



Fighting within your parameters

by Alvin Kan

Geoff Bennett Martial Arts International

Geoff
Bennett
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Arts
International
NEWSLETTER
October 2017

The term sparring conjures up many different images for many different martial artists. These however are generally limited to one view per practitioner. Nevertheless, the Progressive Protection Systems as taught by Master Geoff Bennett, many forms are utilized, each with defined parameters.

Master Bennett explains, “We utilize different parameters to express ourselves in different ways. Each sparring method invites the practitioner to highlight particular attributes. Exposure to all these methods predisposes our students to a higher level of preparedness, to a wider range of environments and situations than would otherwise be so.” Some of the parameters vary during sparring ie speed of movement, contact, dimension of the combat environment and the availability of tools for combat. Some of these methods and attributes highlighted will be explained in this article.

Availability of Tools

Master Bennett feels this is one of the most beneficial parameters in sparring to vary and a method often endorsed by other famous martial artists including Joe Lewis, the American Karate legend. Some of the permutations that can be devised include:

- Hands against Hands
- Hands against Feet
- Feet against Feet
- Striker against Grappler

Hands against Hands obviously refines the use of the upper body as attack and defense tools. With hands against hands sparring, tools that are often used include fingers, knuckles, palms, wrists, elbow, forearms, upper arms, shoulder, head and, of course, the fists. This is a natural extension of *Chi Sao*, *hub bud* and other sensitivity hand drills.

Hands against Feet highlight the attributes of range/distance perception and bridging. This also forces a practitioner to function leg attacks in a close environment. It also highlights the need to develop multi functioning with leg techniques to combat the disparity of the opponent being able to function with two hands at once.

Feet against Feet highlight the use of the leg as both an attacking and defensive tool. Emphasis is placed on multi-functioning, hip exchange and coiling functions to ensure that the leg functions are both smooth and exhibiting an economy of motion. This is a natural progression from the *Chi Gerk* (Sticky Leg) sensitivity exercises

Striker against Grappler. *Here the grappler practices his shot utilizing strikes to set up.* The striker aims to hone his accuracy against the shooting victim with good footwork. Sprawling is a tactic frowned upon which may be used as a last resort. The striker who does not have a time limit to end the round should think of sprawling whilst effective in an MMA event, only as a last resort.

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

Welcome New Members
GBMAI welcomes back
 the following former
 students:-

Harry Bouhoutosos
 Alvin Kan



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

Ali Aziz



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

Mark Mosses



No training on
Monday nights during
 the school holidays.
 Training resumes on
9 October 2017.
 Saturday sessions are on.
 Monday night students are
 welcomed to join in.



“I fear not the man who has
 practiced 10,000 kicks once,
 but I fear the man
 who has practiced
 one kick 10,000 times.”
 -Bruce Lee-

... cont'd from page12

Combat Environment Dimensions

Many times you will see martial artists sparring degenerating into what looks more like a game of tag or a fencing match. Close combat weapons such as head-butts, knees and elbow though taught in training or part of *kihon* are never used. In an effort to get his students to use these types of tools and to stand their ground, Master Bennett often restrict the dimensions of the sparring environment sometimes to 1mx1m. This forces them to utilize an evasive action other than that of the typical moving back that you see in the average martial arts school. Instead, they are encouraged to use simultaneous defense and attack, short head evasion, side stepping, turning their opponent and *utilize body sensitivity*.



Photo Gallery

