



Wall/Corner Sparring

by Geoff Bennett

Head of Geoff Bennett Martial Arts International

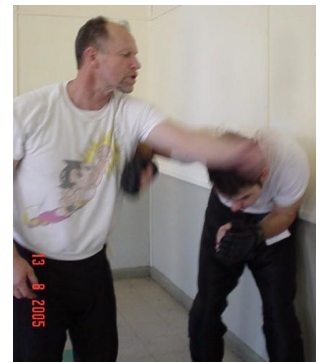
Geoff
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This exercise starts with your back against the wall or corner. You will need to position yourself in a defensive approach and you will have to counter attack early enough hindering any further backward motion. Properly guard yourself whilst slipping your opponent's punches over your shoulder and head. Learn to flow with the energy and snapping your hands into your opponent while they are still engaged in their strike



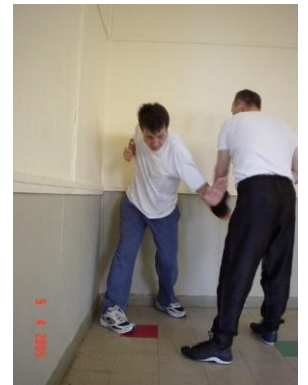
To understand and improve your guard in this area, you must learn to use your limbs in multi defence capabilities. By rolling your hand above your eye and below the chin at the same time, your elbow oscillates around your floating rib. The other hand is poised in front of your face while your shoulder and hip are

twisted. Both knees and abdomen bent. Thus giving you greater stability against kicks and punches.



Being in this stoop position, it is not wise to keep one's head up which will open the guard again. By tucking one's head down, you will

restrict your vision but you only need to see his knees and elbow because it will give you the telltale sign of your opponent's impending and direction of the strike.



Using this body interpretation and also your awareness and sensitivity to strike, you can then roll with our opponent's strike and simultaneously strike back with our own devastating blows. In the stoop position, you must have your rear hip up against the wall so that when your opponent strikes you, your body can recoil and allow your hip to trigger a counterattack, bouncing your energy against the wall. This same technique can be used in a corner (boxing rink) or



up against the ropes (of the boxing rink).

Training Times at Bass Hill

Mondays
6.00-8.00 pm

Saturdays
9.30-11.30

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

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

Ayrton Smith



Photo Gallery



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HAPPY HOLIDAYS