



## ROMANIAN MARTIAL ARTS FEDERATION JU-JITSU DEPARTMENT

### ACTIVITY REPORT INTERNATIONAL DAY OF UNIVERSITY SPORTS 20<sup>th</sup> of September 2018

With the occasion of celebrating the International Day of Sports University on 20.09.2018, within Babeș-Bolyai University in Cluj-Napoca, the Romanian Ju-Jitsu Department organized under the auspices of the centenary year, a Workshop on the topic *Ju Jitsu – a scientific perspective of martial arts*.

In this context, martial arts practitioners with university training and experience, defended, from a scientifically grounded point of view, convergent topics and principles of the competition activity in Ju-Jitsu, as follows:

#### **Adrian Mărcuș:**

- *Characteristics of strength exercise and methods for their development in Ju-Jitsu (Atemi Waza, Nage Waza and Ne Waza).*

#### **Teodor Groșan**

- *Applications of statistics in Ju Jitsu and limitations of the mathematical models;*
- *Biomechanics and mathematic modeling in Ju Jitsu.*

#### **Vasile Hoble:**

- *Efficient period planning and the succession of competition training stages;*
- *Determination and interpretation of the capacity for effort;*
- *Practical methods of recovery following effort.*

Promotional materials were created and publicized. The event was publicly posted and shared on different social media networks (Facebook, WhatsApp, etc.).

Because academic year 2018-2019 starts on the date of 01.10.2018, the attendance of students to the event was relatively low (36 persons) compared to the estimated audience, but by means of the interactive rhetoric, we believe that the participants were attracted towards practicing Ju-Jitsu in an organized environment, within the profile clubs in Cluj-Napoca, affiliated to the Romanian Martial Arts Federation, respectively C.S. Whooooo Istru and C.S. White Tiger Budokan.