



CLOSE QUARTER SPARRING

by *Geoff Bennett*

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Martial
Arts
International
NEWSLETTER
April 2017



Training Times at Bass Hill

Mondays
6.00-8.00 pm

Saturdays
9.30-11.30

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Each person has a belt tied round their waist and a 50 cm bungee cord linking you both together. Close quarters sparring is about the development of confidence and standing your ground and defending all your opponent can throw at you and still counter-attack on the breaks to achieve it. The strapping and bungee cord develop an active link between you and your partner. This means if you move left or right or backwards, he will be pulled towards you. So we quickly learn not to move excessive distances from your partner because in doing so we accelerate him into an attack zone. Thus being in this zone, we heighten our awareness for your opponent's limbs and body movement. Your hands have to learn to be efficient in defending an attack as the longer your guard is open, the more likely you are to be struck. Therefore, we have to develop greater speed and versatile movements so that we can defend as we attack. Hence, the punching or sliding block techniques. You must also learn how to explode from rest and still be able to explode on impact as every hit on your opponent can cause an equal and opposite strike back at you. So, positive control of your opponent's body or center of mass will give you total control of the confrontation. Thus, insuring your skills.



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.



GRADING RESULTS

Congratulations to the students who have passed their grading. 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.

Michael Taleb 1st grade (white/green)

Zayneddin Zreika 1st grade (white/green)

The students will be awarded their certificate and sash sometime in April. All grading fees must be settled by the end of April.



Photo Gallery

