



Use it or lose it

by Geoff Bennett



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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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The human body goes through a rapid development stage from conception to maturity where the body is continuously developing skills. Once development is complete, we are finely tuned, complex creatures. These skills at this stage of our life are many faceted and complexity of life can then start to interact with these faceted skills to a point where some skills will be enhanced and some lost because of the lack of use. If we sit at the computer desk, our brain is active but our body is “vegging” out. We no longer need to pump blood to move muscle, ligaments and tendons (in a manner of other activities). Hence the body will start to reduce the necessity for these skills. Loss of these skills means the further reduction in the body’s activities until eventually virtually all skills will be lost and when we need them, the body cannot deliver what the mind remembers. The link between the mind and the body has to be maintained at no later than fortnightly adaptation of skills. It is like hitting the “refresh” button on the browser because your computer has gone slow on the net. Your mind and body link is the same. The longer the delay, the less the frequency of use of the interaction of skills will start to diminish these skills in all aspects of your life. Not just stretching or lifting weights but even to making a cup of coffee. If your secretary does it for you, you will eventually lose the ability to efficiently make yourself a cup of coffee. Walk the walk and not just talk the talk. In doing, our mind and body “refresh” the connection to the limb so that the limb is necessary but not obsolete. And therefore this section of the brain that interfaces with the limb is also necessary. Hence, the statement, “*use it or lose it*”.



Happy Mother's Day

Welcome New Members
 GBMAI welcomes the following new students:-

Ahmed Aziz
 Ali Aziz



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

Jon Geriakos
 Hai Lam
 Michael Taleb



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

Hai Lam



Congratulations to Professor Michael Valenzuela (centre) for being awarded his professorship at the University of Sydney.

Photo Gallery



Michael Taleb – 1st grade



Zayneddin Zreika – 1st grade

