



# Wall/Corner Sparring

by *Geoff Bennett*

Head of Geoff Bennett Martial Arts International

**Geoff**

**Bennett**

**Martial**

**Arts**

**International**

NEWSLETTER

September 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)

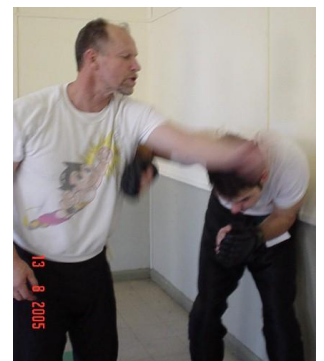
This exercise starts with your back against the wall or corner. You will need to position yourself in a defensive approach and you will have to counter attack early enough hindering any further backward motion. Properly guard yourself whilst slipping your opponent's punches over your shoulder and head. Learn to flow with the energy and snapping your hands into your opponent while they are still engaged in their strike



To understand and improve your guard in this area, you must learn to use your limbs in multi defence capabilities. By rolling your hand above your eye and below the chin at the same time, your elbow oscillates around your floating rib. The other hand is poised in front of your face while your shoulder and hip are



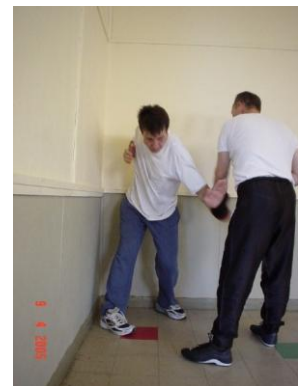
twisted. Both knees and abdomen bent. Thus giving you greater stability against kicks and punches.



Being in this stoop position, it is not wise to keep one's head up which will open the guard again. By tucking one's head down, you will restrict your vision but you only need to see his knees and elbow because it will give you the telltale sign of your opponent's impending and direction of the strike.



Using this body interpretation and also your awareness and sensitivity to strike, you can then roll with our opponent's strike and simultaneously strike back with our own devastating blows. In the stoop position, you must have your rear hip up against the wall so that when your opponent strikes you, your body can recoil and allow your hip to trigger a counterattack, bouncing your energy against the wall. This same technique can be used in a corner (boxing rink) or up against the ropes (of the boxing rink).



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

Seid Moniriraad (Blacktown)  
Michael Valenzuela (Daceyville)



**Membership Due**

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

Adam Marks (Bass Hill)  
David Friedman (Daceyville)



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

- Week 1: 5 September
- Week 2: 12 September
- Week 3: 19 September 2011.
- Week 4: School Holidays



**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**

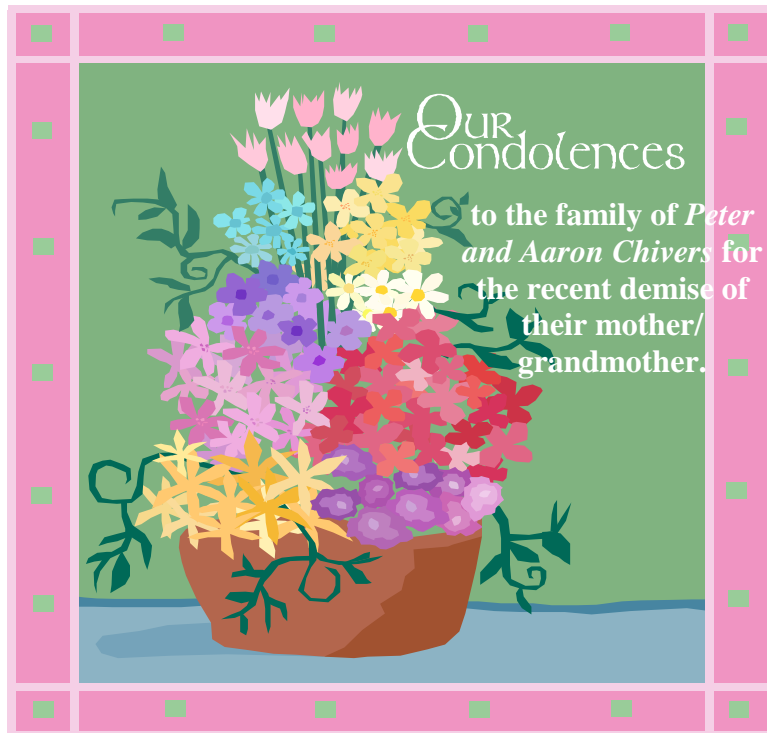
Students who have been a member of GBMAI for more than 6 months are advised to purchase their own weapons ie arnis sticks, knife and long pole (and gloves).

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.



**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.*



*Congratulations to Ray Kan and his new bride, Ting Ting, on their recent nuptials and wishing them all the very best with their move to Hong Kong.*



**Eid greetings to all Muslim students celebrating the new year**



## Head of GBMAI celebrates another birthday



**Sifu Geoff Bennett**, head of Geoff Bennett Martial Arts International, celebrates another birthday, another year of punching and kicking.

It is his 38<sup>th</sup> year in the field of martial arts. He was only seven years old when he showed an interest in martial arts but was almost 19 before he attended a karate class.

Sifu Geoff developed the system after taking over the reins from Sigung Ho in 1985. The sensitivity and elusiveness of the *Progressive Protection System (PPS)* are in its ability to extract, simplify and modify these parallel systems and incorporate them into a simplistic, efficient and effective fighting form which de-emphasizes power and strength. PPS is developed to include boxing, Thai boxing, wrestling, Judo, Wing Chun and Aikido.



# Photo Gallery



Harry with his daughter, Zahra, celebrating their birthdays.

## Training syllabus for 2011

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

5-Sep-11	Technique, <b>Punch / Blocking</b> , Sparring
12-Sep-11	Sword, <b>Sensitivity/Sticky Hands</b> , Punch / Blocking
19-Sep-11	Stick/Knife, <b>Technique</b> , Empty Hand Forms
26-Sep-11	Long Pole / Spear, <b>Groundwork/Exercise</b> , Sword

### Daceyville (Wednesdays & Saturdays)

3-Sep-11	Empty Hand Forms, <b>Sparring</b> , Long Pole / Spear
7-Sep-11	Technique, <b>Punch / Blocking</b> , Sparring
10-Sep-11	Sword, <b>Sensitivity/Sticky Hands</b> , Punch / Blocking
14-Sep-11	Groundwork/Exercise, <b>Empty Hand Forms</b> , Sensitivity/Sticky Hands
17-Sep-11	Stick/Knife, <b>Technique</b> , Empty Hand Forms
21-Sep-11	Kicks/Stretching, <b>Sword</b> , Technique
24-Sep-11	Long Pole / Spear, <b>Groundwork/Exercise</b> , Sword
28-Sep-11	Sparring, <b>Stick/Knife</b> , Groundwork/Exercise