



Geoff

Bennett

Martial

Arts

International

NEWSLETTER

April 2019



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

**Training will be as usual
during the school holidays.**

*(Please keep us informed whether
you can turn up for class.)*

**However, we will be
closed on
Monday, 22 April 2019**



**HAPPY
EASTER**



Welcome New Members

GBMAI welcomes the following new students:-

Darren McGilvray
Kerrie McGilvray
Jackson McGilvray
Wyatt McGilvray



Trapping Range and the Rhythm of Combat

by Master Geoff Bennett

Trapping range has been said to be the most combative of ranges. The reason being is the weapons (legs, fists, knees, elbows, head, forearm, shoulder, hip, etc) that can be employed and the short reaction time to defend against rapid fire attacks in this range. Combat in this range is often fast and furious. Combat has its own rhythm comprising of beats. In this context a beat is defined as the period of a strike's lifecycle from a guarding position to the extension and returning to the guarding position.



Figure 1: Attacker leads off with lead jab to head, with simultaneous lead step

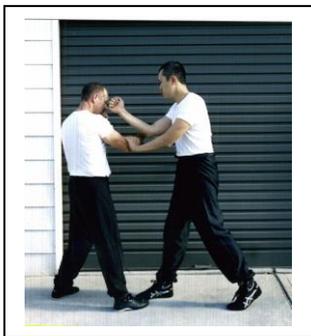


Figure 2: The attacker checks the forearm at the elbow again releasing his simultaneous lead jab

Progressive Protection Systems uses main drills from other systems to prepare their practitioners for the realities of combat in this range. These include Sticky Hands both single and double, Hubud, push hands and Lap Sao drill. Filipino stick and knife fighting drills such as Sambrada are also employed to aid in proficiency in this range. A variety of sparring drills are used with various parameters to highlight and heighten particular attributes needed in this range for combat.

Where PPS differs is that at the advanced level PPS aims to break contact immediately after it has been made. Master Bennett terms this principle as “detached sensitivity”. Many systems that are active within trapping range tend to overemphasize limb immobilization. PPS is more driven by the hit motivation, ie to hit on the earliest beat possible.

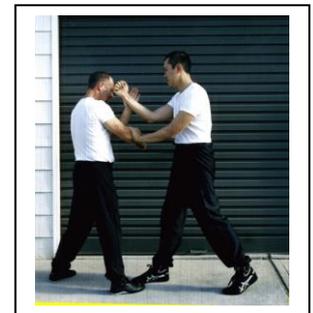


Figure 3: The defender checks the re-initiated jab with rear palm

The complex trap combinations that often appear very impressive in the clinical environment of the training hall, fall to pieces in the heat of battle.

During this period, adrenaline causes motor function to lose its form. Clean dojo techniques are grossly exaggerated under this combat stress. Also, complex trap combinations tend to delay the hit to a beat well into the cycle of battle.



Figure 4: The attacker on the half beat, drops his rear palm into rear jab to floating ribs, bringing the defendant down with his guard.

Sticking is de-emphasized in the advance levels. If initial contact is made, an advanced PPS practitioner will be able to tell where there is an open target instantly from the direction of the force. A strike is instantly launched to the open target. This is invariably done on the half beat giving the opponent little chance to defend.

PPS's emphasis on developing short power from the coordination of the body's mass allows it to strike on half beat whereas combat is often traded on full beating functions.

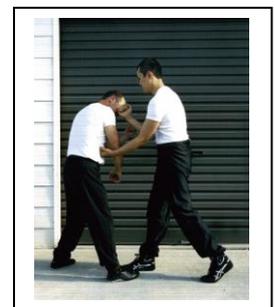


Figure 5: The attacker now strikes with half beat, lead upper cut to defendants descending

Photo Gallery

