



# The Hidden Energy in Kicks

by *Master Geoff Bennett*  
Chief Instructor, GBMAI

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

**HAPPY FASTING**  
*Have A Blessed Ramadan*

**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)

As with the punch, the kick is a formidable weapon and many have tried to master this. Most fail to understand the true complexity of the kick and therefore only develop better than the rudimentary functions that mimic the true mastery of the kick. He who has mastered the kick is world champion Bill 'Super Foot' Wallace with a speed of over 100 km per hour. His kicks were extremely fast and illusive. Bill and other masters around the world have shown how to time the body into the speed of the kick. It is not just speed that makes a good kick or punch but a complete combination of all facets that make up the human being.

Flexibility, agility, mobility, sensitivity, awareness, perception, timing, recoil and balance all go together to make up the perfect flow of movement that is interpreted as a perfect kick. To apply these, you need more than just a little help with the terminology and understanding of the bio-mechanical functions of the human being. You and your opponent's movements and the effects of gravity have to be taken into the equation. Most martial artists use the swing of the limb with the turn of the trunk to develop speed and power. These off-balances the body mass and tends to throw the trunk towards the opposite direction or the ground and not into the kick. To learn to apply your mass into your kick, you must develop a good link between your foot and your head. After all, they are attached to your body.

The knees are the first part of the exercise. You must learn to raise them with ease. Now the hip must be employed by the knee to assist in the direction of power at the time of impact so that the body is in flight in the same direction as the hip and knee. Clockwise and anti-clockwise spirals are used to enhance the close quarter function of the kick, hidden by the hand function and slipping around the opponent's guard without notice. The body must also learn to offset the over-spin or over-thrust so as not to off-balance the body mass past the point of no return and falling out of shape and then losing the ability to multiple kick off the same leg and hip function. Therefore, conserving one's chi and becoming economical in function and efficient in movement. Multiple use of the limb and redirection of energy through the joints and versatility of the body are crucial in maximizing your combat skills.



All these skills need to be employed to obtain a no inch kick, as the kick swinging through the air is not a kick but a leg swing. Only at the point of impact, all the skills mentioned above need to be woven together into the last milli-second, to maximize the devastation on your opponent.



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



Jon Geriakos  
Hai Lam



### Membership Due

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

Hai Lam



### 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

