



Sit-down sparring

by Geoff Bennett

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International
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One of the exercises we often practise is the sit-down sparring. With your gloves on, you and your partner are seated cross legged on the floor, facing each other. Both your right knees are touching each other. Using only your right arm (with your left arm behind your back), you learn how to attack (punch) and defend (block) yourself. You do the same with your left knee and left arm. And then with both knees touching your partner's both knees, use both arms to punch and block.



This exercise teaches you to attack and defend at close quarters. Being seated cross legged and so close to your opponent limits your ability to "run away" from your attacker. Hence, forcing you to react faster. You need to seize the opportunity to attack (ie punch) whenever you see an opening (either to the head, chest or stomach).



The 8 basic blocks and for the more advance students the 8-basic block and punch (counter attacks) certainly comes in handy.

Your upper forearm block is usually followed with a wrist roll that allows you to attack with a lower (abdomen) punch.



Training Times at Bass Hill

Mondays
6.00-8.00 pm

Saturdays
9.30-11.30

You can contact us at:
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GRADING RESULTS



Congratulations to student, *Zayd Abbas*, who received his *2nd grade (white/red)* in April 2018.

GBMAI grading is based on their performance (and, of course their attendance) in class. Students are continuously assessed throughout the year. Their skills and ability to comprehend instructions are also noted.



A Happy Birthday
wish to

Ayrton Smith
Julius Juarez



Training as usual
during the school
holidays.

Students who cannot
attend Monday
sessions, please inform
Geoff. Thanks.

Photo Gallery

