



**Geoff
Bennett
Martial
Arts
International
NEWSLETTER
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NECK STRETCHES

by Master Geoff Bennett

Starts with three slow rotations where the chin does the biggest circle possible in each direction. Then we do side stretching of the neck where we employ the shoulder all the way down to the palm. Next we do forward stretching of the neck, raising the chin perpendicular (pointing to the ceiling). And then dropping the chin to the chest. The second time we do it, in the upper position we open and close, extending our jaw in the lower position, we roll our chin left and right on our chest. Then we do the axil rotation (turning the head left and right). Starting slowly and holding it at maximum position for a minimum of one second and then increasing the speed whilst reducing the pause time, still keeping to maximum extension.

Training Times at Bass Hill

**Mondays
6.00-8.00 pm**

**Saturdays
9.30-11.30**

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



Ace Wilson
Nicholas Saoud
Kym Martin

Absorb what is useful, Discard what is not, Add what is uniquely your own.

~Bruce Lee~

You can contact us at:
Tel: 9644 9376
Mobile: 0405 575937
Website: www.martialarts-int.com.au

Photo Gallery

