



# Blind Sparring

by Geoff Bennett

Head of Geoff Bennett Martial Arts International

**Geoff**

**Bennett**

**Martial**

**Arts**

**International**

NEWSLETTER

June 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)

Blind sparring is a senses training tool. Being blindfolded will attempt to increase your sensitivity to air movement, vibrations, heat and audio alerts. This increased sensitivity allows you to respond quickly to the stimuli, initiating high speed, accurate counter attacks at your opponent even though you cannot see. It does not mean that this skill is easy to develop as you have to hone the *accuracy* of your sensitivity, not just your sensitivity. The human



body is a highly sensitive multi-functioning organism and in normal circumstances, we tend to turn off or almost nullify most of our senses including our vision, overriding all senses with extreme thought analysis. So when training for chi development and blindfold sensitivity, we have to first teach you how to sense minute heat changes. These heat changes then give us data as to where, what and

how far or what direction your opponent' contact is going. Then we use the minor hair follicles on the body to sense air movement or the impending impact again giving you direction, position and function. The ears/ hearing is hard to develop but when your eyes are closed, your skill can improve twentyfold to a point where you can judge your opponent accurately. Then we teach your body to apply



energy reading principles so that you can tell the height, weight, position and striking function of your opponent. This seems hard to believe but once you actually develop the preliminary skills, you virtually open a pandora box and your whole body receives and reacts to data from the senses without using your brain to analyse what is taking place. Then when we actually put you into combat using 4 opponents to confuse your senses, you develop an accuracy, allowing virtual combat while blindfolded. Once these skills have been employed correctly, they can be used even with your eyes open because your brain is in neutral while your body handles self preservation.



A warm **WELCOME** to new member, **Brandan Bowman** who will be training at the Blacktown centre.



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

- Thomas Fisher (Daceyville)
- Ferris Wu (Daceyville)
- George Constantinos (Blacktown)



**Membership Due**

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

- Ferris Wu (Daceyville)



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

- Week 1: 6 June
- Week 2: **Queen's Birthday**
- Week 3: 20 June
- Week 4: 27 June 2011.



**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.



**Photo Gallery**



Hussein Othman, 7<sup>th</sup> grade



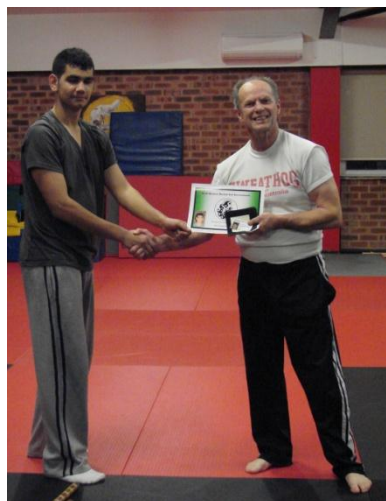
Jon Gerakios 7<sup>th</sup> grade



Rohan Gunawardena, 6<sup>th</sup> grade



Adam Liskowski, 5<sup>th</sup> grade



Christopher Diftorf, 4<sup>th</sup> grade



## 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.



## 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.



**Workshop on Two-Man Weapons Form  
to be held in July.**

**Keep a look out for it in the next newsletter!**





**Month of June: Revision on two-man form.& Low Grade Kick form  
You are also reminded to bring your long pole, Arnis sticks and gloves.**

### Training syllabus for 2011

#### Bankstown (Mondays/Fridays) & Blacktown (Tuesdays)

Week	Date	Lessons
49	7 Jun 2011	Kicks/Stretching, <b>Weapons (sword)</b> , Technique
50	14 Jun 2011	Sparring, <b>Stick/Knife</b> , Groundwork/Exercise
51	21 Jun 2011	Sensitivity/Sticky hands, <b>Long pole/spear</b> , Kicks/Stretching
52	28 Jun 2011	Technique, <b>Punch / Blocking</b> , Sparring

#### Daceyville (Wednesdays & Saturdays)

Week	Date	Lesson
	1 Jun 2011	Punch / Blocking, <b>Kicks/Stretching</b> , Stick/Knife
49	4 Jun 2011	Sensitivity/Sticky hands, <b>Long pole/spear</b> , Kicks/Stretching
	8 Jun 2011	Forms, <b>Sparring</b> , Long pole/spear
50	11 Jun 2011	Technique, <b>Punch / Blocking</b> , Sparring
	15 Jun 2011	Weapons (sword), <b>Sensitivity/Sticky hands</b> , Punch / Blocking
51	18 Jun 2011	Groundwork/Exercise, <b>Forms</b> , Sensitivity/Sticky hands
	22 Jun 2011	Stick/Knife, <b>Technique</b> , Forms
52	25 Jun 2011	Kicks/Stretching, <b>Weapons (sword)</b> , Technique
	29 Jun 2011	Long pole/spear, <b>Groundwork/Exercise</b> , Weapons (sword)