



The Wooden Dummy the shocking truth about its use

by Alvin Kan

Geoff
Bennett
Martial
Arts
International
NEWSLETTER
November 2016

The wooden dummy is a training device that is used in many different systems of Chinese martial arts. There are many different designs for wooden dummies. Certain designs are used to highlight particular attributes in martial arts practitioners. The dummy is often used to develop “toughness” in the limbs and striking surfaces. Some systems also develop sensitivity and trapping skills by flowing around the dummy’s arms.

PPS (Progressive Protection Systems) uses the Wing Chun design of the wooden dummy for a number of purposes. The most important is to develop “snap power” in the checks and blocks employed in the system. Short, sharp movements are used to shock the dummy on its support beams. With the correct technique, the practitioner will develop the snap power necessary to slide the dummy across its support beams. The use of the dummy also ensures that excessive follow through of blocks and checks do not occur as the dummy’s arms only have a slight “give” in their housing which prevent this from occurring.

Correct distancing and body positioning can also be enhanced with the use of the dummy. Incorrect body alignment and negative hip orientation will result in a person who is kicking being pushed backwards as the dummy’s body has no give except for the flexing of its support beams.



PPS uses the dummy as an aid in the development of high speed, checking, trapping and striking functions. When checking a dummy’s arms, the PPS practitioner will use the reaction force from the dummy’s arm to initiate a secondary function whether it is a check or a strike.

Master Bennett terms this “bounce energy” and the result is high velocity multiple functioning. The effect is similar to a pinball when it hits a series of bumpers. PPS has used the theory of physics of inelastic collisions and has applied it to martial science.



Training Times at Bass Hill

Mondays
6.00-8.00 pm

Saturdays
9.30-11.30

You can contact us at:
Tel: 9644 9376
Mobile: 0405 575937
Website: www.martialarts-int.com.au

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

Peter Chivers



Membership Due

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

Jon Gerakios



Photo Gallery

