

Annual conference in Martial Arts and Martial Sports
of the German Association of Sport Science

Ghent 15-17 Nov 2018

Philosophy in Oriental Martial Arts and its Practical Relevance for Fight Application

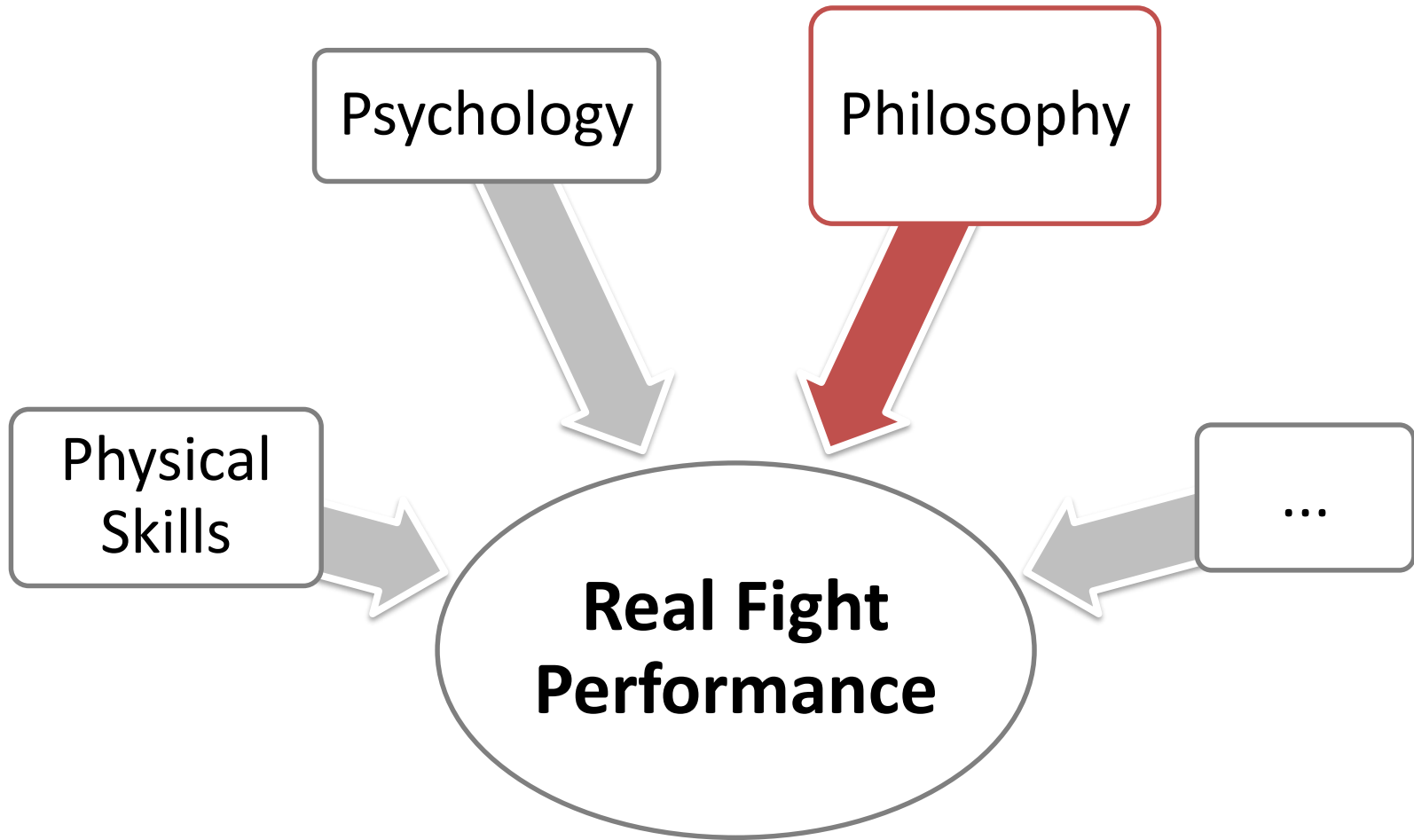
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² University of Cassino and Southern Latium, Italy

³ Practical Wing Chun Germany, Germany

by Fuchs & Harlander





?

No (..but)

Reading \neq Applying
Knowledge \neq Belief

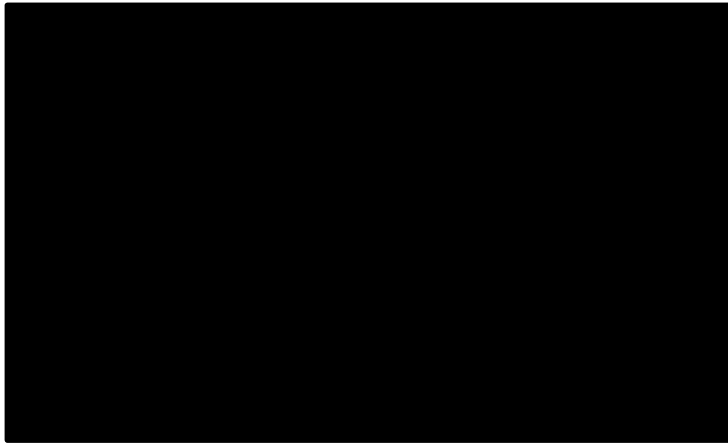
*„Do not just read, memorize
or imitate, but so that you
realize the principle from
within your own heart.“
- Musashi*

But: Believes, Views, Values

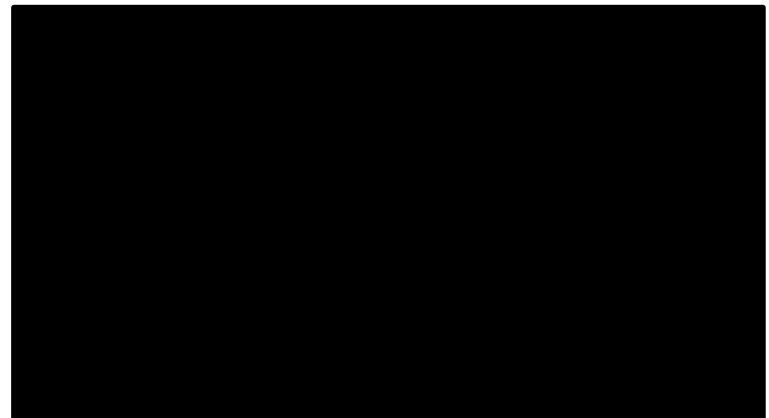
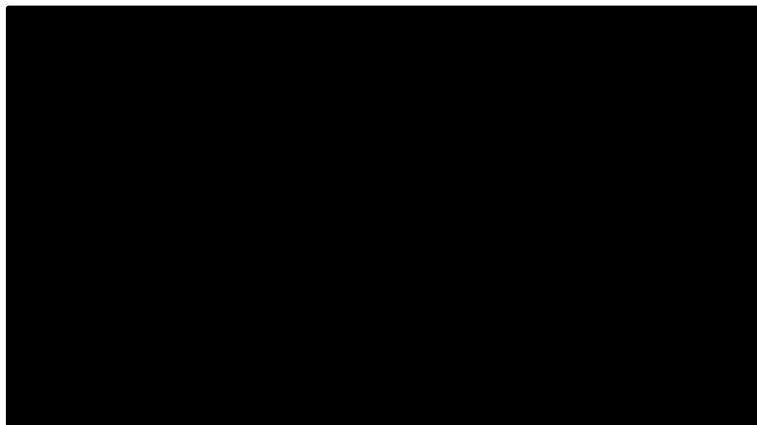


Assessment, Mind set, Actions

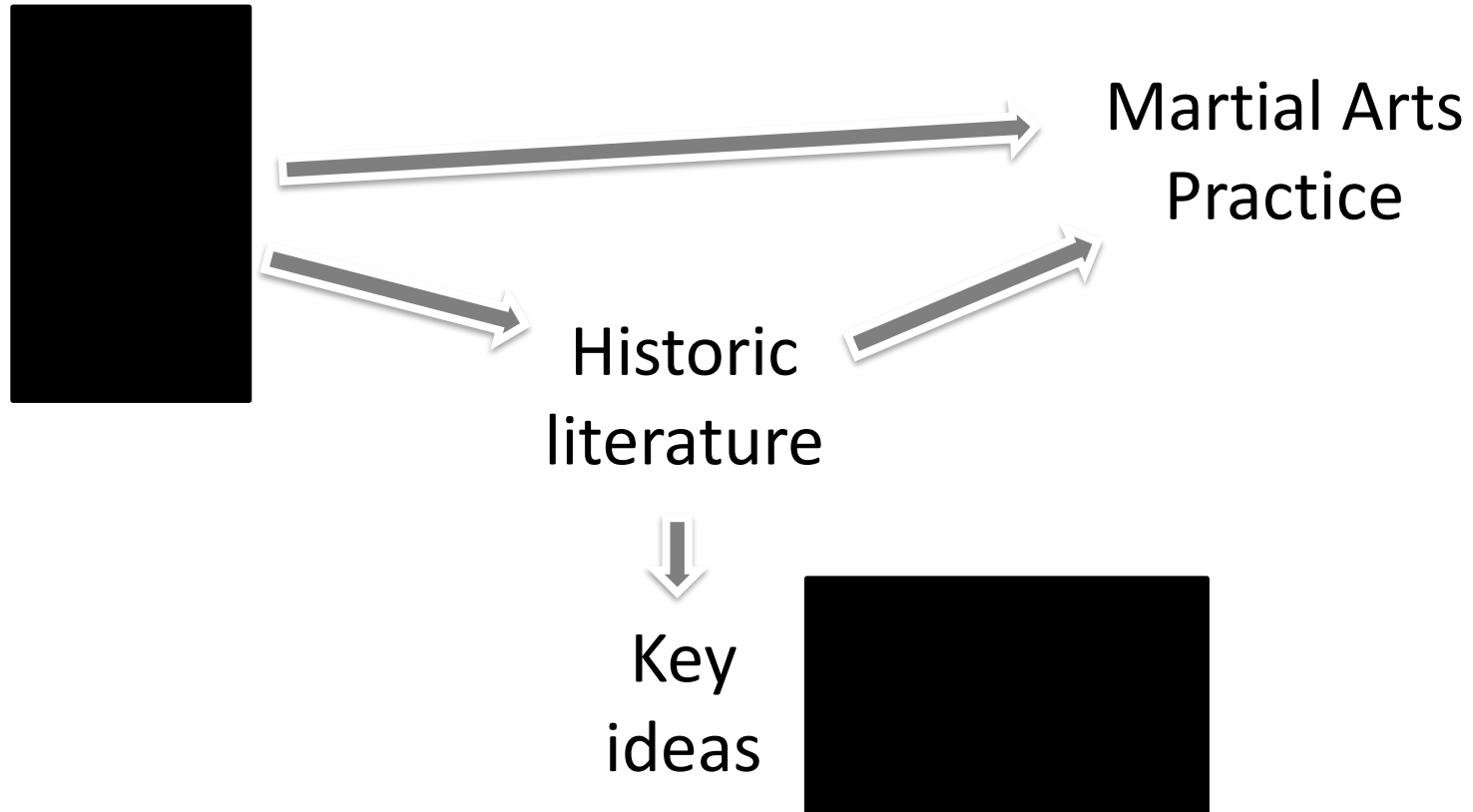
Pain / Risks / Hardship



Life in Society



(Philosophy) → Mind → Body



The Book of Five
Rings

Musashi, M.
1584-1645
Japanese swordsman

The Unfettered
Mind

Takuan, S.
1573–1645
Japanese Zen-Buddhist

The Demon's
Sermon on the
Martial Arts

Chozanshi, I.
18th century
Japanese samurai and
intellectual

The Book of
Five Rings

The
Unfettered
Mind

The
Demon's
Sermon on
the Martial
Arts

Qualitative Content Analysis (Mayring, 2000)

Paraphrasing, categorising

Number of mentions

Key ideas

1) Non-attachment of the mind
(*immovable wisdom*)

2) Formlessness

3) Unpredictability
Adaptability
Spontaneity
Sense for beneficial actions

Ethical obstacles

Non-attachment and impermanence in Buddhist Noble Eightfold Path

(Priest, 2013)

*„Standing in front of a tree
und spotting a red leaf,
if your mind attaches to the
one single red leaf, you will
not see all the others.“*

- Takuan

Reactions:

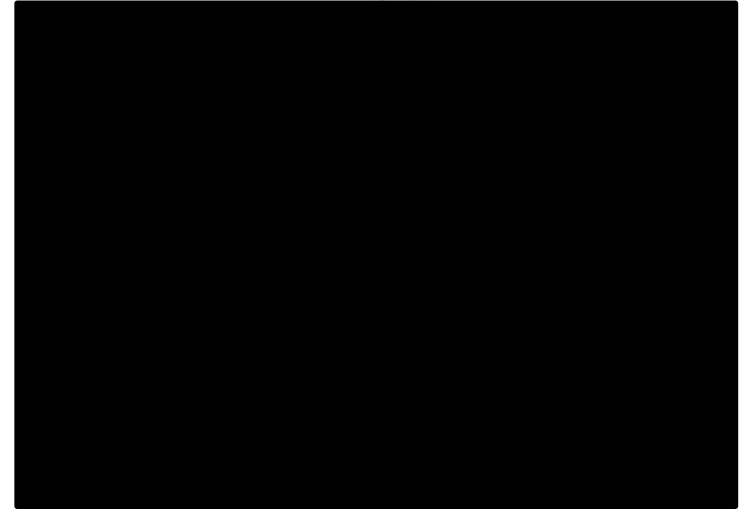
No attachment to experiences
and expectations

➡ Feint attacks ?

Actions:

No attachment to
movement patterns

➡ Formlessness in actions



*„Empty your mind, be formless, shapeless, like water.
Now, you put water into a cup, it becomes the cup.
You put water into a bottle, it becomes the bottle.
You put it into a teapot, it becomes the teapot.
Now, water can flow or it can crash. Be water, my friend.“*
- Bruce Lee

~~Imitation, reproduction, representation~~

~~Attachment to ideas, concepts, styles, tools, solutions~~

Awareness on the situation, own position, requirements



Formlessness in body and mind

Unpredictable Adaptable Spontaneous Appropriate

„You should not have a favorite weapon. To become over-familiar with one weapon is as much a fault as not knowing it sufficiently well.“ - Musashi

„As one relies on what the mind creates, [...]

immediate actions will not be possible any more.“ - Chozanshi

„When in a fight to the death, one wants to employ all one's weapons to the utmost.“ - Musashi



No technique



No patterns

„Without technique, also a strong mind cannot put its functionality into proper effect.“ - Chozanshi

„He values humans lower than insects and does so without effort. He is not restricted by anything, he does not freeze, does not wait, does not retreat; he has no doubts, cannot be moved and faces an opponent without a single thought.“

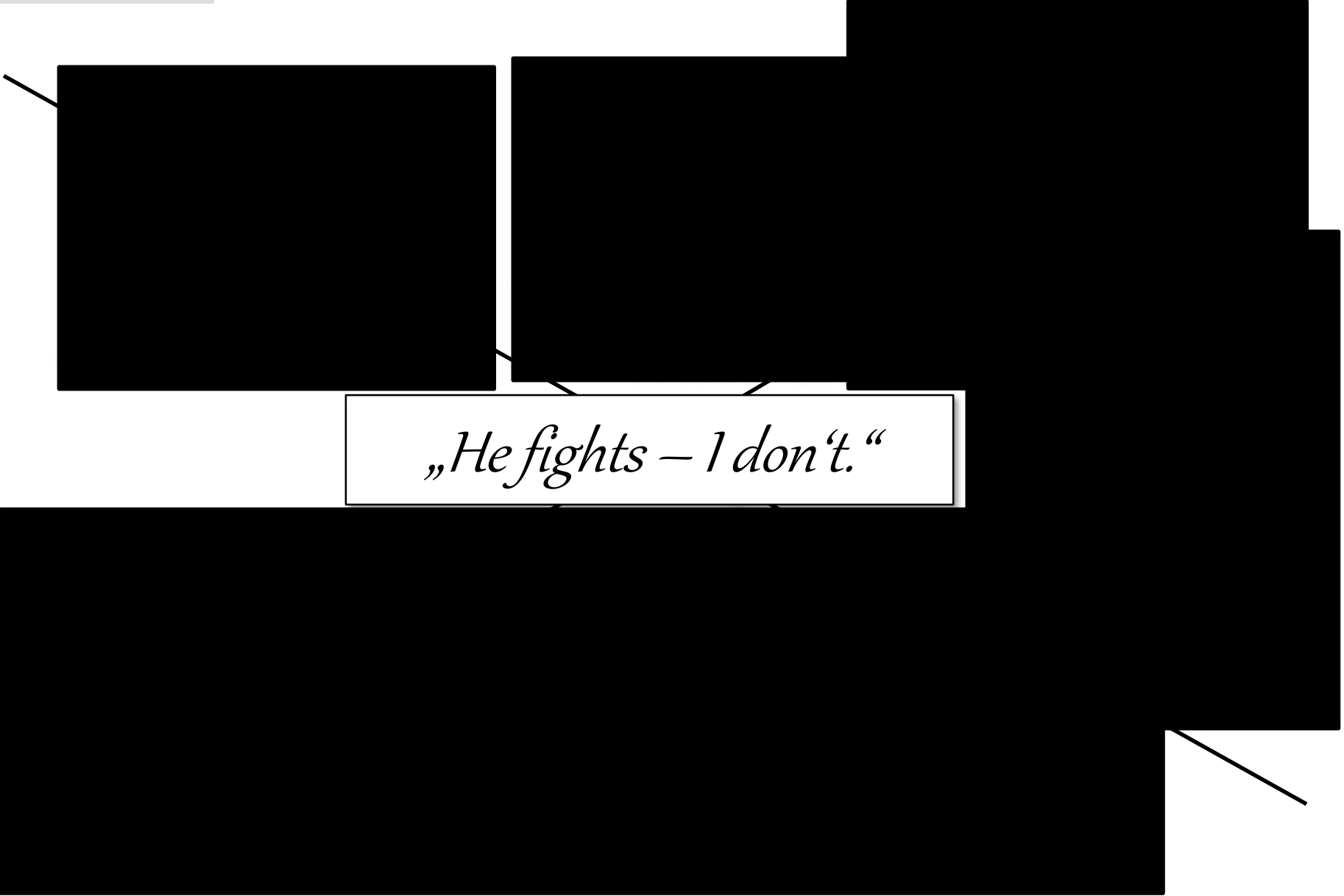
- Chozanshi

„Setting up his whole mind like a mirror, the man who employs the martial arts will have no intention of discriminating right from wrong,“

- Takuan

„if he has fallen into evasive or retreating attitudes, we must crush him straight away, with no concern for his presence [...]. It is essential to crush him all at once.“

- Musashi



Thanks



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*„Be indifferent to where you live“ -
Musashi*



Athletic Migration in Dual Career



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