

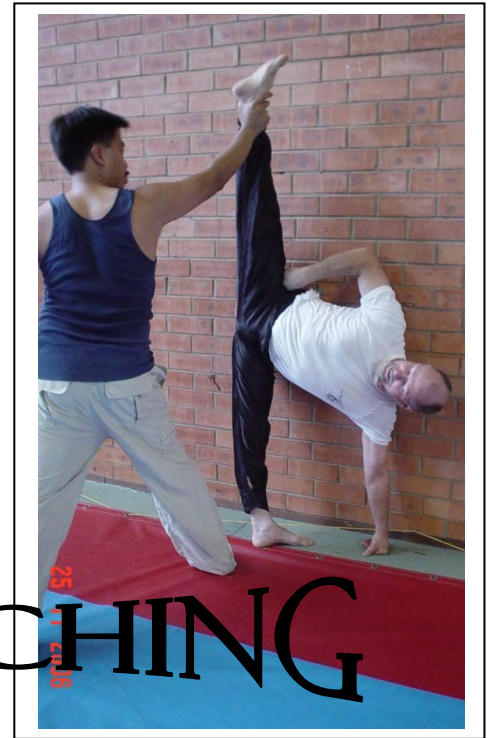


Geoff
Bennett
Martial
Arts
International
 NEWSLETTER
 September 2016

The Painless Art of

STRETCHING

by Master Geoff Bennett



STRETCHING can be looked at in two manners – the painful approach or the painless approach. Many people address stretching by immediately tagging it as painful even though it may only cause some minor discomfort. And in doing so, negatively reinforce the idea that stretching should be approached with a non-painful, relaxed, passive approach so that the body can comfortably accommodate the stretching principles.

One should never lock, stress or dislocate joints for stretching. When stretching, a low level state of meditation must be entered into where relaxation and abdomen breathing along with a psychological approach that this is not going to hurt (“They are not my legs”).

Stretching has to encompass the whole body, not just the shoulders, the biceps, etc, etc. Therefore, if I am stretching my leg, thus my shoulders, my back, my hips, my ankle and calf are also being stretched, not just my hamstrings.

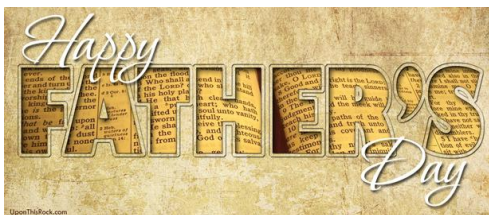
If we are going to stretch the hamstrings, we must approach it with multi-plane stretching as the hamstring does not only move in a single contracting direction. To understand this we must learn to

roll our hips, which is also a huge stretching medium. So in talking about the cross association between two areas such as the hips and the hamstring, we quickly realize the complex linking of our body. So as we approach stretching, we have to open our minds as well as our body to the concept of stretching.

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



*Sifu Geoff Bennett
adds another candle
to his cake.
Happy Birthday Sifu Geoff*



Photo Gallery

