



Conventional Round House Kicks terminology and use

by Geoff Bennett

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Arts
International
NEWSLETTER
June 2017



Training Times at Bass Hill

Mondays
6.00-8.00 pm

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It is a rear leg principle with the wide swing around the body. This is demonstrated by the Okinawan round house/turning kicks where the knee pops up to the far side of the body and then snaps the kick around the arc and into your opponent. This same type of kick is used by most kickboxers and most martial artists these days. There are some minor problems with this type of kick - it takes a long time from the start of the technique to the impact of the technique. Because of the wide span (arc) of the kick, your opponent has a good opportunity to actually see this kick coming and do multiple of things about it.

To address this problem so that you can use this turning kick principle and reduce the amount of function that your opponent can block with is what GBMAI principles are all about. Do not let your opponent know that you are going to do a turning kick. Instead, snap the body in exactly the same way you are going to do a front kick (or a side kick, hook kick, stomp kick, etc or any other kick) and at that point of time when your knee pulls under and across your center of mass (this floats your hip momentarily), lifting the rear foot fractionally off the floor/reducing its weight. And at this point in time, you snap your hip over and turning your kick into a round function and using that same twitch velocity to actually snap your foot into your opponent. To stop any over-swing, the upper two hands must snap in the opposite direction at the moment of impact time across the face and shoulder. This produces a gyroscopic action or reversal in the motion and whips the foot into the target preferably at impact time. In doing this, your opponent does not know what kick is actually being prepared. All he can see is that the knee is snapped up in front of the body. He will wait in anticipation and put his hand out to block it.

The roundhouse kick falls into the realm of GBMAI multiple kick technology or Bill Wallace's hinge kick which I was training with in late 70s and early 80s. My master did the same thing but Bill Wallace was training internationally and everybody saw them but very few people could develop it. This allows the body to readjust at this point in time to float and snap the foot into any position – snap kick, hook kick, roundhouse kick, drop side kick, drop hook kick, drop roundhouse kick and redeveloping into inside snaps, etc. With the hands up to assist in balance and the twitch of the body, they (the hands) will also pull across the body, protecting the head and body areas against any other punch and kick, allowing for multiple use techniques to be regenerated into your attacker.



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

Zayd Abbas
Simon Bakunowicz



I am not teaching you anything. I just help you to explore yourself.

-Bruce Lee-



Photo Gallery

