



Sit-down sparring

by Geoff Bennett

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One of the exercises we often practice is the sit-down sparring. With your gloves on, you and your partner are seated cross legged on the floor, facing each other. Both your right knees are touching each other. Using only your right arm (with your left arm behind your back), you learn how to attack (punch) and defend (block) yourself. You do the same with your left knee and left arm. And then with



both knees

touching your partner's both knees, use both arms to punch and block.



This exercise teaches you to attack and defend at close quarters. Being seated cross legged and so close to your opponent limits your ability to “run away” from your attacker. Hence, forcing you to react faster. You need to seize the opportunity to attack (ie punch) whenever you see an opening (either to the head, chest or stomach).

The 8 basic blocks and for the more advance students the 8-basic block and punch (counter attacks) certainly comes in handy.



Your upper forearm block is usually followed with a wrist roll that allows you to attack with a lower (abdomen) punch.



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

- Ayiesha Ghamrawi
- Jon Gerakios
- Michael Taleb
- Toby Seemann



Congratulations to student, *Ahmed Ghamrawi* who received his 2nd grade (white/red).

GBMAI grading is based on their performance (and of course their attendance) in class. Students are continuously assessed throughout the year. Their skills and ability to comprehend instructions are also noted.



*Knowledge will give you power,
but character respect.*

~ Bruce Lee ~

Photo Gallery

