



The Principle of Non-Focus Awareness

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International
NEWSLETTER
February 2017



Mondays
6.00-8.00 pm

Saturdays
9.30-11.30

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If you, as a martial artist, are focusing on too much thought and brain function on fear or acquiring information as to what your opponent may or may not be about to do or where the hand that is punching at you is actually going to go. If you are actually starting to focus, your brain will start to analyze this data, then you would have already been hit. The impact has completed and you are on the ground, wondering what happens next.

How do you actually apply the principles of peripheral awareness in non-focus awareness? You have to disassociate all thoughts of being hit or hitting your opponent. The only thought you have in your mind is to be at peace. And as you want to be at peace, then your opponent is no longer a threat. This is the first stage of learning how to apply unfocused awareness. If you have anticipation, fear, aggression, anxiety – if you have any of these things going through your head, you will be too-focused. When you non-focus, the whole body will go into preservation mode, using your trained principles. In preservation mode, the body works with the skills you have already acquired during training and not thinking, “What am I going to do now?” “Should I stop this and turn my head here?” “Should I look at his feet?” Your peripheral vision would have indicated where his feet are, so why do you need to look? So, when you start applying all the principles that you have been taught on how to relax and become one or at peace with what is about to take place, then the unfocused awareness takes over and your hand instantly moves to block and counter-attack the technique that is moving towards you. Your hand moves with lethal speed and accuracy into position, not in an unfocused function, but a lethal counter-attack.

“I’m going to kick my opponent. I’m going to kick him in the ribs”. Because I’m trying so hard to kick him in the ribs, my body cannot adapt to the alterations that is taking place in space and time between my opponent and my function. Therefore my kick does not hit the desired impact point. Accuracy is crucial. You must have perfect targeting. To have perfect targeting, you must be relaxed and non-focused in any one thing, your body will automatically see a target and you will move your hand, elbow or knee or whatever weapon that has started the motion in that direction for impacting that available target?? If you thinking of using an elbow then you have already made the decision to do something and your body can no longer be in unfocused awareness of your combat zone because you have locked out your re-flexes for though responsive action, target zoned by optical stimulated though response no awareness of anything else. In all combat situation use the skills developed in class to relax and snap a technique into your opponent’s openings.

You may have to practice low level meditation.



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



Zayneddin Zreika
Ahmed Ghamrawi



Membership Due

The following members please note that your membership is due this month:-

Ahmed Ghamrawi
Ayiesha Ghamrawi
Nicholas Saoud
Simon Bakunowicz
Ayrton Smith
Michael Taleb
Nicholas Taleb



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.



Photo Gallery



