



**Geoff
Bennett
Martial
Arts
International
NEWSLETTER
October 2016**

**Training Times
at Bass Hill**

**Mondays
6.00-8.00 pm**

**Saturdays
9.30-11.30**

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8 BASIC BLOCK & PUNCH

by Master Geoff Bennett



During combat, your hands can be in the right position but may be tied in knots due to excessive or inefficient motion. The 8 basic punch and block training skill is devised to give you the skills to be able to impact whilst blocking. This cross block anti-tie up system works with the independence of each shoulder and in groups as well as the rest of the body. No matter where you block to the inside or the outside, your other hand is not motion at the time of the check-twitching the strike into your opponent's open areas.

To start we have a routine of motions starting with your lead hand, rear hand, upper and lower groupings. Stand on the on-guard position, hands up, right foot forward, right hand forward. For this exercise you block the first strike to the shoulder with the lead hand. The second block to the outside with the rear hand. The third block across the body to the shoulder with the lead hand. The fourth block with the rear hand to the outside of the shoulder.



Thus completing the 8-basic blocks.

To understand more about this, you will have to learn the *twitch block* principles where your hand is only in contact for a moment in time. Twitch contact is basically breaking technique. This is where the whole body twitches through your bent elbow into the palm strike at the impact of the arm or leg or body. This twitch recoils your opponent's limb giving you a chance to secondary strike while his body is off set with the impact.

So now you look to understand how to use this twitch to bring in the half beat strike with the other hand so when your opponent throws a strike to your right temple or jaw, you use your lead hand (wrist) twitch block to defend while your left hand is accelerated by the twitch impact into your opponent as a half beat. As your hands strikes your opponent, using your hands to listen to your opponent's body beat thus determining the timing of the next strike and using Hand with this already outstretched to initiate the next block strike combo. Thus the routine starts again.

Welcome New Member

GBMAI welcomes the following new student:-

Zayneddin Zreika



Membership Due

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

Toby Seemann
Gaby Seemann



Photo Gallery



