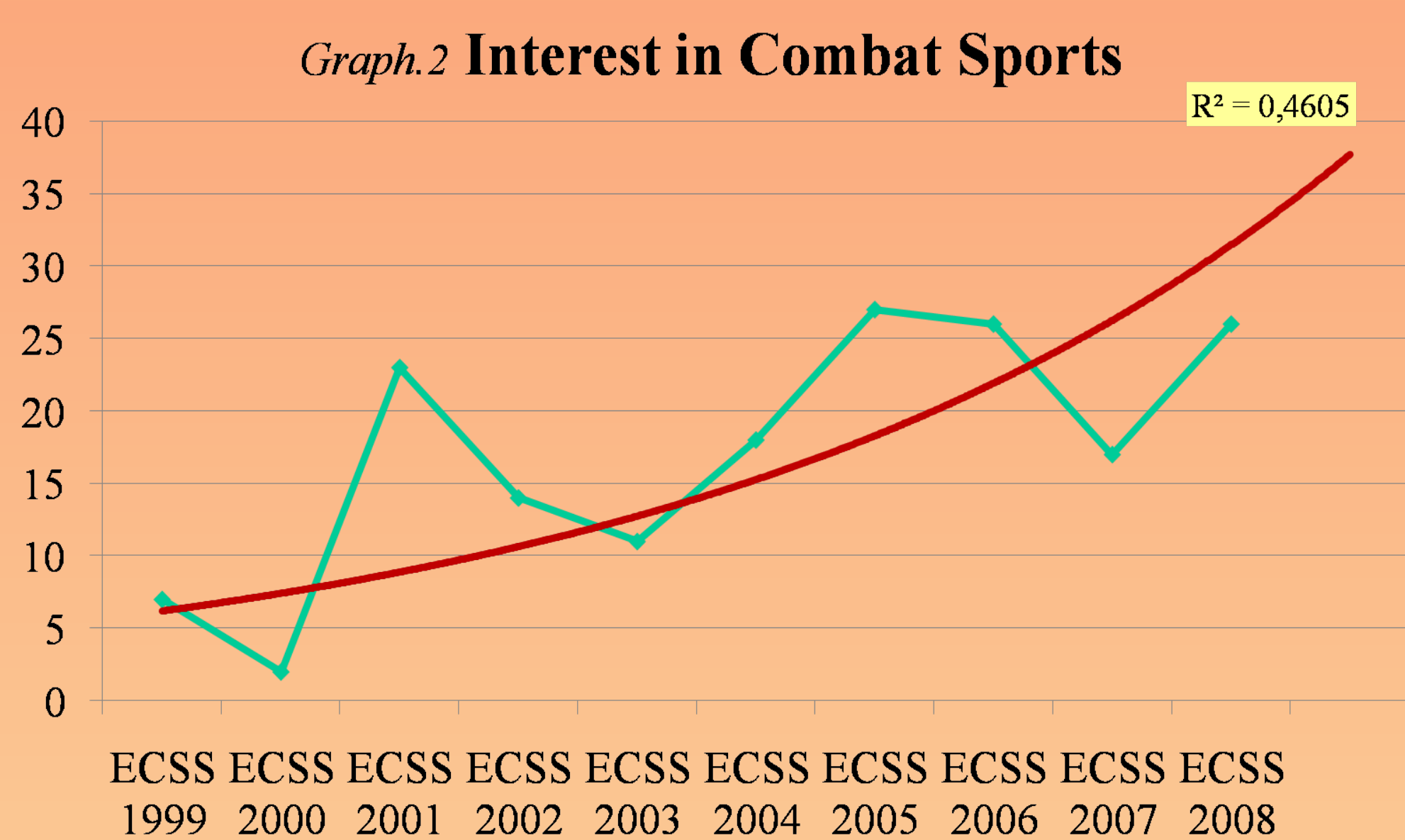
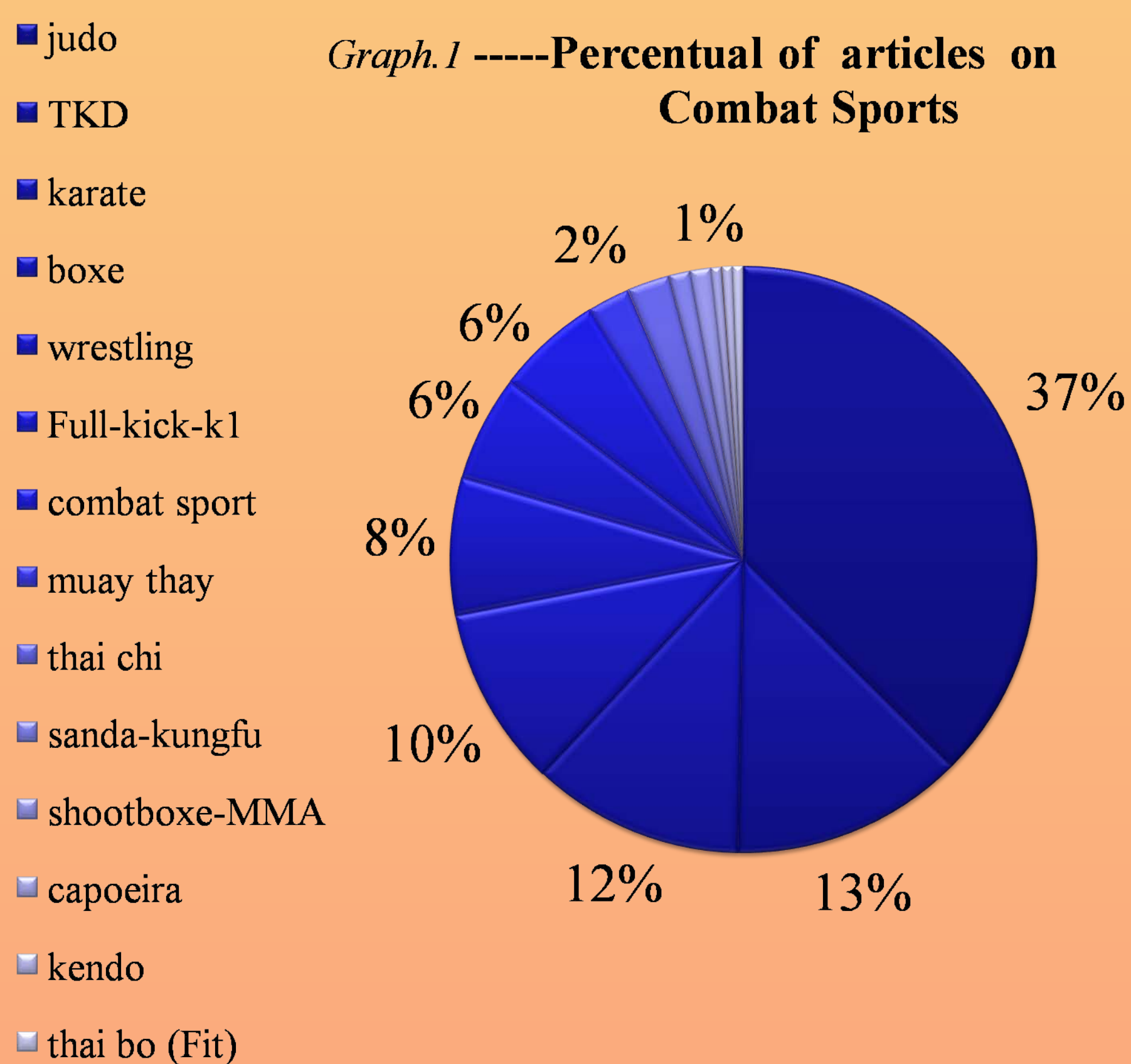


## Results

The results show that the total number of articles on combat sports published from 1999 to 2008 during ECSS annual congresses is 171. The majority of the articles deals with Judo (n=64; 37%; p> 0,01), than taekwondo (n=22; 13%; p>0,01), karate (n=20; 12%; p>0,01), boxe (n=17; 10%; p>0,01) wrestling (n=13; 8%; p>0,01), full contact and kick boxing (n=10; 6%; p>0,01), muay thai (n=4; 2%; p=n.s.), thai chi chuan (n=4; 2%; p=n.s.), sanda e kung fu (n=2; 1%; p=n.s.), shoot boxe e MMA (n=2; 1%; p=n.s.), and lastly capoeira, kendo and thai bo with a little percentage of published articles. (n=1; 1%; p=n.s.). (Graph. 1).

A significant growth in the number of experimentations in combat sports is to point out, even though a fair variability in the studies carried out from 1999 to 2008 (1999 n = 7; 2000 n = 2; 2001 n = 23; 2002 n = 14; 2003 n = 11; 2004 n = 18; 2005 n = 27; 2006 n = 26; 2007 n = 17; 2008 n = 26 ). (Graph. 2). From 1999, in fact, ECSS congresses had been showing an ever growing interest in combat sports.

With regard to the topics, the physiological state was dealt with more often (n=34; 22%), than comes the psychological state (n=16; 11%), injuries and traumas (n=15; 9%), technique and tactics (n=14; 9%), dietary habits (n=12; 7%), strength tests (n=10; 6%), athletic training (n=9; 6%), balance test (n=8; 5%), athletes comparison (n=7; 4%), supplements (n=7; 4%), biomechanics tests (n =6; 4%), competitions and matches (n=5; 3%), trainer's methods (n=4; 2%), endurance tests (n=4; 2%), speed tests (n=10; 6%). (Graph. 3)



## Conclusions

We can state that the number of publications in the field of combat sports is rather limited if confronted with that of other sports. This phenomenon is, however, in contrast with the high number of practitioners and athletes who practise such disciplines. The little interest in combat sports showed by researchers can be put down on the lack of funds to assign to research in that field or to the little popularity martial arts and combat sports have in the academic area. Our research group called Study and Research Centre Combat Sport has been working for over 7 years trying to fill the lack of scientific studies in such disciplines.

## References

Abstract books of the European Congress of Sport Science (from 1999 to 2008)

