

Table S1: Characteristics of the group according to the level of advancement in various martial arts.

Degree ($p=0.001^*$; es=0.13)	Total ⁺	karate	kung-fu	kick-boxing	MMA	Idokan	Taekwon-do	judo	jiu-jitsu
kyu/kup [♦]									
10	4 (2,76)	0 (0)	0 (0)	3 (2,07)	0 (0)	1 (0,69)	0 (0)	0 (0)	0 (0)
9	6 (4,14)	3 (2,07)	0 (0)	0 (0)	0 (0)	0 (0)	3 (2,07)	0 (0)	0 (0)
8	3 (2,07)	2 (1,38)	0 (0)	1 (0,69)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)
7	7 (4,83)	2 (1,38)	0 (0)	4 (2,76)	0 (0)	1 (0,69)	0 (0)	0 (0)	0 (0)
6	20 (13,79)	2 (1,38)	1 (0,69)	1 (0,69)	2 (1,38)	0 (0)	0 (0)	2 (1,38)	12 (8,28)
5	15 (10,34)	2 (1,38)	6 (4,14)	0 (0)	1 (0,69)	2 (1,38)	2 (1,38)	2 (1,38)	0 (0)
4	37 (25,52)	3 (2,07)	4 (2,76)	0 (0)	1 (0,69)	2 (1,38)	2 (1,38)	4 (2,76)	21 (14,48)
3	14 (9,66)	2 (1,38)	1 (0,69)	0 (0)	2 (1,38)	1 (0,69)	1 (0,69)	1 (0,69)	6 (4,14)
2	8 (5,52)	1 (0,69)	1 (0,69)	0 (0)	0 (0)	0 (0)	1 (0,69)	3 (2,07)	2 (1,38)
1	10 (6,9)	0 (0)	6 (4,14)	2 (1,38)	1 (0,69)	0 (0)	1 (0,69)	0 (0)	0 (0)
dan [♦]									
1	12 (8,28)	0 (0)	4 (2,76)	1 (0,69)	0 (0)	4 (2,76)	1 (0,69)	2 (1,38)	0 (0)
2	1 (0,69)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	1 (0,69)	0 (0)	0 (0)
3	2 (1,38)	1 (0,69)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	1 (0,69)	0 (0)
4	2 (1,38)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	2 (1,38)	0 (0)	0 (0)
5	1 (0,69)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	1 (0,69)	0 (0)	0 (0)
6	1 (0,69)	0 (0)	0 (0)	0 (0)	0 (0)	1 (0,69)	0 (0)	0 (0)	0 (0)
lack [♦]	2 (1,38)	0 (0)	0 (0)	0 (0)	2 (1,38)	0 (0)	0 (0)	0 (0)	0 (0)

Data are expressed as: [♦] (% in a given group),
⁺ n (% of all responses); es — effect size, * statistical significance

Table S2: Distribution of factors motivating undertaking physical activity within martial arts, taking into account the level of education of the respondents.

Answer $p=0.004^*$ es = 0.04	basic [♦]	medium [♦]	higher [♦]	higher/master degree [♦]
1.	23 (7,49)	18 (6,77)	12 (6,82)	23 (9,79)
2.	19 (6,19)	10 (3,76)	9 (5,11)	10 (4,26)
3.	15 (4,89)	14 (5,26)	9 (5,11)	11 (4,68)
4.	16 (5,21)	9 (3,38)	9 (5,11)	6 (2,55)
5.	22 (7,17)	20 (7,52)	12 (6,82)	8 (3,4)
6.	32 (10,42)	32 (12,03)	20 (11,36)	30 (12,77)
7.	35 (11,4)	32 (12,03)	19 (10,8)	35 (14,89)
8.	17 (5,54)	15 (5,64)	3 (1,7)	1 (0,43)
9.	11 (3,58)	13 (4,89)	9 (5,11)	17 (7,23)
10.	11 (3,58)	5 (1,88)	9 (5,11)	6 (2,55)
11.	8 (2,61)	2 (0,75)	1 (0,57)	2 (0,85)
12.	7 (2,28)	6 (2,26)	0 (0)	2 (0,85)
13.	19 (6,19)	19 (7,14)	14 (7,95)	27 (11,49)
14.	1 (0,33)	7 (2,63)	9 (5,11)	3 (1,28)
15.	28 (9,12)	29 (10,9)	20 (11,36)	34 (14,47)
16.	6 (1,95)	12 (4,51)	6 (3,41)	2 (0,85)
17.	4 (1,3)	1 (0,38)	0 (0)	1 (0,43)
18.	33 (10,75)	22 (8,27)	15 (8,52)	17 (7,23)
Total ⁺	307 (31,2)	266 (27,03)	176 (17,89)	235 (23,88)

Data are expressed as: [♦] – (% in a given group),
⁺ – n (% of all responses); es – effect size, * statistical significance

Table S3: Distribution of factors motivating undertaking physical activity within martial arts, taking into account individual competition groups.

Answer p=0.045* es = 0.04	jiu-jitsu♦	taekwon - do♦	kung-fu♦	judo♦	MMA♦	kick- boxing♦	idokan♦	karate♦
1.	9 (3,26)	5 (4,5)	18 (10,06)	14 (13,08)	5 (7,81)	6 (7,32)	9 (15,25)	10 (9,43)
2.	19 (6,88)	6 (5,41)	8 (4,47)	4 (3,74)	1 (1,56)	3 (3,66)	2 (3,39)	5 (4,72)
3.	18 (6,52)	6 (5,41)	10 (5,59)	7 (6,54)	2 (3,13)	2 (2,44)	1 (1,69)	3 (2,83)
4.	18 (6,52)	5 (4,5)	3 (1,68)	3 (2,8)	2 (3,13)	3 (3,66)	1 (1,69)	5 (4,72)
5.	21 (7,61)	8 (7,21)	7 (3,91)	10 (9,35)	6 (9,38)	6 (7,32)	2 (3,39)	2 (1,89)
6.	30 (10,87)	15 (13,51)	19 (10,61)	10 (9,35)	8 (12,5)	11 (13,41)	8 (13,56)	13 (12,26)
7.	31 (11,23)	15 (13,51)	20 (11,17)	13 (12,15)	6 (9,38)	11 (13,41)	10 (16,95)	15 (14,15)
8.	10 (3,62)	4 (3,6)	1 (0,56)	8 (7,48)	7 (10,94)	6 (7,32)	0 (0)	0 (0)
9.	9 (3,26)	4 (3,6)	14 (7,82)	5 (4,67)	4 (6,25)	2 (2,44)	1 (1,69)	11 (10,38)
10.	7 (2,54)	1 (0,9)	10 (5,59)	2 (1,87)	3 (4,69)	4 (4,88)	4 (6,78)	0 (0)
11.	4 (1,45)	2 (1,8)	4 (2,23)	1 (0,93)	1 (1,56)	0 (0)	0 (0)	1 (0,94)
12.	7 (2,54)	1 (0,9)	5 (2,79)	0 (0)	1 (1,56)	1 (1,22)	0 (0)	0 (0)
13.	22 (7,97)	11 (9,91)	15 (8,38)	5 (4,67)	5 (7,81)	4 (4,88)	5 (8,47)	12 (11,32)
14.	9 (3,26)	2 (1,8)	6 (3,35)	0 (0)	1 (1,56)	1 (1,22)	0 (0)	1 (0,94)
15.	29 (10,51)	13 (11,71)	20 (11,17)	12 (11,21)	5 (7,81)	9 (10,98)	7 (11,86)	16 (15,09)
16.	8 (2,9)	5 (4,5)	3 (1,68)	3 (2,8)	1 (1,56)	4 (4,88)	2 (3,39)	0 (0)
17.	4 (1,45)	0 (0)	0 (0)	1 (0,93)	0 (0)	0 (0)	0 (0)	1 (0,94)
18.	21 (7,61)	8 (7,21)	16 (8,94)	9 (8,41)	6 (9,38)	9 (10,98)	7 (11,86)	11 (10,38)
Total	276 (28,05)	111 (11,28)	179 (18,19)	107 (10,87)	64 (6,5)	82 (8,33)	59 (6)	106 (10,77)

Data are expressed as: ♦ – (% in a given group),
 + – n (% of all responses); es – effect size, * statistical significance

Table S4: Distribution of factors motivating undertaking physical activity within martial arts, taking into account the sex

Answer p=0.268 es = 0.03	men♦	women♦	Total+
1.	63 (8.33)	13 (5.70)	76 (7.72)
2.	32 (4.23)	16 (7.02)	48 (4.88)
3.	37 (4.89)	12 (5.26)	49 (4.98)
4.	31 (4.10)	9 (3.95)	40 (4.07)
5.	53 (7.01)	9 (3.95)	62 (6.30)
6.	89 (11.77)	25 (10.96)	114 (11.59)
7.	92 (12.17)	29 (12.72)	121 (12.30)
8.	26 (3.44)	10 (4.39)	36 (3.66)
9.	36 (4.76)	14 (6.14)	50 (5.08)
10.	25 (3.31)	6 (2.63)	31 (3.15)
11.	9 (1.19)	4 (1.75)	13 (1.32)
12.	11 (1.46)	4 (1.75)	15 (1.52)
13.	61 (8.07)	18 (7.89)	79 (8.03)
14.	12 (1.59)	8 (3.51)	20 (2.03)
15.	85 (11.24)	26 (11.40)	111 (11.28)
16.	22 (2.91)	4 (1.75)	26 (2.64)
17.	2 (0.26)	4 (1.75)	6 (0.61)
18.	70 (9.26)	17 (7.46)	87 (8.84)
Total+	756 (76.83)	228 (23.17)	984 (100)

Data are expressed as: ♦ – (% in a given group),
 + – n (% of all responses); es – effect size, * statistical significance

Table S5: Distribution of factors motivating undertaking physical activity within martial arts, taking into account the training experience

Answer p=0.403 es = 0.03	less than a year [♦]	two years [♦]	three years [♦]	four years and more [♦]	Total ⁺
1.	7 (5.93)	9 (5.70)	10 (7.75)	50 (8.64)	76 (7.72)
2.	8 (6.78)	11 (6.96)	5 (3.88)	24 (4.15)	48 (4.88)
3.	5 (4.24)	8 (5.06)	4 (3.10)	32 (5.53)	49 (4.98)
4.	7 (5.93)	10 (6.33)	6 (4.65)	17 (2.94)	40 (4.07)
5.	5 (4.24)	10 (6.33)	7 (5.43)	40 (6.91)	62 (6.30)
6.	16 (13.56)	16 (10.13)	13 (10.08)	69 (11.92)	114 (11.59)
7.	16 (13.56)	20 (12.66)	13 (10.08)	72 (12.44)	121 (12.30)
8.	2 (1.69)	7 (4.43)	4 (3.10)	23 (3.97)	36 (3.66)
9.	7 (5.93)	6 (3.80)	7 (5.43)	30 (5.18)	50 (5.08)
10.	2 (1.69)	3 (1.90)	8 (6.20)	18 (3.11)	31 (3.15)
11.	1 (0.85)	4 (2.53)	3 (2.33)	5 (0.86)	13 (1.32)
12.	----	5 (3.16)	4 (3.10)	6 (1.04)	15 (1.52)
13.	8 (6.78)	12 (7.59)	11 (8.53)	48 (8.29)	79 (8.03)
14.	4 (3.39)	4 (2.53)	4 (3.10)	8 (1.38)	20 (2.03)
15.	16 (13.56)	16 (10.13)	14 (10.85)	65 (11.23)	111 (11.28)
16.	----	4 (2.53)	2 (1.55)	20 (3.45)	26 (2.64)
17.	3 (2.54)	1 (0.63)	----	2 (0.35)	6 (0.61)
18.	11 (9.32)	12 (7.59)	14 (10.85)	50 (8.64)	87 (8.84)
Total ⁺	118 (11.99)	158 (16.06)	129 (13.11)	579 (58.84)	984 (100)

Data are expressed as: [♦] – (% in a given group),
⁺ – n (% of all responses); es – effect size, * statistical significance

Table S6: Distribution of factors motivating undertaking physical activity within martial arts, taking into account the parents' support in martial arts training

Answer p=0.983 es = 0.03	definitely yes [♦]	rather yes [♦]	hard to say [♦]	probably not [♦]	definitely not [♦]	Total ⁺
1.	37 (7.39)	16 (7.73)	10 (7.58)	9 (9.28)	4 (8.51)	76 (7.72)
2.	28 (5.59)	8 (3.86)	5 (3.79)	5 (5.15)	2 (4.26)	48 (4.88)
3.	32 (6.39)	10 (4.83)	5 (3.79)	1 (1.03)	1 (2.13)	49 (4.98)
4.	22 (4.39)	6 (2.90)	5 (3.79)	4 (4.12)	3 (6.38)	40 (4.07)
5.	32 (6.39)	13 (6.28)	11 (8.33)	3 (3.09)	3 (6.38)	62 (6.30)
6.	55 (10.98)	26 (12.56)	17 (12.88)	10 (10.31)	6 (12.77)	114 (11.59)
7.	61 (12.18)	24 (11.59)	16 (12.12)	13 (13.40)	7 (14.89)	121 (12.30)
8.	22 (4.39)	9 (4.35)	3 (2.27)	1 (1.03)	1 (2.13)	36 (3.66)
9.	25 (4.99)	10 (4.83)	6 (4.55)	5 (5.15)	4 (8.51)	50 (5.08)
10.	15 (2.99)	5 (2.42)	3 (2.27)	7 (7.22)	1 (2.13)	31 (3.15)
11.	9 (1.80)	2 (0.97)	----	1 (1.03)	1 (2.13)	13 (1.32)
12.	9 (1.80)	2 (0.97)	3 (2.27)	1 (1.03)	----	15 (1.52)
13.	35 (6.99)	19 (9.18)	13 (9.85)	10 (10.31)	2 (4.26)	79 (8.03)
14.	7 (1.40)	5 (2.42)	4 (3.03)	2 (2.06)	2 (4.26)	20 (2.03)
15.	50 (9.98)	24 (11.59)	17 (12.88)	14 (14.43)	6 (12.77)	111 (11.28)
16.	10 (2.00)	9 (4.35)	5 (3.79)	2 (2.06)	----	26 (2.64)
17.	4 (0.80)	2 (0.97)	----	----	----	6 (0.61)
18.	48 (9.58)	17 (8.21)	9 (6.82)	9 (9.28)	4 (8.51)	87 (8.84)
Total ⁺	501 (50.91)	207 (21.04)	132 (13.41)	97 (9.86)	47 (4.78)	984 (100)

Data are expressed as: [♦] – (% in a given group),
⁺ – n (% of all responses); es – effect size, * statistical significance

Table S7: Distribution of factors motivating undertaking physical activity within martial arts, taking into account the training frequency

Answer p=0.348 es = 0.03	once [♦]	twice [♦]	three times [♦]	four times and more [♦]	Total ⁺
1.	4 (10.26)	25 (6.83)	26 (9.42)	21 (6.93)	76 (7.72)
2.	1 (2.56)	24 (6.56)	11 (3.99)	12 (3.96)	48 (4.88)
3.	----	19 (5.19)	9 (3.26)	21 (6.93)	49 (4.98)
4.	----	21 (5.74)	8 (2.90)	11 (3.63)	40 (4.07)
5.	1 (2.56)	15 (4.10)	21 (7.61)	25 (8.25)	62 (6.30)
6.	6 (15.38)	42 (11.48)	33 (11.96)	33 (10.89)	114 (11.59)
7.	7 (17.95)	45 (12.30)	33 (11.96)	36 (11.88)	121 (12.30)
8.	----	7 (1.91)	15 (5.43)	14 (4.62)	36 (3.66)
9.	4 (10.26)	18 (4.92)	11 (3.99)	17 (5.61)	50 (5.08)
10.	1 (2.56)	8 (2.19)	10 (3.62)	12 (3.96)	31 (3.15)
11.	----	6 (1.64)	5 (1.81)	2 (0.66)	13 (1.32)
12.	----	6 (1.64)	6 (2.17)	3 (0.99)	15 (1.52)
13.	5 (12.82)	33 (9.02)	22 (7.97)	19 (6.27)	79 (8.03)
14.	----	8 (2.19)	5 (1.81)	7 (2.31)	20 (2.03)
15.	6 (15.38)	43 (11.75)	28 (10.14)	34 (11.22)	111 (11.28)
16.	----	6 (1.64)	9 (3.26)	11 (3.63)	26 (2.64)
17.	----	4 (1.09)	----	2 (0.66)	6 (0.61)
18.	4 (10.26)	36 (9.84)	24 (8.70)	23 (7.59)	87 (8.84)
Total ⁺	39 (3.96)	366 (37.20)	276 (28.05)	303 (30.79)	984 (100)

Data are expressed as: [♦] – (% in a given group),
⁺ – n (% of all responses); es – effect size, * statistical significance

Table S8: Distribution of factors motivating undertaking physical activity within martial arts, taking into account the place of residence

Answer p=0.059 es = 0.04	with parents [♦]	dormitory/ boarding house [♦]	own flat/ house [♦]	school boarding house [♦]	Total ⁺
1.	36 (7.19)	3 (6.00)	35 (8.45)	2 (10.53)	76 (7.72)
2.	28 (5.59)	3 (6.00)	17 (4.11)	----	48 (4.88)
3.	25 (4.99)	1 (2.00)	22 (5.31)	1 (5.26)	49 (4.98)
4.	24 (4.79)	1 (2.00)	15 (3.62)	----	40 (4.07)
5.	38 (7.58)	2 (4.00)	20 (4.83)	2 (10.53)	62 (6.30)
6.	55 (10.98)	6 (12.00)	52 (12.56)	1 (5.26)	114 (11.59)
7.	57 (11.38)	6 (12.00)	57 (13.77)	1 (5.26)	121 (12.30)
8.	30 (5.99)	2 (4.00)	2 (0.48)	2 (10.53)	36 (3.66)
9.	19 (3.79)	3 (6.00)	27 (6.52)	1 (5.26)	50 (5.08)
10.	14 (2.79)	1 (2.00)	14 (3.38)	2 (10.53)	31 (3.15)
11.	9 (1.80)	----	4 (0.97)	----	13 (1.32)
12.	10 (2.00)	1 (2.00)	3 (0.72)	1 (5.26)	15 (1.52)
13.	33 (6.59)	6 (12.00)	40 (9.66)	----	79 (8.03)
14.	7 (1.40)	2 (4.00)	11 (2.66)	----	20 (2.03)
15.	49 (9.78)	7 (14.00)	53 (12.8)	2 (10.53)	111 (11.28)
16.	15 (2.99)	2 (4.00)	7 (1.69)	2 (10.53)	26 (2.64)
17.	5 (1.00)	----	1 (0.24)	----	6 (0.61)
18.	47 (9.38)	4 (8.00)	34 (8.21)	2 (10.53)	87 (8.84)
Total ⁺	501 (50.91)	50 (5.08)	414 (42.07)	19 (1.93)	984 (100)

Data are expressed as: [♦] – (% in a given group),
⁺ – n (% of all responses); es – effect size, * statistical significance

Table S9: Respondents' attitude to practicing/training martial arts in their spare time by sex.

Sex p=0.408 es = 0.13	1	2	3	4	5	Total ⁺
woman [♦]	14 (38.89)	10 (27.78)	2 (5.56)	6 (16.67)	4 (11.11)	36 (24.83)
man [♦]	56 (51.38)	20 (18.35)	5 (4.59)	10 (9.17)	18 (16.51)	109 (75.17)
Total ⁺	70 (48.28)	30 (20.69)	7 (4.83)	16 (11.03)	22 (15.17)	145 (100)

Data are expressed as: [♦] – (% in a given group), ⁺ – n (% of all responses); es – effect size,
^{*} statistical significance; 1 - most willingly, 2 - willingly, 3 - indifferent,
 4 - not very willingly, 5 - reluctantly

Table S10: Respondents' attitude to practicing/training martial arts in relation to the level of education

Education p = 0.195 es = 0.10	1	2	3	4	5	Total ⁺
basic [♦]	27 (55.10)	12 (24.49)	1 (2.04)	6 (12.24)	3 (6.12)	49 (33.79)
medium [♦]	15 (41.67)	8 (22.22)	3 (8.33)	4 (11.11)	6 (16.67)	36 (24.83)
higher [♦]	6 (28.57)	4 (19.05)	1 (4.76)	2 (9.52)	8 (38.10)	21 (14.48)
higher/master degree [♦]	22 (56.41)	6 (15.38)	2 (5.13)	4 (10.26)	5 (12.82)	39 (26.90)
Total ⁺	70 (48.28)	30 (20.69)	7 (4.83)	16 (11.03)	22 (15.17)	145 (100)

Data are expressed as: [♦] – (% in a given group), ⁺ – n (% of all responses); es – effect size,
^{*} statistical significance; 1 - most willingly, 2 - willingly, 3 - indifferent,
 4 - not very willingly, 5 - reluctantly

Table S11: Respondents' attitude to practicing/training martial arts in relation to the training experience

Training experience p = 0.182 es = 0.10	1	2	3	4	5	Total ⁺
less than a year [♦]	11 (52.38)	3 (14.29)	1 (4.76)	1 (4.76)	5 (23.81)	21 (14.48)
two years [♦]	11 (42.31)	8 (30.77)	2 (7.69)	4 (15.38)	1 (3.85)	26 (17.93)
three years [♦]	5 (33.33)	6 (40.00)	2 (13.33)	1 (6.67)	1 (6.67)	15 (10.34)
four years and more [♦]	43 (51.81)	13 (15.66)	2 (2.41)	10 (12.05)	15 (18.07)	83 (57.24)
Total ⁺	70 (48.28)	30 (20.69)	7 (4.83)	16 (11.03)	22 (15.17)	145 (100)

Data are expressed as: [♦] – (% in a given group), ⁺ – n (% of all responses); es – effect size,
^{*} statistical significance; 1 - most willingly, 2 - willingly, 3 - indifferent,
 4 - not very willingly, 5 - reluctantly

Table S12: Respondents' attitude to practicing/training martial arts in relation to the parents' support in martial arts training

Support from parents p = 0.069 es = 0.10	1	2	3	4	5	Total ⁺
definitely not [♦]	4 (57.14)	----	1 (14.29)	1 (14.29)	1 (14.29)	7 (4.83)
probably not [♦]	7 (43.75)	4 (25.00)	----	1 (6.25)	4 (25.00)	16 (11.03)
hard to say [♦]	7 (38.89)	5 (27.78)	3 (16.67)	1 (5.56)	2 (11.11)	18 (12.41)
rather yes [♦]	9 (29.03)	7 (22.58)	1 (3.23)	8 (25.81)	6 (19.35)	31 (21.38)
definitely yes [♦]	43 (58.90)	14 (19.18)	2 (2.74)	5 (6.85)	9 (12.33)	73 (50.34)
Total ⁺	70 (48.28)	30 (20.69)	7 (4.83)	16 (11.03)	22 (15.17)	145 (100)

Data are expressed as: [♦] – (% in a given group), ⁺ – n (% of all responses); es – effect size,
^{*} statistical significance; 1 - most willingly, 2 - willingly, 3 - indifferent,
 4 - not very willingly, 5 - reluctantly

Table S13: Respondents' attitude to practicing/training martial arts in relation to the type of martial art

Type of martial art p = 0.296 es = 0.09	1	2	3	4	5	Total ⁺
karate [♦]	4 (22.22)	5 (27.78)	2 (11.11)	4 (22.22)	3 (16.67)	18 (12.41)
kung-fu [♦]	8 (34.78)	7 (30.43)	1 (4.35)	2 (8.70)	5 (21.74)	23 (15.86)
kickboxing [♦]	5 (41.67)	2 (16.67)	----	----	4 (33.33)	12 (8.28)
MMA [♦]	7 (77.78)	1 (11.11)	----	----	1 (11.11)	9 (6.21)
Idokan [♦]	8 (66.67)	2 (16.67)	----	1 (8.33)	1 (8.33)	12 (8.28)
taekwondo [♦]	6 (40.00)	2 (13.33)	----	3 (20.00)	4 (26.67)	15 (10.34)
judo [♦]	9 (60.00)	5 (33.33)	----	----	1 (6.67)	15 (10.34)
jiu-jitsu [♦]	23 (56.1)	6 (14.63)	3 (7.32)	6 (14.63)	3 (7.32)	41 (28.28)
Total ⁺	70 (48.28)	30 (20.69)	7 (4.83)	16 (11.03)	22 (15.17)	145 (100)

Data are expressed as: [♦] – (% in a given group), ⁺ – n (% of all responses); es – effect size,
^{*} statistical significance; 1 - most willingly, 2 - willingly, 3 - indifferent,
 4 - not very willingly, 5 - reluctantly

Table S14: Respondents' attitude to practicing/training martial arts in relation to the training frequency

Training frequency p = 0.294 es = 0.09	1	2	3	4	5	Total ⁺
once [♦]	3 (33.33)	2 (22.22)	1 (11.11)	2 (22.22)	1 (11.11)	9 (6.21)
twice [♦]	24 (41.38)	13 (22.41)	5 (8.62)	9 (15.52)	7 (12.07)	58 (40.00)
three times [♦]	18 (46.15)	10 (25.64)	1 (2.56)	3 (7.69)	7 (17.95)	39 (26.90)
four times and more [♦]	25 (64.10)	5 (12.82)	----	2 (5.13)	7 (17.95)	39 (26.90)
Total ⁺	70 (48.28)	30 (20.69)	7 (4.83)	16 (11.03)	22 (15.17)	145 (100)

Data are expressed as: [♦] – (% in a given group), ⁺ – n (% of all responses); es – effect size,
^{*} statistical significance; 1 - most willingly, 2 - willingly, 3 - indifferent,
 4 - not very willingly, 5 - reluctantly

Table S15: Respondents' attitude to practicing/training martial arts in relation to the place of residence

Place of residence p = 0.199 es = 0.10	1	2	3	4	5	Total ⁺
own flat/ house [♦]	33 (54.10)	9 (14.75)	3 (4.92)	4 (6.56)	12 (19.67)	61 (42.07)
with parents [♦]	35 (47.30)	17 (22.97)	3 (4.05)	9 (12.16)	10 (13.51)	74 (51.03)
dormitory/boarding house [♦]	1 (12.50)	3 (37.50)	1 (12.5)	3 (37.50)	----	8 (5.52)
school boarding house [♦]	1 (50.00)	1 (50.00)	----	----	----	2 (1.38)
Total ⁺	70 (48.28)	30 (20.69)	7 (4.83)	16 (11.03)	22 (15.17)	145 (100)

Data are expressed as: [♦] – (% in a given group), ⁺ – n (% of all responses); es – effect size,
^{*} statistical significance; 1 - most willingly, 2 - willingly, 3 - indifferent,
 4 - not very willingly, 5 - reluctantly

Table S16: Respondents' attitude to their own health in relation to parents' support in martial arts training.

Support from parents p=0.015 [*] es = 0.11	1	2	3	4	5	Total ⁺
definitely not [♦]	2 (28.57)	4 (57.14)	0 (0)	0 (0)	1 (14.29)	7 (4.83)
probably not [♦]	4 (25)	7 (43.75)	5 (31.25)	0 (0)	0 (0)	16 (11.03)
hard to say [♦]	9 (50)	7 (38.89)	2 (11.11)	0 (0)	0 (0)	18 (12.41)
rather yes [♦]	9 (29.03)	7 (22.58)	5 (16.13)	7 (22.58)	3 (9.68)	31 (21.38)
definitely yes [♦]	34 (46.58)	23 (31.51)	5 (6.85)	4 (5.48)	7 (9.59)	73 (50.34)
Total ⁺	58 (40)	48 (33.1)	17 (11.72)	11 (7.59)	11 (7.59)	145 (100)

Table S17: The respondents' attitude to their own health in relation to the sex

Sex p = 0.754 es = 0.06	1	2	3	4	5	Total ⁺
women [♦]	12 (33.33)	13 (36.11)	5 (13.89)	4 (11.11)	2 (5.56)	36 (24.83)
men [♦]	46 (42.20)	35 (32.11)	12 (11.01)	7 (6.42)	9 (8.26)	109 (75.17)
Total ⁺	58 (40.00)	48 (33.10)	17 (11.72)	11 (7.59)	11 (7.59)	145 (100)

Data are expressed as: [♦] – (% in a given group), ⁺ – n (% of all responses); es – effect size,
^{*} statistical significance; 1 - health is the most important for me, 2 - important,
 3 - indifferent, 4 - not very important, 5 - completely unimportant

Table S18: The respondents' attitude to their own health in relation to the training experience

Training experience p = 0.515 es = 0.08	1	2	3	4	5	Total ⁺
less than a year [♦]	7 (33.33)	8 (38.10)	2 (9.52)	1 (4.76)	3 (14.29)	21 (14.48)
two years [♦]	7 (26.92)	9 (34.62)	6 (23.08)	3 (11.54)	1 (3.85)	26 (17.93)
three years [♦]	8 (53.33)	5 (33.33)	2 (13.33)	----	----	15 (10.34)
four years and more [♦]	36 (43.37)	26 (31.33)	7 (8.43)	7 (8.43)	7 (8.43)	83 (57.24)
Total ⁺	58 (40.00)	48 (33.10)	17 (11.72)	11 (7.59)	11 (7.59)	145 (100)

Data are expressed as: [♦] – (% in a given group), ⁺ – n (% of all responses); es – effect size,
^{*} statistical significance; 1 - health is the most important for me, 2 - important,
 3 - indifferent, 4 - not very important, 5 - completely unimportant

Table S19: The respondents' attitude to their own health in relation to the type of martial art

Type of martial art p = 0.195 es = 0.09	1	2	3	4	5	Total ⁺
karate [♦]	4 (22.22)	9 (50.00)	3 (16.67)	1 (5.56)	1 (5.56)	18 (12.41)
kung-fu [♦]	7 (30.43)	7 (30.43)	2 (8.70)	3 (13.04)	4 (17.39)	23 (15.86)
kickboxing [♦]	4 (33.33)	3 (25.00)	4 (33.33)	----	1 (8.33)	12 (8.28)
MMA [♦]	7 (77.78)	1 (11.11)	----	1 (11.11)	----	9 (6.21)
Idokan [♦]	8 (66.67)	2 (16.67)	2 (16.67)	----	----	12 (8.28)
taekwondo [♦]	4 (26.67)	5 (33.33)	1 (6.67)	3 (20.00)	2 (13.33)	15 (10.34)
judo [♦]	8 (53.33)	5 (33.33)	----	1 (6.67)	1 (6.67)	15 (10.34)
jiu-jitsu [♦]	16 (39.02)	16 (39.02)	5 (12.20)	2 (4.88)	2 (4.88)	41 (28.28)
Total ⁺	58 (40.00)	48 (33.10)	17 (11.72)	11 (7.59)	11 (7.59)	145 (100)

Data are expressed as: [♦] – (% in a given group), ⁺ – n (% of all responses); es – effect size,
 * statistical significance; 1 - health is the most important for me, 2 - important,
 3 - indifferent, 4 - not very important, 5 - completely unimportant

Table S20: The respondents' attitude to their own health in relation to the training frequency

Training frequency p = 0.611 es = 0.08	1	2	3	4	5	Total ⁺
once [♦]	4 (44.44)	2 (22.22)	2 (22.22)	1 (11.11)	----	9 (6.21)
twice [♦]	23 (39.66)	18 (31.03)	7 (12.07)	6 (10.34)	4 (6.90)	58 (40.00)
three times [♦]	16 (41.03)	15 (38.46)	6 (15.38)	----	2 (5.13)	39 (26.90)
four times and more [♦]	15 (38.46)	13 (33.33)	2 (5.13)	4 (10.26)	5 (12.82)	39 (26.90)
Total ⁺	58 (40.00)	48 (33.10)	17 (11.72)	11 (7.59)	11 (7.59)	145 (100)

Data are expressed as: [♦] – (% in a given group), ⁺ – n (% of all responses); es – effect size,
 * statistical significance; 1 - health is the most important for me, 2 - important,
 3 - indifferent, 4 - not very important, 5 - completely unimportant

Table S21: The respondents' attitude to their own health in relation to the place of residence

Place of residence p = 0.129 es = 0.10	1	2	3	4	5	Total ⁺
own flat/ house [♦]	28 (45.90)	19 (31.15)	3 (4.92)	5 (8.20)	6 (9.84)	61 (42.07)
with parents [♦]	28 (37.84)	26 (35.14)	11 (14.86)	4 (5.41)	5 (6.76)	74 (51.03)
dormitory/boarding house [♦]	1 (12.50)	3 (37.50)	3 (37.50)	1 (12.50)	----	8 (5.52)
school boarding house [♦]	1 (50.00)	----	----	1 (50.00)	----	2 (1.38)
Total ⁺	58 (40.00)	48 (33.10)	17 (11.72)	11 (7.59)	11 (7.59)	145 (100)

Data are expressed as: [♦] – (% in a given group), ⁺ – n (% of all responses); es – effect size,
 * statistical significance; 1 - health is the most important for me, 2 - important,
 3 - indifferent, 4 - not very important, 5 - completely unimportant

Table S22: Respondents' attitude to nature and ecology, taking into account the training experience

Training experience	1	2	3	4	5	Total ⁺
p = 0.099						
es = 0.10						
less than a year [♦]	5 (23.81)	10 (47.62)	2 (9.52)	4 (19.05)	----	21 (14.48)
two years [♦]	8 (30.77)	13 (50.00)	3 (11.54)	1 (3.85)	1 (3.85)	26 (17.93)
three years [♦]	3 (20.00)	10 (66.67)	2 (13.33)	----	----	15 (10.34)
four years and more [♦]	37 (44.58)	21 (25.30)	14 (16.87)	9 (10.84)	2 (2.41)	83 (57.24)
Total ⁺	53 (36.55)	54 (37.24)	21 (14.48)	14 (9.66)	3 (2.07)	145 (100)

Data are expressed as: [♦] – (% in a given group), ⁺ – n (% of all responses);
 es – effect size, * statistical significance; 1 - very important, 2 - important,
 3 - indifferent, 4 - not very important, 5 - completely unimportant

Table S23: Respondents' attitude to nature and ecology, taking into account the parents' support in martial arts training

Support from parents	1	2	3	4	5	Total ⁺
p = 0.904						
es = 0.06						
definitely not [♦]	2 (28.57)	3 (42.86)	1 (14.29)	1 (14.29)	----	7 (4.83)
probably not [♦]	3 (18.75)	9 (56.25)	3 (18.75)	1 (6.25)	----	16 (11.03)
hard to say [♦]	7 (38.89)	9 (50.00)	1 (5.56)	1 (5.56)	----	18 (12.41)
rather yes [♦]	11 (35.48)	9 (29.03)	6 (19.35)	4 (12.90)	1 (3.23)	31 (21.38)
definitely yes [♦]	30 (41.10)	24 (32.88)	10 (13.70)	7 (9.59)	2 (2.74)	73 (50.34)
Total ⁺	53 (36.55)	54 (37.24)	21 (14.48)	14 (9.66)	3 (2.07)	145 (100)

Data are expressed as: [♦] – (% in a given group), ⁺ – n (% of all responses);
 es – effect size, * statistical significance; 1 - very important, 2 - important,
 3 - indifferent, 4 - not very important, 5 - completely unimportant

Table S24: Respondents' attitude to nature and ecology, taking into account the type of martial art

Type of martial art	1	2	3	4	5	Total ⁺
p = 0.199						
es = 0.09						
karate [♦]	4 (22.22)	8 (44.44)	5 (27.78)	1 (5.56)	----	18 (12.41)
kung-fu [♦]	5 (21.74)	10 (43.48)	2 (8.70)	5 (21.74)	1 (4.35)	23 (15.86)
kickboxing [♦]	4 (33.33)	5 (41.67)	2 (16.67)	----	1 (8.33)	12 (8.28)
MMA [♦]	6 (66.67)	----	2 (22.22)	1 (11.11)	----	9 (6.21)
Idokan [♦]	8 (66.67)	4 (33.33)	----	----	----	12 (8.28)
taekwondo [♦]	5 (33.33)	4 (26.67)	5 (33.33)	1 (6.67)	----	15 (10.34)
judo [♦]	5 (33.33)	8 (53.33)	1 (6.67)	1 (6.67)	----	15 (10.34)
jiu-jitsu [♦]	16 (39.02)	15 (36.59)	4 (9.76)	5 (12.20)	1 (2.44)	41 (28.28)
Total ⁺	53 (36.55)	54 (37.24)	21 (14.48)	14 (9.66)	3 (2.07)	145 (100)

Data are expressed as: [♦] – (% in a given group), ⁺ – n (% of all responses);
 es – effect size, * statistical significance; 1 - very important, 2 - important,
 3 - indifferent, 4 - not very important, 5 - completely unimportant

Table S25: Respondents' attitude to nature and ecology, taking into account the training frequency

Training frequency	1	2	3	4	5	Total ⁺
p = 0.198						
es = 0.10						
once [♦]	4 (44.44)	3 (33.33)	1 (11.11)	1 (11.11)	----	9 (6.21)
twice [♦]	21 (36.21)	24 (41.38)	6 (10.34)	5 (8.62)	2 (3.45)	58 (40.00)
three times [♦]	12 (30.77)	17 (43.59)	9 (23.08)	----	1 (2.56)	39 (26.90)
four times and more [♦]	16 (41.03)	10 (25.64)	5 (12.82)	8 (20.51)	----	39 (26.90)
Total ⁺	53 (36.55)	54 (37.24)	21 (14.48)	14 (9.66)	3 (2.07)	145 (100)

Data are expressed as: [♦] – (% in a given group), ⁺ – n (% of all responses);
 es – effect size, * statistical significance; 1 - very important, 2 - important,
 3 - indifferent, 4 - not very important, 5 - completely unimportant

Table S26: Respondents' attitude to nature and ecology, taking into account the place of residence

Place of residence	1	2	3	4	5	Total ⁺
p = 0.237						
es = 0.09						
own flat/ house [♦]	27 (44.26)	20 (32.79)	7 (11.48)	7 (11.48)	----	61 (42.07)
with parents [♦]	24 (32.43)	30 (40.54)	10 (13.51)	7 (9.46)	3 (4.05)	74 (51.03)
dormitory/boarding house [♦]	1 (12.50)	3 (37.50)	4 (50.00)	----	----	8 (5.52)
school boarding house	1 (50.00)	1 (50.00)	----	----	----	2 (1.38)
Total ⁺	53 (36.55)	54 (37.24)	21 (14.48)	14 (9.66)	3 (2.07)	145 (100)

Data are expressed as: [♦] – (% in a given group), ⁺ – n (% of all responses);
 es – effect size, * statistical significance; 1 - very important, 2 - important,
 3 - indifferent, 4 - not very important, 5 - completely unimportant