The descriptions and assessments relate to events between December 2016 and December 2017, and to the latest literature, from 2015 to 2017.

The contents cover scientific advancements and promotions in martial arts; awards and decorations; the admission of new members to the Idokan Poland Association (IPA); conferences and other important events (both scientific and the practising of martial arts). Similarly to previous volumes, these are followed by information on new publications and brief reviews of them. This article contains not only factual material, but also evaluation resulting from the selection of events and literature, as well as assessments of substance.