

# Martial Arts Psychology: A Journey in Personal Growth and Development

*By Edward John Overchuk, Ph.D.*

Download now

Read Online ➔

## **Martial Arts Psychology: A Journey in Personal Growth and Development**


By Edward John Overchuk, Ph.D.

What is it about the martial arts that has attracted man to participate in its rituals? Do these combative practices fulfill certain needs within man's psychological makeup? Or, do these combative movements complement the genetic programming of the masculine nature? Whatever the combat arts do, it seems likely that they have components which address both psychological needs and genetic programs within the practitioner. To gain a fuller understanding of one's developmental experiences in the martial arts, this book explores both physiological and psychological elements which may promote positive change within the practitioner.

According to the three axioms of hopology, the paradigm which studies man's combative behavior, "the foundation of human combative behavior is rooted in our evolution (Armstrong, 2002). To gain a realistic understanding of human combative behavior, it is necessary to have a grasp of its evolutionary background." (p. 6) This evolutionary theory makes up the content of the first chapter called "The Combative Nature of Man." In this chapter, I explore the anatomical structures that are related to combative behavior and how the martial arts may effect these assemblages in a positive way.

In Chapter Two, I address the change making properties within the combative arts from a psychological perspective. By way of personal encounters, my preliminary research findings, and a literature review, I suggest that there are three experiences that propagate personal change through martial arts participation: psychosocial development, cognitive re-constructions, and emotional management.

The final chapter investigates ways to improve the martial arts experience. In this chapter, I discuss methods to increase peak experiences in the martial arts. Concepts from sports psychology are also explored to enhance performance in the combat arts. The final section in this last chapter investigates ways to improve teaching and leadership skills so students reap the fullest benefit from their martial journeys.

 [\*\*Download\*\* Martial Arts Psychology: A Journey in Personal Gro ...pdf](#)

 [\*\*Read Online\*\* Martial Arts Psychology: A Journey in Personal G ...pdf](#)

# Martial Arts Psychology: A Journey in Personal Growth and Development

*By Edward John Overchuk, Ph.D.*

**Martial Arts Psychology: A Journey in Personal Growth and Development** By Edward John Overchuk, Ph.D.

What is it about the martial arts that has attracted man to participate in its rituals? Do these combative practices fulfill certain needs within man's psychological makeup? Or, do these combative movements compliment the genetic programming of the masculine nature? Whatever the combat arts do, it seems likely that they have components which address both psychological needs and genetic programs within the practitioner. To gain a fuller understanding of one's developmental experiences in the martial arts, this book explores both physiological and psychological elements which may promote positive change within the practitioner.

According to the three axioms of hopology, the paradigm which studies man's combative behavior, "the foundation of human combative behavior is rooted in our evolution (Armstrong, 2002). To gain a realistic understanding of human combative behavior, it is necessary to have a grasp of its evolutionary background." (p. 6) This evolutionary theory makes up the content of the first chapter called "The Combative Nature of Man." In this chapter, I explore the anatomical structures that are related to combative behavior and how the martial arts may effect these assemblages in a positive way.

In Chapter Two, I address the change making properties within the combative arts from a psychological perspective. By way of personal encounters, my preliminary research findings, and a literature review, I suggest that there are three experiences that propagate personal change through martial arts participation: psychosocial development, cognitive re-constructions, and emotional management.

The final chapter investigates ways to improve the martial arts experience. In this chapter, I discuss methods to increase peak experiences in the martial arts. Concepts from sports psychology are also explored to enhance performance in the combat arts. The final section in this last chapter investigates ways to improve teaching and leadership skills so students reap the fullest benefit from their martial journeys.

**Martial Arts Psychology: A Journey in Personal Growth and Development** By Edward John Overchuk, Ph.D. **Bibliography**

- Rank: #1570216 in Books
- Published on: 2006-10-20
- Released on: 2006-11-10
- Binding: Paperback
- 142 pages

 [Download Martial Arts Psychology: A Journey in Personal Gro ...pdf](#)

 [Read Online Martial Arts Psychology: A Journey in Personal G...pdf](#)

## **Download and Read Free Online Martial Arts Psychology: A Journey in Personal Growth and Development By Edward John Overchuk, Ph.D.**

---

### **Editorial Review**

#### **About the Author**

The author currently holds a 6th Degree Black Belt in the Tracy's System of Traditional Kenpo Karate. He is also a Certified Master Instructor in Kenpo with 24 years of teaching and training experience. The author graduated from Baldwin Wallace College with a BA in Psychology. He attained a Master of Arts Degree from John Carroll University in Counseling. On June 30, 2002, the author received a Ph.D. in Clinical Psychology from the Union Institute & University in Cincinnati, Ohio. His academic research involved the martial arts and psychology. He is presently an Assistant Professor at Kent State University in the Division of Aeronautics. The author teaches both Aviation and Self Defense class at the University. He is a former Captain for US Airways Express/PSA, holds an Airline Transport Pilots license, and Flight Instructor certificates for both airplanes and helicopters.

### **Users Review**

#### **From reader reviews:**

##### **Jeremy Scott:**

In this 21st one hundred year, people become competitive in most way. By being competitive right now, people have to do something to make them survive, being in the middle of the particular crowded place and notice by surrounding. One thing that occasionally many people have underestimated that for a while is reading. Yeah, by reading a reserve your ability to survive increase then having chance to stand up than other is high. For you personally who want to start reading the book, we give you that Martial Arts Psychology: A Journey in Personal Growth and Development book as starter and daily reading guide. Why, because this book is greater than just a book.

##### **James Horowitz:**

Your reading 6th sense will not betray an individual, why because this Martial Arts Psychology: A Journey in Personal Growth and Development e-book written by well-known writer we are excited for well how to make book that could be understood by anyone who all read the book. Written with good manner for you, dripping every idea and publishing skill only for eliminate your current hunger then you still question Martial Arts Psychology: A Journey in Personal Growth and Development as good book but not only by the cover but also from the content. This is one e-book that can break don't ascertain book by its handle, so do you still needing another sixth sense to pick this particular!? Oh come on your examining sixth sense already said so why you have to listening to yet another sixth sense.

##### **Doyle Swoope:**

This Martial Arts Psychology: A Journey in Personal Growth and Development is great book for you because the content that is full of information for you who always deal with world and still have to make decision every minute. This particular book reveals its information accurately using great coordinate word or

we can point out no rambling sentences inside it. So if you are read this hurriedly you can have whole facts in it. Doesn't mean it only provides you with straight forward sentences but difficult core information with lovely delivering sentences. Having Martial Arts Psychology: A Journey in Personal Growth and Development in your hand like getting the world in your arm, data in it is not ridiculous a single. We can say that no publication that offer you world with ten or fifteen second right but this publication already do that. So , this can be good reading book. Hey there Mr. and Mrs. occupied do you still doubt which?

**Fred Musso:**

Beside this Martial Arts Psychology: A Journey in Personal Growth and Development in your phone, it may give you a way to get more close to the new knowledge or details. The information and the knowledge you might got here is fresh through the oven so don't end up being worry if you feel like an older people live in narrow town. It is good thing to have Martial Arts Psychology: A Journey in Personal Growth and Development because this book offers to you readable information. Do you often have book but you rarely get what it's exactly about. Oh come on, that will not end up to happen if you have this in the hand. The Enjoyable arrangement here cannot be questionable, like treasuring beautiful island. Techniques you still want to miss it? Find this book in addition to read it from now!

**Download and Read Online Martial Arts Psychology: A Journey in Personal Growth and Development By Edward John Overchuk, Ph.D. #Q37OJEFD0HR**

# **Read Martial Arts Psychology: A Journey in Personal Growth and Development By Edward John Overchuk, Ph.D. for online ebook**

Martial Arts Psychology: A Journey in Personal Growth and Development By Edward John Overchuk, Ph.D. Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Martial Arts Psychology: A Journey in Personal Growth and Development By Edward John Overchuk, Ph.D. books to read online.

## **Online Martial Arts Psychology: A Journey in Personal Growth and Development By Edward John Overchuk, Ph.D. ebook PDF download**

**Martial Arts Psychology: A Journey in Personal Growth and Development By Edward John Overchuk, Ph.D. Doc**

**Martial Arts Psychology: A Journey in Personal Growth and Development By Edward John Overchuk, Ph.D. Mobipocket**

**Martial Arts Psychology: A Journey in Personal Growth and Development By Edward John Overchuk, Ph.D. EPub**

**Q37OJEFD0HR: Martial Arts Psychology: A Journey in Personal Growth and Development By Edward John Overchuk, Ph.D.**