

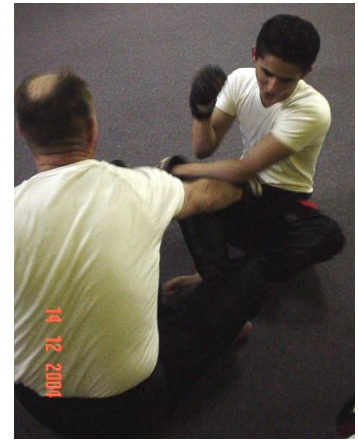


# Sit-down sparring

by *Geoff Bennett*

Head of Geoff Bennett Martial Arts International

One of the exercises we often practise is the sit-down sparring. With your gloves on, you and your partner are seated cross legged on the floor, facing each other. Both your right knees are touching each other. Using only your right arm (with your left arm behind your back), you learn how to attack (punch) and defend (block) yourself. You do the same with your left knee and left arm. And then with both knees touching your partner's both knees, use both arms to punch and block.



This exercise teaches you to attack and defend at close quarters. Being seated cross legged and so close to your opponent limits your ability to "run away" from your attacker. Hence, forcing you to react faster. You need to seize the opportunity to attack (ie punch) whenever you see an opening (either to the head, chest or stomach).



The 8 basic blocks and for the more advance students the 8-basic block and punch (counter attacks) certainly comes in handy.



Your upper forearm block is usually followed with a wrist roll that allows you to attack with a lower (abdomen) punch.



**Geoff**  
**Bennett**  
**Martial**  
**Arts**  
**International**  
NEWSLETTER  
July 2011

## Training Times

**Mondays/Fridays (6.00-8.00 pm)**  
Bass Hill  
Bankstown

**Tuesdays (6.30-8.30pm)**  
Blacktown PCYC  
30, 2<sup>nd</sup> 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](http://www.martialarts-int.com.au)

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

Hussein Othman (Blacktown)  
Chris Diftort (Blacktown)  
Ayrton Smith (Bass Hill)  
Julius Juarez (Sweden)  
David Friedman (Daceyville)



### Membership Due

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

Stuart Cooke (Daceyville)



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

Week 1: School Holiday

Week 2: School Holiday

Week 3: 18 July

Week 4: 25 July 2011.



**Training in Blacktown** will continue during the school holidays.

However, if you cannot turn up for training, please inform Geoff/ ChooiLin.



### 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.



### 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.

# Workshop on Two-Man Weapons Form

Hung Gar Two Man Butterfly Knives against Spear Form

on Sunday, 24<sup>th</sup> July 2011  
from 10.00 am till 2.00pm  
at PCYC Eastern Suburbs  
(26A Bunnerong Road, Daceyville)  
(see info on pages 6 & 7)

**Book Now!**  
**Only limited places available.**  
**Deadline: 15<sup>th</sup> July**

### Things you need to know about the workshop:

All participants must be current members (otherwise you will be charged the non-member fee).

For *first timers*, you are advised to purchase the butterfly knives.

*For those who have attended previous workshop(s), you have the option to choose the weapon ie*

*If you have attended the workshop on spear form and have a spear, you then purchase the butterfly knives, or*

*If you have attended the workshop on butterfly knives and already have the knives, you then purchase the spear, or*

*If you have attended both and have both butterfly knives and spear, you just need to pay the fee.*

*If two members of the same family attend, you are advised to buy one of each.*

All participants must bring their own long pole. For safety reasons, training and practice of the form will be conducted using the long pole.

**Participants who require  
butterfly knives and/or spear,  
please inform us ASAP as it  
may take a while to have them  
ordered in.**



## 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.*



## 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.



## Photo Gallery



Sarah Cabot



Joshua Fernandes



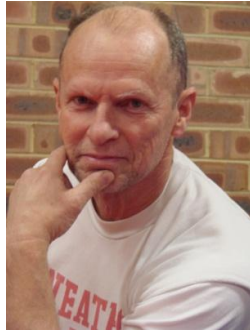
*Happy holidays to those who are having a two-week break from school.*





# Who's who (current members)

Master Geoff  
Bennett  
Head Instructor



Master Chris Paulin  
Senior Instructor  
Master of Weapons



Henry Fong



Julius Juarez



Ian Wing



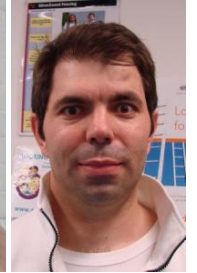
Alvin Kan



Michael Valenzuela



Stephen Diakatos



Harry Bouhoutsos



Abdal A-Aziz



Hussein Othman



Raymond Kan



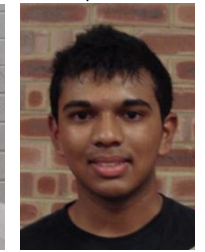
Stuart Cooke



David Friedman



Jean Kearney



Rohan Gunawardena



Chris Diftort



Sarah Cabot



Seid Moniriraad



Peter Chivers



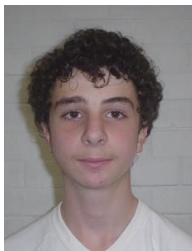
Aaron Chivers



Andrew Thompson



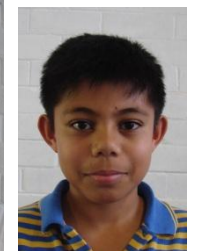
Jon Gerakios



Adam Liskowski



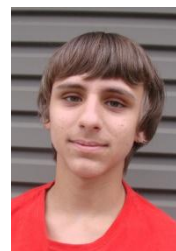
Thomas Fisher



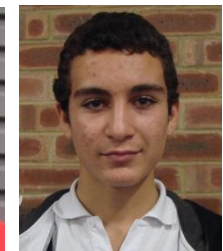
Joshua Fernandes



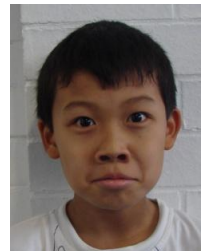
Adam Marks



Ayrton Smith



Shahin Moniriraad



Edwin Xu



Audrey Xu



Jonah Thompson



Brandan Bowman



# **Workshop**

**on**

## **Two-Man Weapons Form**

**Hung Gar Two Man Butterfly Knives against Spear Form**

on Sunday, 24<sup>th</sup> July 2011  
from 10.00 am till 2.00pm  
at PCYC Eastern Suburbs  
(26A Bunnerong Road, Daceyville)

Members: \$70.00

Spear: \$110.00 and/or Butterfly Knives: \$70.00

The butterfly knives are compulsory for the workshop.

(Price includes DVD on the form learnt in this workshop  
and the Two Man Empty Hand Form)

### **Tentative Programme**

10.00am: Basic warm-up drills with butterfly  
knives & spear  
11.30am: Break  
12.00pm: Two-man weapons form  
2.00pm: End

**Book Now!**  
**Only limited places**  
**available.**

**Deadline: 15<sup>th</sup> July**

STUDENTS ARE ADVISED TO  
BRING THEIR LONG POLE.  
THEY ARE NECESSARY FOR  
THE WARM UP DRILLS AND  
WILL ALSO BE USED DURING  
THE TWO-MAN WEAPONS  
FORM PRACTICE.

Participants who require butterfly knives and/or  
spear, please inform us ASAP as it may take a  
while to have them ordered in.



# Geoff Bennett Martial Arts



## International Progressive Protection Systems

### Workshop on Two-Man Weapons Form

Date: Sunday, 24 July 2011

Time: 10.00 am – 2.00 pm

Venue: PCYC Eastern Suburbs, 26A Bunnerong Road, Daceyville

First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Home: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_ Occupation: \_\_\_\_\_

Date of Birth (dd/mm/yy): \_\_\_\_\_ Age: \_\_\_\_\_ Sex: Male/Female

#### Waiver

I, the undersigned applicant, agree to the rules and regulations of the **Geoff Bennett Martial Arts International** (hereafter called GBMAI). Therefore, I am able to train with GBMAI at my own risk and that GBMAI, its servants, agents, instructors and other trainees will not accept any responsibility whatsoever for accidental death, personal injury or loss or damage to property which may arise directly or indirectly before, during or after training with GBMAI and I hereby indemnify and save harmless the said GBMAI (including GBMAI in its capacity as owner, occupant or lessee of any training premises) its servants, agents, instructors and other trainees against and from all or any action, suits, claims and demands whatsoever which myself/son/daughter may but for these present otherwise have had.

Please tick (✓) where applicable.

GBMAI member: \$70.00\*

Spear (\$110.00) and/or Butterfly knives (\$70.00)^

<input type="checkbox"/>
<input type="checkbox"/>

\*The Participation Fee includes a DVD on the form learnt in this workshop.

^ Please delete where necessary.

Signed by the Applicant: \_\_\_\_\_ in the presence of \_\_\_\_\_

Date: \_\_\_\_\_ Name of Witness: \_\_\_\_\_

Name of Parents/Guardian:  
(For applicants under 18) \_\_\_\_\_

**Deadline: 15 July 2011**

