



Live by Principles

(Laws to survive aggressive encounters)

by Geoff Bennett & Alvin Kan

Geoff

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Martial

Arts

International

NEWSLETTER

July 2017

PPS as taught by Master Bennett is based on the five ancestors system of classical kung fu. Both Grandmaster Ho Soon Cheng and Master Bennett have drawn on other systems of martial art in the formulation of what is presently PPS. Whilst other systems have been drawn upon there are certain principles which will always hold true for PPS in its development.

Lin Sui Dai Dar

連消帶打

Lin-join;

Sui- dispel negate;

Dai-bring ;

Dar-Hit, Attack

Bring your Hit and join it to your defence

(Simultaneous Attack and Defence)

This is one of the cornerstones of PPS training. Trainees are drilled at a very early stage of their training to hit at the earliest beat possible within a fight confrontation. To facilitate this trainees are taught to block and attack simultaneously. This involves the co-ordination of at least two if not more limbs. This also involves the opponent being attacked when they least expect it.....when they are attacking ensuring a very high possibility of an effective counter attack.

Lin Sui Dai Dar is commonly associated with but need not necessarily involve blocking. PPS practitioners may use evasion to avoid an attack, however the emphasis is still on the simultaneous attack. This does not mean throwing a punch or an attack after moving out of the way as taught in less sophisticated systems. An attack must be thrown simultaneously (on the same beat) to adhere to this principle. Many forms of drill are performed to facilitate unconscious use of this principle, including two hand sticky hand, sticky legs, focus mitt work and modified sparring drills.

Training Times at Bass Hill

Mondays
6.00-8.00 pm

Saturdays
9.30-11.30

You can contact us at:
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Yi Sao Way Gung

以守為攻

Yi - use

Sao - defend, guard

Wai- do, serve as, act as, become, for

Gong - 'attack'.

Use defense to serve as your Attack

(Use your attack as Defense)

Yi sao way gung is closely related to lin sui dai dar. Both relate to hitting the primary target on the earliest possible beat, they however employ different methods. Common examples of using Yi Sao way

Obituary

.. continued from page 1



Colin Taylor, older brother of Master Geoff Bennett, passed away peacefully in June 2017, after a short illness.

The two brothers' interests in martial arts began from the TV series *The Samurai* and *Phantom Agents* in the 1960s. In early 1970, they started with Okinawan karate but it was Kung Fu that peaked their interest. Colin stayed long enough to become an assistant instructor awarded by Master Ho Soon Cheng.

Colin will be sadly missed by his family, relatives and friends.



gung include using a cutting punch. This punch diverts an opponent's punch from hitting which also striking the opponent. PPS practitioners use a drill call punch to punch to develop the correct punching teaching for a cutting punch. Punch to punch teaches correct alignment of the arm, elbow and body as well as the correct use of particular muscle groups.

At an intermediate level PPS practitioners are introduced to kicking method which use the Yi Sao Way gung principle. This includes kicks which strike the target whilst also block an opponent strike. This principle is however sometime incorrectly taught by other systems whereby a kick (an attacking technique) is used to block an attack. Whilst these may be legitimate techniques they do not follow the Yi Sao Way gung principle as the kick is not use as an offensive tool and well as a defensive tool at the same time.

One final method Yi Sao Way Gung can be employed is by Jik Kune (catching fist). This can be more appropriately translated as stop hitting. In this method as the opponent launches an attack the PPS practitioner uses a more direct efficient combat tool to strike the opponent rendering the opponent attack null.

Lut Sao Jik Jong 甩手直衝

Lut- Loose
Sao-Hand
Jik- to catch/Move straight
Jong-To thrust

What is the other doing hand?? Is a phrase Master Geoff often asks of his students. Master Geoff is of a firm belief that for a person to act as an efficient combat machine all possible resources for combat must be employed. Meaning if one hand is defending the other should not be idle but attacking. If you have been blocked use your other "loose" (free) hand to attack or "loose" your hand efficiently from your opponents defences (redirect but do not withdraw) to once again attack.

Whilst this principle refers specifically to hand it should not be limited to hands strikes but incorporate all combat weapons including not only kicks but headbutts knees, elbow, forearms and shoulders

Whilst Progressive Protection Systems is a hybrid system based on traditionally chinese gung fu and other combat arts, what differentiates it from other eclectic and hybrid systems which litter the martial arts landscapes is that all components within the system follow set principles.



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

Julius Juarez
Ayrton Smith



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

Julius Juarez



Training will continue as usual during the school holidays. You are encouraged to attend. Please do let us know if you are unable to make it.




Photo Gallery

