



Kicking, a closed range function?

by Alvin Kan
GBMAI

Geoff

Bennett

Martial

Arts

International

NEWSLETTER

July 2009

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

Postal Address:
PO Box 7048, Bass Hill, NSW 2197
Tel: 9644 9376; Fax: 9786 4466
Mobile: 0405 575937
Website: www.martialarts-int.com.au

Kicking range is defined as the distance whereby a person can effectively strike their opponent with either foot as a weapon. Many people are stuck in the paradigm where kicks are only delivered within this range. Kicks, in fact, can be delivered effectively to the leg, groin, torso and head in kicking, punching and trapping range. Why is it then, this is seldom the case in sparring and in real combat. I can hypothesised two reasons:

- a) Lack of knowledge
- b) Lack of effort

Knowledge

People often do not have the knowledge to develop an *effective* kicking arsenal within kicking range. Their ineffective kicking arsenal is rendered completely useless in any other range. A person should train under a master kicker who understands the physics of kicking together with the knowledge of the human anatomy so that the theory can be applied.

Subtle movements, body shape, simple body mechanic and physics are all too often omitted out of ignorance in favor of simple power (torque) which works only in narrow power band and is hard to adjust.

Effort

To be able to kick effectively, takes a lot of effort, far more so than handwork. Not many people are willing to put in the effort required to become a truly effective kicker. Many people spend time trying to ensure that their punches are non-telegraphic. How many people are willing to put in three times that effort to ensure that they do not shuffle, hop, lean back or wind up before they kick.

Effort includes preparation which in kicking terms means stretching, strengthening and coordinating the hip region (which is often neglected) as well as the leg muscles (the area most targeted).

In learning to kick effectively not only should a complete kick program be undertaken but this must also be seamlessly incorporated with other striking functions to ensure deception, elusiveness and effectiveness.



A **Happy Birthday** wish to the following members who will be celebrating their birthday in July:-
 Ayrton Smith (Bass Hill)
 Julius Juarez (Sweden)
 David Friedman (Daceyville)



Membership Due

The following members please note that your membership is due this month:-
 Nicole Moffett (Daceyville)
 Bryan Peig (Blacktown)



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

- Week 1: 6 July
- Week 2: 13 July
- Week 3: 20 July
- Week 4: 27 July 2009.



The **workshop** on Spear Form scheduled for 28 June has been **postponed**. You will be informed of the new date soon. We apologize for any inconvenience.



Photo Gallery



Training syllabus for 2009/2010

Bankstown (Mondays/Fridays) & Blacktown (Tuesdays)

Week	Date	Lessons
1		Weapons, Sensitivity/Sticky hands , Punch / Blocking
2	7 Jul 09	Stick/Knife, Technique , Forms
3	14 Jul 09	Long pole/spear, Groundwork/Exercise , Weapons
4	21 Jul 09	Punch / Blocking, Kicks/Stretching , Stick/Knife
5	28 Jul 09	Forms, Sparring , Long pole/spear

Daceyville (Wednesdays & Saturdays)

Week	Date	Lesson
1	1 Jul 09	Weapons, Sensitivity/Sticky hands , Punch/Blocking
	4 Jul 09	Groundwork/Exercise, Forms , Sensitivity/Sticky hands
2	8 Jul 09	Stick/Knife, Technique , Forms
	11 Jul 09	Kicks/Stretching, Weapons , Technique
3	15 Jul 09	Long pole/spear, Groundwork/Exercise , Weapons
	18 Jul 09	Sparring, Stick/Knife , Groundwork/Exercise
4	22 Jul 09	Punch / Blocking, Kicks/Stretching , Stick/Knife
	25 Jul 09	Sensitivity/Sticky hands, Long pole/spear , Kicks/Stretching
5	29 Jul 09	Forms, Sparring , Long pole/spear

