



# The True Art of Fighting

by Master Geoff Bennett  
GBMAI

Fighting is not something that any person should take lightly as it is messy and dirty to the point of lethal. Therefore, we should avoid conflict at all costs as under most circumstances even the victor is a loser. He may have won a small victory, large in his eyes and his close associates but a loss in the eyes of most people in society. We are not debating the pros and cons of society, just the combat side of this altercation.

At the moment of conflict, every millisecond of time is a window of opportunity. Why do I talk of milliseconds? Well, in the combat zone you will see many changes in the eyes, body language, and even skin and complexion. These can be glazing of the eyes, widening of the pupils, blood loss to the outer body and face and minor body tremors. All these are signs of our body preparing for lethal combat. If you have not taken notice or have taken too much notice you could be in a world of trouble.

When you talk of hand and body speeds of well over 100 km per hour achieved by top athletes, that's 28 mm per millisecond for a hand speed. You will start to realize that you do not have a great deal of time to question the movement that may or may not be coming at you, let alone from where and the strength of it. You will start to realize why most martial arts use a long fighting distance to give a greater time gap for their response.

But in reality you need to close your gap and increase your response through sensitivity, awareness and perception. If you are going to take the time to look, observe or acknowledge then you would have lost your response. Thus the time and distance of combat has changed. You must be aware and respond but do not take the time to notice. Observe and react but do not think. We now can move forward to the new development of our fighting skills, the illusive *Living Breathing Dance of Death*.

Each and every movement is a window to the illusion of the next function. If we concentrate on the movement, we miss the window and vice versa. We must learn to dance with our opponent, moment by moment and as the distance changes, the tempo and cadence must also change to suit our new dance relationship.

Speed alone is not the answer as you have created a new danger and must be sensitive to learn to respond to the new environment. Use new tools such as perception, awareness, sensitivity, recoil and redirection to live in this dance zone. How do we develop these skills? Not at the gym, pumping iron as this will develop large muscles and large power up times, or motor gap times and leave doors open in your defense.

Not at the gym, punching the big bag as this is usually done from an egotistical approach and develops the same opened doors. But under the close scrutiny of a competent instructor directing your development through close quarter interaction, with a competent opponent looking to develop the same skills in a mirror. You have to do the dance and play the tune. Have some fun and lots of faith in your fellow student and instructor. If you are scared or trying to win points then you are going to have to fight your *ego* as well.

**Geoff**

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NEWSLETTER

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## Training Times at Bass Hill

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

**Saturdays**  
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GBMAI welcomes back the following student:-

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