



# Snap Technology

by Geoff Bennett

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NEWSLETTER  
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**Training Times**  
**at Bass Hill**

**Mondays**  
**6.00-8.00 pm**

**Saturdays**  
**9.30-11.30**

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Snap kicks, snap punches, snap back fists, snap hits. All these techniques use one common function - you must float the associated joint (being the knee or the elbow) to a point where the body is in harmony with the twitch and therefore bridge the impact zone with the float/twitch. This gives that snap function.

How to acquire these skills which look illusive? Most people think they have to put their foot on the ground and lean backwards, putting the weight on the hip to the floor through the heel and raising the leg into the air. When they do this, you actually reduce the body's ability to assist in the strike and stop any snap function that could have occurred.

To acquire a snap, your body must be totally relaxed. You must have unfocussed awareness, adaptive sensitivity, and some meditation when doing these techniques. Relax as much as possible and twitch (let's say) the snap kick. The knee must snap as high and as fast as it can towards your elbow. When the snap comes up, you will then have to redirect it towards your opponent (this happens in the hip and not in the knee). The knee has structural problems in supplying power across the ligaments. So, instead you have to actually apply the power down the normal power line of the *leg*. To convert this power into a *snap* (twitch power), you must use transitional changes in the *leg muscle* at the point of contact. But to do this, again, you must relax the body. You must snap (twitch) the knee up to the chest area and as you approach maximum height and velocity, your body is going to pause. It's at this point where your body is about to pause that you have to rotate your knee (through the *hip*) to the direction where you want the power to snap to (your opponent's leg/floating rib/shoulder/head).

After completion of the kick, you snap back to force the body not to fall back (onto the ground) but to stabilise and re-direct towards your next kick function. As the foot is lowered towards the floor to come to rest, the kinetic energy falling to the floor assisted by gravity converts to potential energy bouncing from the floor and has now become kinetic energy in an upward moving arc towards our shoulder/around our centre of mass. At this point in time, "*you have already kicked*" your opponent again, and the process continues.



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

Harry Bouhoutsos



## Photo Gallery

