

Martial Arts Research and Studies (M.A.R.S.)

Academic Research, Studies and Reports in the field of Martial Arts.

By Sean Wauters



News Letters and Short Communications

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Short Communication:

Expansion of the project: Scopes, Fields and Domains.

Viam Inveniam Aut Faciam

Pro Scientia et Sapientia

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To: All readers and enthusiasts.

Dear All

This is an official announcement about the expansion of the Martial Arts Research and Study project.

About the project:

Martial Arts Research and Studies (M.A.R.S.) is a project initiated and led by Sean Wauters, in collaboration with the Vrije Universiteit Brussel (VUB), also known as the Free University of Brussels, Belgium. Sean Wauters is a physiotherapist by profession, specializing in the coaching, training, and rehabilitation of martial artists and practitioners of martial arts.

M.A.R.S. publishes peer-reviewed academic research papers within the broad field of martial arts, including Historical European Martial Arts (HEMA), using an evidence-based approach. Topics covered in these publications include:

- injury profiles and prevention strategies,
- research studies (observational, interventional, sports medicine, clinical trials, etc.),
- case studies,
- opinion articles,
- review articles,
- fundamental and advanced concepts, techniques, and technical analyses.

The papers are written in an academic style. Some articles will be published under the M.A.R.S. name (all rights reserved), while others may appear in external academic journals. Wherever possible, M.A.R.S. aims to provide open access to its articles. An appendix includes a list of previously published works related to the project. This is a nonprofit initiative, free of charge and without any associated fees. The founders and project managers assure that there are no conflicts of interest and that no funding has been received for this project.

The idea for M.A.R.S. originated in 2021. After a year of dedicated effort in 2022, the concept was developed and finalized, leading to the first publications in 2023. In 2024, preparations will be made to expand and further develop the project. Several distinct scopes and domains will be established, each featuring specific types of publications, such as: **Research Papers and Original Articles, Prevention, Questions and Answers, Featured Articles from External Projects and Journals**, and more.

We aim to release new publications within these domains later in 2024 and by early 2025.

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Scopes:

Martial Arts Research and Studies is in full development. At this moment the scopes of our project and publications are the following:

Biomedical Science in Martial Arts	Biomechanics- Anatomy - Physiology
	Injuries and Injury reports
	Prevention
	Rehabilitation
	Training (in the physical sense)
	Others
Sports technical	Techniques
	Tactics
	Others
Questions and Answers (Q&A)	Submitted questions by readers regarding a certain topic (Biomedical, Sport technical or Other) which than are answered by an expert in the field.
Short Communications and Other	Undefined topics but still related to the field of interest of the project.

Types of papers and manuscripts:

Each field of domain can have several different types of papers. Such as there are the following:

- Original Research articles
- Review papers
- Opinion papers
- Case studies
- Others

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Contributing:

Interested authors can submit by emailing to mars@kinebijvechtsporten.be

Questions for the Q&A can also be submitted by emailing them to mars@kinebijvechtsporten.be.

We hope to have informed you well and are looking forward to see this new structure develop in 2024 and 2025. If there would be any questions or concerns, we would be happy to answer them. You can send in your questions and requests to mars@kinebijvechtsporten.be

With our kindest regards

Sean Wauters
Martial Arts Research and Studies
Kine Bij Vechtsporten.

*Pro Scientia et Sapientia
Viam Faciam Aut Inveniam*

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