



**Geoff**  
**Bennett**  
**Martial**  
**Arts**  
**International**  
NEWSLETTER  
March 2018



**Training Times**  
**at Bass Hill**

**Mondays**  
**6.00-8.00 pm**

**Saturdays**  
**9.30-11.30**

You can contact us at:  
Tel: 9644 9376  
Mobile: 0405 575937  
Website: [www.martialarts-int.com.au](http://www.martialarts-int.com.au)



**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 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 and 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 your grading.

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

**Welcome New Members**  
GBMAI welcomes the following new students:-

Omar Jabakhanji  
Mark Amhaz



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

Chris Paulin  
Adam Marks



### **Membership Due**

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

Ahmed Aziz  
Ali Aziz  
Peter Chivers



# **Flexibility, agility, mobility, sensitivity, awareness, perception, timing, recoil and balance**

by *Harry Bouhoutsos*  
a student of GBMAI

The above summarises GBMAI. To defend oneself physically, an individual must be aware of the limits of his opponent and what a better way of doing so than finding his own limits. This is where an instructor who possesses knowledge of physiology, psychology and application of technique cannot be replaced by videos or books. All arts are handed down from generation to generation. Music, dance, singing, painting, and conversation all have components of mental and physical interaction which are tied together by emotion. It is this final component that can only be transferred through personal interaction.

Throughout the years, I learnt karate, jujitsu and tai chi from instructors who had a passion for their practice and all the knowledge that is transferred through their arts. It is only through GBMAI that I have begun to understand the fundamentals behind all the techniques that I have learnt. Through partner work with skilled practitioners I have attained via physical touch to feel how to make my body adapt to the situation, momentarily, and then begin to listen for further feedback to determine the next appropriate move.

Without an understanding of how to apply or absorb power through perfect form of the human body, it is difficult to be able to move from one position to another and hold a hand of aces. To be in a defensive position, an attacking position, to have a total awareness of your opponents, to be able to change to a different position while in transit and to be perfectly still inside yourself. Once the knowledge of these fundamentals is acquired they will enhance a karate chop, a boxing punch, a taekwondo kick, a judo take down, a jujitsu immobilisation or a wrestling lock.

The human body is not too different from a computer. It has many complex systems that work together in synergy to produce some amazing results. Do you remember the first time you sat in front of a computer? Without a manual some systems are difficult to comprehend but we do not require an in depth understanding to produce worthwhile outcomes. To really understand a computer you must first comprehend the functioning of a transistor on a molecular level, but a nuclear scientist cannot always create a wonderful database, a successful e-commerce site or an animated film. Although creativity must come from within, it never does any harm to have someone give you a few tips.



# Photo Gallery

