



Forms

the stepping stone to advanced martial arts

by Geoff Bennett
GBMAI

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Martial

Arts

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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Martial arts is not just about hard kicking and punching. Martial arts is about the interaction of all skills whether they be boxing, kickboxing, dancing, gymnastics or acrobatics. To develop this interaction of skills, we need to look deeper inside ourselves.

Forms is a spiritual, physical and is made up of three areas of emotional content. And inside each of these areas lets a multitude of sub-areas. Let's say, the physical attribute - can be acquired from form agility, mobility and suppleness and flexibility, understanding of biomechanical alignment and movement to suit the empty hand/weapon of choice. Forms have a lot of intricacies and biomechanical links, pivots and turns. Learning how to do this forms develop control in our joints, power in our muscles, ligaments and tendons and a link to find the harmony and our living center. This increases the awareness of our body's capabilities. It increases our coordinated function and our kicking and punching. But forms give us even more than improved punching and kicking. By improving the body's interaction, our weaving, slipping and evasion skills improve as well as our body's impacting and redirection skills.

Forms can be represented in a multitude of different energy or spiritual levels. We acquire the connection of spiritual past in trying to understand why a past master has given to the form in spirit and we have to acquire a spiritual connection to our soul to try and find a hidden spiritual content of the form. Let's say a Hung Gar master who has mastered the tiger/tiger crane form has now been asked to express a Hung Gar bird monkey set. Without proper coaching, his expression of this form will be as he has been trained. This is why forms you must try to express the spirit of the animal(s) in the form. A tiger representing a monkey will never move like a monkey.

So as we move from form to form, the skill adaptation we learn inside a form. There is energy spiritual and rhythm changes in their expression. By mastering the adaptation of these changes, we learn how to adapt for combat orientated changes. In the ebb and flow of the life's struggle and it is said that drunken forms are the highest level of forms in its off-balance supple state but in reality all forms have the ability to be just as complex and demanding on the body and spirit. Low stance and transitional movements done over slightly longer period of time will generate very demanding stability and muscle control. High speed wheel kick demands balanced and confidence at high speed around one's harmonious centre. Jump spin crescent kicks with double broad swords force a complete understating of limb and weapon interface. Therefore, all areas of all forms can be extremely beneficial in developing one's all round advance in martial arts skills.

Welcome New Member
 GBMAI welcomes the
 following new student:-

Zayd Abbas



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



Master Chris Paulin
 Adams Marks
 Nicholas Taleb



Membership Due

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

Ace Wilson
 Peter Chivers



If you love life,
 don't waste time,
 for time is what life
 is made of.

Bruce Lee

Photo Gallery

