Josiah Schmitz

ENG 2140-90 Research & Argument

10/28/24

Prospectus and Annotated Bibliography for White Paper

**Introduction**

Overview

The goal for my white paper is to propose the addition of martial arts programs into schools. Most schools have a variety of sports programs, but often lack any type of martial arts in this assortment. This is an issue for many reasons. Kids and teenagers are often lacking in any type of self-defense skills. It is rare for schools to contain any kind of highly combative activity, such as boxing, karate, or jiu-jitsu, with the occasional exception of wrestling. It is also not uncommon for fights to break out in schools, often for trivial reasons. By implementing martial arts programs in schools, students are given a larger assortment of sports clubs to choose from. They also learn how to defend themselves in a fight, whether inside or outside of school. Additionally, the students will be taught invaluable character qualities, such as discipline, respect, and responsibility. Adding martial arts to schools will ultimately better the students attending those same schools.

Scope

My white paper will focus on the how and why martial arts programs should be implemented into schools. I will be generalizing both private and public schools into one category for the sake of simplicity in my solution. I will also be covering implementation at a general level, discussing how martial arts clubs will function and be organized, without going into great detail when it comes to aspects such as paperwork and waivers. However, I will spend a small amount of time discussing certain historical elements of martial arts to better contextualize their efficacy both now and in the past.

**Discussion**

Statement of Work

My plan as I continue to work on my white paper is to first investigate the existence of any past martial arts clubs in schools. If I could find examples of these clubs, it would give me a better idea of how they could be most effectively implemented into today’s schools. After this, I would continue researching the benefits of martial arts programs on an individual and societal scale. As a student of Hino-Ryu karate, I have firsthand experience in how martial arts can improve an individual from a physical, mental, emotional, and even spiritual perspective. Because of this, I will be able to draw from this experience to better explain the efficacy of martial arts on students in schools. Lastly, I plan to understand how other sports clubs are initiated in schools today to polish and best present my final solution.

Schedule

11/4/24: Complete research and determining what sources to use in my white paper

11/8/24: Craft a simple outline for my paper and write the Introduction

11/12/24: Finalize my solution and work out any major flaws in it

11/15/24: Write my Conclusion and polish my outline

11/18/24: Finish writing the body of my essay and add any non-body elements (Cover, References, etc.)

Difficulties

The most difficult aspect will be time management. Between my 19 credit hours this semester and my various extra-curricular activities (including karate), it will be difficult balancing the work on my white paper with the work from my other classes. Also, I have very little knowledge when it comes to management and program organization in schools, so I will have to do significant research to be able to properly implement my solution. Lastly, I may have some difficulty finding credible sources (especially modern ones) given that traditional martial arts are becoming increasingly niche, and most of the best writings on them and their benefits have been translated from Japanese or Chinese and can be somewhat archaic.

Works Cited

Antunes, Marcelo Moreira, et al. “Teaching Martial Arts in Schools: A Proposal for Contents Organization.” *Revista Valore*, 7 Jan. 2021, revistavalore.emnuvens.com.br/valore/article/view/511.

This article explains how teachers and school administrators can potentially implement martial arts in schools to benefit the students. This will be a major article for me to explain my approach to implementing my solution.

Bu, Bin, and Maria Singh. “Effects of Martial Arts on Health Status: A Systematic Review - Bu - 2010 - Journal of Evidence-Based Medicine - Wiley Online Library.” *Onlinelibrary.Wiley.Com*, 15 Nov. 2010, onlinelibrary.wiley.com/doi/full/10.1111/j.1756-5391.2010.01107.x.

This article looks over various research to determine the effects of different martial arts, such as tai chi, judo, and karate. I will be using this as evidence that martial arts are a broadly studied field.

Lakes, Kimberly, and William Hoyt. “Promoting Self-Regulation through School-Based Martial Arts Training.” *ScienceDirect.Com*, ScienceDirect, 4 June 2004, www.sciencedirect.com/science/article/abs/pii/S0193397304000309.

This article explains the positive effects on children who participated in a study analyzing changes in their behavior after participating in martial arts programs. This will be used as evidence of the efficacy of organized martial arts, especially in a school environment.

Miyamoto, Musashi. *The Book of Five Rings*. Translated by William Scott Wilson, Shambhala Publications : Distributed in the U.S. by Random House, 2012.

This is compilation of writings by the samurai Musashi Miyamoto from the 1600’s. I will use it to explain the core philosophy of martial arts and how they can be used in everyday life.

Moody, Gregory Harold. “MARTIAL ARTS BENEFITS FOR CHILDREN .” Arizona State University, May 1999.

This thesis paper discusses the perceived benefits for young children practicing martial arts from both the children’s and the parents’ perspectives. I will use this to demonstrate the usefulness of martial arts programs for youth and how they can potentially have a positive impact on a societal scale.

Moore, Brian, et al. “The Effects of a Martial Arts-Based Intervention on Secondary School Students’ Self-Efficacy: A Randomised Controlled Trial.” *MDPI*, Multidisciplinary Digital Publishing Institute, 10 May 2023, www.mdpi.com/2409-9287/8/3/43.

This article goes over a very similar study to the last but measuring the students’ self-efficacy specifically. I will use this when going over the psychological effects of martial arts.

Twemlow, Stuart W., et al. “Effects of Participation in a Martial Arts-Based Antibullying Program in Elementary Schools.” *Mayo Clinic*, Wiley-Liss Inc., 10 Nov. 2008, mayoclinic.elsevierpure.com/en/publications/effects-of-participation-in-a-martial-arts-based-antibullying-pro.

This article studies the antibullying effects of martial arts programs in young children. It will be used to show how martial arts can prevent unnecessary fights, rather than start them.

Vlachos, Evangelos. “The Benefits of Using Traditional Martial Arts as an Intervention Programme for Children with Behavioural, Emotional and Social Difficulties.” *Uobrep.Openrepository.Com*, University of Bedfordshire, 1 July 2015, uobrep.openrepository.com/handle/10547/558812.

This article explains how traditional martial arts can be used to improve the well-being of children who are in particularly poor social or emotional states. This will be used to show the socially remedial effects of martial arts clubs.