



Geoff

Bennett

Martial

Arts

International

NEWSLETTER

Jan & Feb 2010

Training Times

Mondays/Fridays (6.00-8.00 pm)

Bass Hill
Bankstown

Tuesdays (6.30-8.30pm)

Blacktown PCYC
30, 2nd Avenue
Blacktown

Wednesdays (6.00-8.00pm)

Saturdays(1.30-4.00pm)

PCYC Eastern Suburbs
26A Bunnerong Rd
Daceyville

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SENSITIVITY/STICKY HANDS

Geoff Bennett

Head of Geoff Bennett Martial Arts International

All martial arts have a *moment of time* called the intercepting zone of a punch kick or contact point, whether it is related to the impact of the opponent's body or just the opponent's defence functions. Sticky hands and sensitivity drills are to prepare the body for this *moment in time* and the diverse capabilities that can be an outcome of this moment in time.

At GBMAI, we teach you how to reprogram your mind and body to be able to react to this moment in time. This moment in time can be as short as 10 milliseconds or as long as 80 milliseconds. Once it gets to a point that is greater than 80 milliseconds or 100 milliseconds, you are virtually in a "stuck" mode, not in a "stick" mode. Many people misinterpret the sticky hands function as you are "stuck" instead of "stick". The moment in time of interaction is a point of "stick" where you instantly stick to each other and then redirect and twitch off that function until the breaking of the rhythm of the contact, therefore the direction of the energy can be diversified into other zones. This is where it gets complex, it is not only first feeling that instant touch but from that instant touch, you have to develop the feel to determine your opponent's power in the punch or kick or motion, the direction of the motion, the height of the motion, and the determination in the motion. That all happens in **feeling**. If you try to think what he is doing, you have already missed the opportunity and you would have "stuck" to your opponent. Once you are "stuck", your opponent has the opportunity to overpower you (overbear on your arms and therefore on your body energy) and therefore take advantage of the circumstances. But if you "stick" or twitch on the "stick" to your next available window* to confuse your opponents and give you the opportunity to strike in zones he is unprepared for.

When we take this "stick" and "sensitivity" and we apply to the wooden dummy training scenario, we are looking for similar outcomes of the bounce of the arms. Your arm interacts with the dummy's arm. The dummy's arms have a moveable amount of "play". That "plays" needs to be addressed very quickly with a high degree of impact speed and sensitivity. At the point of time when the "play" is being lost, that is when you have to instigate a redirection function to another area on the dummy. No good just "sticking" to that spot and powering against that spot. When you go the 108 (or now the new 116) movements of the wooden dummy by Yip Man, you will actually see that there are moments in time and therefore doesn't show a true relationship to this "stick" and sensitivity drill that you can obtain from the dummy. It is not a matter of power. It is not a matter of overbearing. It is a matter

* "Window of opportunity" - *this is why we always talk about doors and windows. When you're actually looking at police trying to get to a drug bust zone, the police actually attack at multiple prongs. They don't actually go in one zone. When you're attacking in one zone, they will try to go out in other areas. Therefore you have to actually close the doors and open the windows or roof or walls in order to get in. Same in sticky hands and sensitivity drills scenarios.*

Grading

Students, you are reminded that your performance in class is being assessed for grading. You will be informed by the end of March. Please ensure that your membership is current.



Welcome New Members

GBMAI welcomes the following new students:-

Ethan Simpson-Kirby (Daceyville)
Talia Simpson-Kirby (Daceyville)



A Happy Birthday wish to the following members who will be celebrating their birthday in February:-

Ross Bennett (Blacktown)
Joshua Fernandes (Daceyville)
Stephen Diakatos (Daceyville)



Membership Due

The following members please note that your membership is due in:-

January: Stephen Diakatos
Thomas Fisher

February: George Constantinos
Ayrton Smith



Training at **Bass Hill** is as follows:

Week 1: 1 February
Week 2: 8 February
Week 3: 15 February
Week 4: 22 February 2010.



Are you a PCYC member?

Anyone training at the PCYC centre must be a PCYC member. You can collect the application form at the reception at the PCYC.



All **training fees** must be paid after each session. Those paying on a monthly basis, please ensure payment is made within the first week of each month.



of actually twitching sensitively to the play and rigidity of your opponent. The dummy can give you this by increasing its noise velocity on every impact. At the same time, allowing you to possibly hit your dummy without gaps in the time. So, instead of being slow bearing thumps, it is very high speed cracks and twitches on the dummy. Your hand is hitting in multiple zones and your feet and leg traps are also getting the same scenarios with twitches of energy on this “stick” and flow and redirect.

Now to apply this sensitivity/sticky hands and wooden dummy principles into a functioning, defence and counter attack capability. The sensitivity gives you the ability to redirect. The “stick” gives your body a pulse energy of your opponent’s attack. That pulse energy redirects your core, centreline and pivot point. By redirecting that energy into those areas, pulses secondary techniques and also complex techniques of the sensitivity of the initial “stick”. The initial stick is at the same time using that redirected energy and rolling and turning that interactive stick into a secondary and follow-up function after the initial return pulse. This gets very complex because if I try to break it down, you are talking about 5 to 7 functions happening in a half second period. The mind can fathom this but the mind cannot fathom what the body does because it happens so fast in that half second period that the muscle twitches and joint vibration, core redirection are just too complex for the mind to fathom in such a short time frame.

At the point of time when your opponent’s punch comes at you, this gives you a bit of fear factor and adrenalin rush. That should twitch your hand instantly towards a moment of contact (the art of intercepting fists by Bruce Lee). At that point in time, the interception now becomes a momentary sensitivity action with a “stick”. The interaction of that “stick” gives the energy to your arm, shoulder, upper centreline pivot points and therefore affecting the core. This core energy can again be redirected slowly but surely into secondary and quad pulses. (We are all the way to the shoulder now with the initial impact). Twitching across the shoulder into your second hand with only a minor quiver on the core gives us a second impact onto our opponent. As this twitch goes across the shoulder and start to snap a punch out toward your opponent, the initial impact hand which is the intercepting fist point, redirects and drags in a direction whether it be slightly back, slightly down, slightly out, slightly in, slightly up, slightly forward. That can happen with a rolling twist, a drag or a secondary pulse. A secondary pulse is what we call a “tap, tap” or “twitch, twitch” pulse. When that happens, the core feels the twin vibration with the offset vibration of the extending hand from the opposite side of the body going out. The core then applies the same twitch, out of phase to the knee and hip, extending stomp kick, front kick, inside front kick, roundhouse kick, etc, into your opponent, out of phase with the secondary follow-up punch. This whole energy factor, around your core, means there is no loss of energy. It is virtually a super high speed twitchy touch or black style Tai Chi. (Not many people know about the black style Tai Chi but they are very fast, very dynamic and good at conserving your energy and using your opponent’s energy to motivate a return strike). This degree of sensitivity obtained has to be worked through a slow process. So, you



WEAPONS

Students who have been a member of GBMAI for more than 6 months are advised to purchase their own weapons ie arnis sticks, knife and long pole (and gloves).

Items available for purchase from GBMAI: wooden knife, Arnis sticks (pair); long pole; wooden broadsword, wooden Tai Chi saber, GBMAI keychain, Cap, T-shirt and custom made Kung fu pants. For prices, please contact the administrator.



Safety Equipment

GBMAI will be expanding its weapons' use. Under the Health, Safety and Insurance Liabilities guidelines, the Martial Arts Industry Association requires that safety equipment must be used during all lessons where necessary. Therefore, safety equipment and weapons will have to be purchased for your own use and safety.

Although you can purchase these (safety equipment and weapons) through Geoff Bennett Martial Arts International, this does not mean that GBMAI accepts any responsibility for loss, damage or injury related to the purchase or use of this said equipment. This is done at the risk of the person or persons purchasing or using said equipment.

The essential safety equipment are mouth guard, safety glasses, padded gloves. Optional equipment are forearm pads, shin pads and groin guard. Weapons that you can purchase are long pole, Arnis sticks (pair), wooden knife. Senior students are advised to purchase their own wooden swords (broadsword, Tai Chi saber).

The above safety equipment is mandatory for weapons training and advanced development of students at GBMAI.



Changing Room facilities

Once again, students are advised to utilise the new changing room facilities available at both PCYCs in Daceyville and Blacktown. *The training hall is not your personal changing room and we do not wish to show disrespect to our seniors and visitors.*



break this into 10 sections then you do section 1, then you add section 2, and so forth.

The first section is initially your eyes have to see the function - your opponent coming at you. The adrenalin from the fear factor kicks in. The hand addresses the function coming up. At the point of interaction, you have already gone to stage 4.

1. Seeing
2. Respond
3. Body motion starting to move
4. Hand intercepting the function
5. Energy twitching back into the hand and recovering across the shoulder
6. The core is being affected
7. The hand is starting to strike out
8. The initial impact is redirecting
9. The hip and knee is starting to pulse
10. The foot is also hitting your opponent just out of phase with the hand.

In conclusion, we have spoken about sensitivity/awareness, wooden dummy, sticky hands and the complete interaction of those three core functions. They are not separate issues. It is not something you do on the dummy. It is not something you do when you're in the sensitivity zone. It is not something you do only when you're in combat zone. The whole thing is the same thing - one and the same. When you're doing a technique in class about sensitivity, the whole thing has to be in your mind (about this moment of time) of an explosion of multiple points of your body. As the wooden dummy is an inanimate object (it cannot attack you), you have to put a little extra energy in your expression, your emotional content. This emotional content gives you the ability to motivate the dummy and use the sensitivity (after the initial moment of interaction) as an attack zone instead of just "sense" zone. As an attack drill, the dummy gives you that ability without a partner. As a sensitivity drill, you are still doing the same sensitivity/sticky hands drills on the dummy and then same scenario when you actually break it down, analysing every little bit and try to actually put them together when you're still in motion. That will conclude then how to develop these skills from a piece of paper into actual function that can be beneficial to you during combat.



HAPPY VALENTINE'S DAY

GBMAI Class Rules

A GBMAI student*

- must show respect to all instructors and seniors
- must show tolerance and set a good example to all others
- shall never misuse GBMAI at training and in public
- must be properly attired (in uniform or appropriate clothing) for training
- must enter and leave the training hall in an orderly manner and refrain from abusing the available facility
- must ensure all equipment used during training is not mistreated it must be correctly maintained and handled with care
- Failure to adhere to these Class Rules will slow you and your fellow student's progress and also reduce your chances of passing Grades.

*Students under 12, please have your parents explain the class rules to you.



Training syllabus for 2009/2010

Bankstown (Mondays/Fridays) & Blacktown (Tuesdays)

Week	Date	Lessons
32	2 Feb 10	Sensitivity/Sticky hands, Long pole/spear , Kicks/Stretching
33	9 Feb 10	Technique, Punch/Blocking , Sparring
34	16 Feb 10	Weapons, Sensitivity/Sticky hands , Punch / Blocking
35	23 Feb 10	Stick/Knife, Technique , Forms

Daceyville (Wednesdays & Saturdays)

Week	Date	Lesson
32	3 Feb 10	Weapons, Sensitivity/Sticky hands , Punch / Blocking
	6 Feb 10	Groundwork/Exercise, Forms , Sensitivity/Sticky hands
33	10 Feb 10	Stick/Knife, Technique , Forms
	13 Feb 10	Kicks/Stretching, Weapons , Technique
34	17 Feb 10	Long pole/spear, Groundwork/Exercise , Weapons
	20 Feb 10	Sparring, Stick/Knife , Groundwork/Exercise
35	24 Feb 10	Punch / Blocking, Kicks/Stretching , Stick/Knife
	27 Feb 10	Sensitivity/Sticky hands, Long pole/spear , Kicks/Stretching

