



Blind Sparring

by Geoff Bennett

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Martial
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International
NEWSLETTER
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Training Times at Bass Hill

Mondays
6.00-8.00 pm

Saturdays
9.30-11.30

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Blind sparring is a senses training tool. Being blindfolded will attempt to increase your sensitivity to air movement, vibrations, heat and audio alerts. This increased sensitivity allows you to respond quickly to the stimuli, initiating high speed, accurate counter attacks at your opponent even though you cannot see. It does not mean that this skill is easy to develop as you have to hone the *accuracy* of your sensitivity, not just your sensitivity. The human body is a highly sensitive multi-functioning organism and in normal circumstances, we tend to turn off or almost nullify most of our senses including our vision, overriding all senses with extreme thought analysis. So when training for chi development and blindfold sensitivity, we have to first teach you how to sense minute heat changes. These heat changes then give us data as to where, what and how far or what direction your



opponent' contact is going. Then we use the minor hair follicles on the body to sense air movement or the impending impact again giving you direction, position and function. The ears/ hearing is hard to develop but when your eyes are closed, your skill can improve twentyfold to a point where you can judge your opponent accurately. Then we teach your body to apply energy reading principles so that you can tell the height, weight, position

and striking function of your opponent. This seems hard to believe but once you actually develop the preliminary skills, you virtually open a Pandora box and your whole body receives and reacts to data from the senses without using your brain to analyse what is taking place. Then when we actually put you into combat using 4 opponents to confuse your senses, you develop an accuracy, allowing virtual combat while blindfolded. Once these skills have been employed correctly, they can be used even with your eyes open because your brain is in neutral while your body handles self preservation.



Welcome New Member

GBMAI **welcomes** the following new student:-

Hai Lam



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

Simon Bakunowicz



The key to immortality is first living a life worth remembering.
~ Bruce Lee ~



Photo Gallery

