



Drunken Enlightenment

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Martial

Arts

International

NEWSLETTER

January 2017



Mondays
6.00-8.00 pm

Saturdays
9.30-11.30

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To address the drunken factor, you have to take into consideration the sensitivity, sticky hands and wooden dummy interaction which gives you the core twitch function. It is very explosive, very twitchy.

The drunken enlightenment is exactly the same but the time frame is longer and softer. The reason the drunken area is softer and a little longer is so your opponent cannot read your changes. If you express too much energy in your response to your opponent, his emotional content/state of preparedness will change because of the emotional confrontation in front of him.

In the drunken scenario, there is no emotional confrontation in front of him. You are actually diffusing it all the time. It is like a slightly softer version of sticky hands. The core, arms and elbows (and knees) come closer to the centre for the drunken areas. Rotating, pivoting around the core - motivating, entrapping and redirecting the energy (in a softer pattern). It is like using a very light pillow to redirect your opponent's energy instead of a wooden arm on a dummy. This means your opponent does not feel which way you are going (the energy you have used to redirect him). This gives you the ability to actually use your own core to redirect energy, to motivate energy, to emotionally project energy into your opponent without external expression.

The drunken style is so laid back, so soft, so relaxed, a hazy turn instead of a jump to the side. When you look at some of the Wing Chun functions, you can actually see a good point there. They do the twisting or shifting function at the point of time, you are looking for that moment of snap where the foot (heel) comes off the ground, snaps back down with two punches, explodes from the core directly into your opponent.

In the drunken style, the same thing takes place but it is done at one quarter the speed. Therefore one quarter the expression of energy. Therefore, one quarter the emotional confrontation (expression to your opponent). Therefore your opponent (when he is trying to hit you) cannot read where you are going or what you are going to do because you have no direction. You have no "up front attitude" towards him. There is no interaction. It is a constant variable change of state and therefore redirection. It no longer has a form. It no longer has a point of attack.

The drunken form expresses a change (a consistent change) so that your opponent cannot read or assess the situation. Because every time he (your opponent) tries to pin you down to a point of time that he can throw a punch at you, you are no longer there. You have flowed to another spot. And your emotional function is doing the same thing. If you do not feel threatened, you would not have the anxiety, adrenalin rush, the power for your opponent to see and feel and respond to. The drunken style is a phenomenal way to actually hide a change. When your opponent is throwing energy at you, what is the best way to stop his energy? Smother him - by redirecting him, by forcing him to say, "Where are you?" "How

to be continued on page 2

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Adam Marks



from page 1

come I can't I hit you?" "Why can't I grab you?" Every time he tries to do that, you can change your state into a different direction, a different zone. And in the middle of it, out comes these techniques that come from your core.

The drunken function as a punch or strike is not hard, powerful punch like a Karate punch. It is not even a Shaolin punch. It is not even a Wing Chun punch. It is pure, core energy, expressed through a spiralling turning motion coming from your core. It is hard to think that this energy is going to hurt anybody. But it is because your opponent cannot grasp that it can hurt him so much because it comes directly from your core directly to your opponent's core. And, therefore the energy is so dynamic.

The way to open the door to the drunken enlightenment is first, *meditation*. second, *dizziness*. Third, *actually knowing what it feels like without being drunk*. You do not have to consume alcohol. But the state of mind preparation, a state of body preparation will give the same sensation that is required to actually experience this. By being a little dizzy (sometimes when you have the flu (head cold)), you can actually feel this in your head and in your body. It is the offset displacement of your control of your motor functions. In other words, we are trying to upset the inner ear and the state of mind of being in control or balance. We no longer have control of our shoulders (staying horizontal) and our body to be perpendicular. And in our core, when we move, our feet stabilize our transition.

In the drunken zone, the fall is not a fall. It is a spiralling roll and turn that is giving you energy. As you are falling, you are gaining kinetic energy. Kinetic energy can then be rotated in your core and express to your extremities (i.e. you're head, your shoulders, your elbows, your hips, your knees and your feet). The way to actually recapture the energy is to spiral the arm in the same or opposite direction that the core is trying to roll/twist/turn/spiral you.



Photo Gallery

