



## The True Art of Fighting

By Master Geoff Bennett  
World Chief Instructor  
Geoff Bennett Martial Arts International

Fighting is not something that any person should take lightly, as it is messy and dirty to the point of Lethal So we should avoid conflict at all cost, as under most circumstances even the victor is a loser.

He may have won a small victory, Large in his eyes and his close associates.

But a loss in the eyes of most people in society.

We are not to debate the pros and cons of society, just the combat side of this altercation.

So at the moment of conflict every millisecond of time is a window of opportunity.

Why do I talk of milliseconds?

Well in the combat zone you will see many changes in the eyes, body language, and even skin and complex

These can be glazing of the eyes, widening of the pupils, blood loss to the outer body and face and minor body tremors. All these are signs of body preparation for lethal combat.

If you have not taken notice or taken too much notice you could be in a world of trouble.

When you talk of the hand and body speeds, that can be achieved by top athletes well over 100 km per hour. That's 28 mm per millisecond for a hand.

Then you start to realize that you don't have a great deal of time to question the movement that may or may not be coming at you, let alone where and how strong.

We start to realize why most martial arts use a long fighting distance to give a greater time gap for their response.

But in reality you need to close your gap and increase your response through sensitivity, awareness and perception.

If you are going to take the time to look, observe or acknowledge, then you have lost your response and therefore the time and distance of combat has changed.

So then be aware and respond, but do not take the time to notice

Observe and react but do not think.

We now can move forward to the new development of our fighting skills, the illusive Living Breathing Dance of death.

Each and every movement a window to the illusion of the next function.

If we concentrate on the movement we miss the window and vice versa.

If we must learn to dance with our opponent, moment by moment and as the distance changes the tempo and cadence must also change to suit our new dance relationship.

Speed alone is not the answer, as you have created a new danger and must be sensitive to learn to respond to the new environment. Using new tools perception, awareness, sensitivity, recoil and redirection to live in this dance zone.

How to develop these skills ?

Not at the gym pumping iron as this will develop large muscles and large power up times, or motor gap times and leave open doors in your defense.

Not at the gym punching the big bag as this is usually done from a egotistical approach and develops the same open doors.

But under the close scrutiny of a competent instructor directing your development through close quarter interaction, with a competent opponent looking to develop the same skills in a mirror

You have to do the dance and play the tune.

Have some fun and lots of faith in your fellow student and instructor.

If you are scared or trying to win points then you are going to have to fight your Ego as well.

[geoffreybennett@optusnet.com.au](mailto:geoffreybennett@optusnet.com.au)

or visit the Website [www.martialarts-int.com.au](http://www.martialarts-int.com.au) to find out more about this exciting system and

View our short movies