



Advance Punch Block Application

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To understand advance punch block application, you will have to understand intermediate Wing Chun, the Five Ancestral or the Hokkien systems and a basic understanding of traditional boxing. We are looking into an area where there are multiple use techniques from limited body functions. That is, your opponent is in close quarter combat. In traditional boxing, you will use a cross or a wide hook, thus throwing way too much body and hip, resulting in a long arc punch. This will put a lot of power in your impact but it also gives your opponent ample warning as to what's coming up.

Short jabs, short crosses, short upper cuts, short hooks can only be developed with short twitch energy of the body and shoulder. In the Hokkien, Five Ancestral, Wing Chun and also Lo Han principles, what we have to understand is that the further we move our arms (up, down, left, right, forward or back), the greater time frame has to be taken into account. When doing this, a problem arises - the principle of physics (bio-kinetic) which also applies to the human body. Bio-kinetic principles relate to the length of the limb away from the body and the power point of the muscle from the chest to the arm (deltoid and pectoral muscle zone). When you over extend your arm, you actually reduce the power your body can put into your punch because of the leverage reduction factor that you have on the fulcrum and lever.

To reduce this weakening of your skill, we have to then readapt our elbow, wrist, shoulder and timing. Now you want to keep your opponent far enough away so that he cannot hit you but in stretching the arm (to hit him or to push him away), leaves our body defenceless. Our hands cannot develop enough power to do severe bodily damage. It can only do superficial function – bloody nose, fat lip, black eyes, and a rare possible knockout. When you actually close the gap, the whole body can then learn to twitch in time, to snap in time, with the impact of our knuckles. If our elbow is bent, shoulders relaxed, the wrist twitches at impact time, the whole body can then be in time with the impact and the velocity of the impact. Now it looks good to throw a punch so fast in such a long, long arc but in reality you are not going any faster, it is just an illusion because of the distance you are travelling. You need to throw a short, sharp, fast technique of close proximity to the body. And to obtain this energy, your elbow must be bent. So the angle of the elbow must be no greater than 120° at impact point. And it can be no less than 90° at impact point. This gives you full power of your body muscles into the fulcrum and lever to adjust for power. To re-adapt this even further, you will have to apply the floating elbow.

In doing the floating elbow, you will have to have no power in your forearm, no power in the wrist, no power in the bicep or triceps, no power in the deltoid muscle (or pectoral muscle). But floating the elbow at this point, the moment your opponent makes a move/contact

Training Times at Bass Hill

Mondays
6.00-8.00 pm

Saturdays
9.30-11.30

You can contact us at:
Tel: 9644 9376
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... cont'd to page 2

Welcome New Members
 GBMAI welcomes the following new student:-

Omar Assaad



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

Harry Bouhoutsos



... cont'd from page 1

with your hand (or vice versa, you make contact/ movement with your opponent), your body then twitches the energy into your arm by rolling your wrist either out or in, a maximum of 60° in rotation at impact point. Anything larger than that will actually roll the ulna or radius (bone) too far and actually reduce the power that you can actually obtain down the arm because of the locking of muscles at the bone. Applying full power will activate your nerve threshold senses in the body which will automatically off load the excess power, weakening the limb/ muscle/joint. So, we have to learn to apply these principles without overloading these nerve senses by floating the elbow and by relaxing your body during combat instead of over anticipating and trying to resist with power in any situation. Furthermore, by relaxing in this position, your hands can multiple tasks any function whether that be a blend of blocks to a punch or a block to multiple blocks.



Photo Gallery

