



The TMA4ALL International Conference
Centro Social Blas Infante
Av. de Nazaret, S/N, 11406 Jerez de la Frontera
September 21, 2025

Conference Vision: Forging a Unified Future for Global Martial Arts

TMA4ALL is the formal initiation of an ambitious vision for a non-profit membership-based research centre, the International Council of Martial Arts for All. The Council formation will be supported and guided by the President of an existing Olympic and Paralympic martial arts federation.

Furthermore, it establishes a crucial precedent for the future operational framework and outreach strategies of the International Council, ensuring that its work is founded on principles of genuine integration and shared experience.

This event is designed to convene leading experts, researchers, and representatives from martial arts organisations to engage in critical discussions regarding the TMA4ALL project's research findings, foster deep collaboration, and collectively define the future trajectory of inclusive MA globally. The fundamental aim is to transcend historical and definitional disputes that have sometimes fragmented the martial arts community, moving instead towards a shared purpose and a unified vision for the sector.

Keynote Presentations: Expert Insights & Strategic Directions (5 speakers)

The conference will feature three distinguished keynote speakers, each addressing a critical dimension of the TMA4ALL vision and the International Council.

Welcome & Conference Opening: A formal welcome will be extended by Christian Sweeney, Project Coordinator and CEO of INSIDE EU, setting the stage for a day of impactful discussions.

Keynote 1: "Deconstructing Definitions: Embracing the Fluidity and Hybridity of Martial Arts" Speaker: Senior Professor Dr. Richard Bailey (UCSI University, co-

author of the TMA4ALL research "Martial Arts and the Problem of Definition"). This Keynote will draw extensively from the philosophical arguments presented in the paper "Martial Arts and the Problem of Definition". It will critically examine and challenge essentialist definitions of martial arts, which often lead to rigid "in/out" classifications and "false dualisms" (e.g., "traditional" versus "modern," "art" versus "sport," "East" versus "West"). Such definitional disputes and exclusionary tendencies are frequently deeply ingrained within martial arts communities and can pose significant obstacles to inter-federation collaboration. The presentation will advocate for a more pragmatic and contextual approach, utilising philosophical tools like nominalism and diaeresis, which allow for flexible, purpose-driven understandings of martial arts without asserting absolute truths. It will highlight the inherent fluidity, hybridity, and historical evolution of martial arts, demonstrating how various styles have consistently borrowed from and influenced one another, often reinvented for ideological or commercial interests. The core message will emphasise that "inclusivity trumps exclusivity" in definitional debates, thereby laying a crucial philosophical foundation for unity among diverse federations. Forging an International Council of Martial Arts for All necessitates overcoming these historical and ideological divides. A keynote that intellectually dismantles these barriers by offering a constructive philosophical framework provides a common intellectual ground for unity, legitimising diversity and adaptation as inherent strengths rather than weaknesses. This shared understanding of martial arts as fluid and inclusive will enable diverse federations to overcome historical rivalries and definitional disputes, directly facilitating the formation and effective operation of the International Council.

Keynote 2: "The Psychosocial Impact of Inclusive TMA: Evidence from the Field"

Speaker: Christian Sweeney, (CEO of Institute for Studies in Social Inclusion, co-author of the Delphi study and the systematic review on mental health).

This presentation will synthesise key findings from the systematic review on martial arts as mental health interventions and the Delphi study on inclusive practices. It will detail the documented benefits of TMA, including reductions in stress, anxiety, and depression, as well as improvements in self-esteem, emotional regulation, and overall quality of life. The Keynote will specifically highlight how inclusive coaching, characterised by adaptability, effective communication, caring, and empathy (as identified in the Delphi study), fosters these positive psychosocial outcomes across diverse, marginalised groups.

Keynote 3: "Martial Arts as a Public Health Imperative: Physical Benefits & Policy Implications"

Speaker: Senior Professor Dr. Richard Bailey, UCSI University, co-author of the Delphi Study.

Drawing on findings from a systematic review of the physical health benefits of martial arts, this Keynote will present compelling evidence of TMA's positive impact on cardiovascular fitness, muscular strength, flexibility, balance, and body composition. The presentation will discuss the significant potential for TMA to address global health concerns, such as non-communicable diseases (NCDs). It will

advocate for the strategic integration of martial arts into broader public health initiatives, emphasising the importance of universal design in training spaces and the development of inherently accessible programmes.

Course 1: "Introduction to Inclusive Coaching: Essential Competencies for a Diverse World" Speaker: Raymond Sweeney, 37th Most Influential Coach in the World (CoachSeek), INSIDE EU and Visiting Fellow at the Faculty of Liberal Arts and Social Sciences, UCSI University. Co-author of the Delphi study.

Based on the comprehensive findings of the Delphi study and the Toolkit for coaches, this Course, certified by UCSI University, will present TMA4ALL inclusion tools and delve into the essential knowledge, skills, and attitudes required for effective inclusive martial arts coaching. It will elaborate on the integrated themes of adaptation, inclusive teaching, psychological support, inclusive communications and collaborative practice, which were identified as crucial for curriculum development and pedagogical materials. The presentation will also highlight the inherent tension between framing inclusion through a medical model (focused on individual deficits and accommodations) versus a social model (focused on dismantling societal barriers and designing for universal access), advocating for "nonclusive design" as the default approach in martial arts pedagogy.

Keynote 4: "Building an International Council of Martial Arts: A Vision for World-Leading Research & Consultancy" Speaker: Christian Sweeney, (CEO of the Institute for Studies in Social Inclusion, Diversity and Engagement)

This strategic Keynote will articulate the overarching aim of forming the non-profit, non-political International Council of Martial Arts for All, as envisioned by the TMA4ALL project. It will outline the compelling vision for the Council to become a world-leading research centre, a central hub for expert consultancy, and a key player in securing Internationally funded projects, particularly from the European Union. The presentation will meticulously connect the themes and evidence presented in the preceding keynotes to the Council's core mission, emphasising the critical importance of unity, evidence-based practice, and broad societal impact for TMA4ALL in achieving its ambitious goals.

Research Presentations & Panel Discussions

The afternoon sessions will transition into in-depth discussions of the project's research, practical applications and tools, fostering interactive dialogue among experts.

Session 1: Project TMA4ALL: Disseminating Core Research Findings and Results.

Presentations: Short, focused presentations by consortium partners on the key deliverables and research outcomes from Work Packages O1, O2, O3, O4 and O5. This includes the unified concept of TMA for all, the self-review framework, the

Inclusive Toolkit, the Martial Arts App for Equity and Diversity (MAPPED), and the Online Continuous Professional Development (CPD) Modules.

Discussion: A dedicated audience Q&A session with the presenters, focusing on the practical applications of these findings and initial feedback gathered from pilot implementations.

Session 2: A presentation by Professor Dr. Diego Lopez 8th Dan on Martial Arts Oriental Studies and Philosophy

Session 3: Best Practices in Inclusive Martial Arts: Case Studies from the TMA4ALL Network Presentations: Consortium partners (UCSI University, KYU SHIN KAN, Ikkaido Germany, Taekwondo Klub Susedgrad Sokol (TKSS), Institute for Studies in Social Inclusion (INSIDE EU) and Camden Kempo will present specific case studies highlighting successful inclusive initiatives within their respective organisations and clubs. Examples may include LFVIBW's "Fudomotion" programme tailored for older adults, KYU SHIN KAN and INSIDE EU's extensive work with individuals with diverse disabilities, UCSI's work with people from different cultural backgrounds, Camden Kempo's work with LGBTQI+ communities, successful interventions from the Gitano community, TKSS's impactful initiatives focused on empowering women through martial arts.

Panel Discussion: Led by Christian Sweeney, this segment will facilitate a rich exchange of experiences, focusing on shared challenges, lessons learned, and the transferability of these successful practices to other contexts and martial arts styles.

Breakout Course 1: Safeguarding & Protection of Vulnerable Adults: Interactive Scenarios. A practical, scenario-based training session will delve into safeguarding principles and the protection of vulnerable adults, as outlined in the project's comprehensive Toolkit. Moving beyond theoretical discussions, these sessions will involve real case examples, ensuring a deeper understanding and practical application of critical safety measures. This directly addresses the TMA4ALL goal for a "Safeguarding and Protection of Vulnerable Adults Course" and aligns with the TMA4ALL unwavering commitment to good governance and safe practices within martial arts environments. Such training is paramount for building trust and ensuring the ethical delivery of martial arts programmes.

Breakout Course 2: Special Guest Katsu Tiru Jr. 5th Dan Karate karate course by a world famous instructor.

Evaluation of TMA4ALL: An opportunity to provide valuable feedback

Call to Action: The International Council of Martial Arts for All. A brief concluding session will provide a formal opportunity for key stakeholders and

interested parties to express their commitment to joining the International Council. This will include outlining the concrete next steps for its official launch and the plan for the formation of initial working groups and committees, providing a tangible and actionable outcome for the conference that directly fulfils the strategic objective of launching the Council.

Traditional Martial Arts for All International Conference 2025

Date: 21st September - Time: 08:30 until 19:00 pm

Venue: Centro Social Blas Infante, Av. de Nazaret, Jerez

Time Slot	Session Title	Speaker(s) / Presenter(s)	Content Focus
08:30 - 09:00	Registration	Flamenco	Flamenco dance and music
09:00 - 09:30	Welcome & Conference Opening	Christian Sweeney (CEO, Institute for Studies in Social Inclusion)	Formal welcome, setting conference objectives. Introducing the International Council, Introduction to the project and results: WP2, WP3, WP4, WP5 Toolkit, MAPPED App, and CPD Modules Christian Sweeney (CEO Institute for Studies in Social Inclusion)
09:30 - 09:45	Welcome to Jerez	Sports Councillor of Jerez	Welcome to Jerez
09:45 - 10:15	Keynote 1: Deconstructing Definitions: Embracing the Fluidity and Hybridity of Martial Arts: WP2 Research	Senior Professor Dr. Richard Bailey (UCSI University) Master's in Philosophy and Master's in Neuroscience	Challenging essentialist definitions, promoting a pragmatic and inclusive understanding of TMA evolution.
10:15 - 10:45	Keynote 2: The Psychosocial Impact of Inclusive TMA: Evidence from the Field WP3 Research	Christian Sweeney (CEO, Institute for Studies in Social Inclusion)	Documented mental health benefits of TMA, the role of inclusive coaching.
10:45 - 11:15	Keynote 3: Martial Arts as a Public Health Imperative: Physical Benefits & Policy Implications WP2 Research	Senior Professor Dr. Richard Bailey (UCSI University)	Physical health benefits of TMA and its integration into public health strategies.
11:15 - 12:00	Networking Coffee Break		
12:00 - 12:30	COURSE 1: INCLUSIVE COACHING WITH CERTIFICATION BY UCSI UNIVERSITY	Ray Sweeney 8 th Dan 37th Most Influential Coach in the World (CoachSeek)	Practical tools for coaches on SRF & Toolkit components (e.g., adaptability, communication, inclusion). Knowledge, skills, attitudes for inclusive coaching, "nonclusive design."

	Introduction to inclusive coaching. Essential Competencies for A Diverse World - WP3 Toolkit	Institute for Studies in Social Inclusion and Visiting Fellow at the Faculty of Social Sciences and Liberal Arts, UCSI University	
12:30 - 13:00	Keynote 4: Building an International Council: A Vision for a World-Leading Martial Arts Research & Consultancy	Christian Sweeney (CEO of INSIDE EU)	Strategic vision for the International Council: research, consultancy, membership, and EU funding. Theory of Change Model. Next TMA4ALL Festival and Conferences Formal commitment to the Council, outlining next steps for membership, sign up and donations within lunch break.
13:00 - 14:00	Lunch Break and Networking		
14:00 - 14:15	IAIDO Demonstration	Antonio Hernandez 8 th Dan	A demonstration of laido, the art of drawing the sword.
14:15 - 14:45	Session 1: Project TMA4ALL: Disseminating Core Research Findings and Results	Christian Sweeney, TMA4ALL Coordinator and Senior Professor Dr. Richard Bailey	Presentations on project results: Unified concept: Senior Professor Dr. Richard Bailey, WP2, WP3, WP4, WP5 Toolkit, MAPPED App, and CPD Modules: Christian Sweeney, CEO, Institute for Studies in Social Inclusion
14:45 - 15:15	Session 2: Asian Oriental Studies	Professor Dr. Diego Lopez 8 th Dan. Specialist in Oriental Studies and Philosophy	Graduated in Asian Oriental Studies with special mention in Japanese. Master's in Philosophy and Modern Culture. Master's in Linguistics, Literature and Cultural Studies. Dr. of Philosophy. Professor of Japanese. Researcher to HUM968 responsible for Oriental Studies and Experience.
15:15 - 15:45	Session 3: Best Practices in Inclusive Martial Arts: Case Studies from the TMA4ALL Network	Expert Panel Discussion Led by Christian Sweeney	Case studies of how to create successful inclusive initiatives. Kavita Kapoor, Ray Sweeney, Prof. Dr. Richard Bailey, Renata Volaric, Ute Zipp-Konig, Karl-Hans Konig, Jose Maria Felix, Mikey Durbridge, Barnabus Kalina and Jack Collie, Antonio Hernandez.

15:45 - 16:45	Breakout Course 1: COURSE WITH CERTIFICATION BY UCSI UNIVERSITY Introduction to the Safeguarding & Protection of Children and Vulnerable Adults WP3 Toolkit	Ray Sweeney 8 th Dan 37 th Most Influential Coach in the World (CoachSeek)	Training course on safeguarding and protection principles for children and vulnerable adults.
15:45 - 16:45	Breakout Course 2: TECHNICAL KARATE	Katsu Tiru Jr. 5 th Dan	Experience a session with a world-famous karate coach
16:45 - 17:00	Evaluation	Adam Sweeney	
17:00	Closing Summation and Call to Action	Christian Sweeney	Next steps in funding for martial arts and next year's Festival and Conference in Germany