



Geoff
Bennett
Martial
Arts
International
NEWSLETTER
September 2017

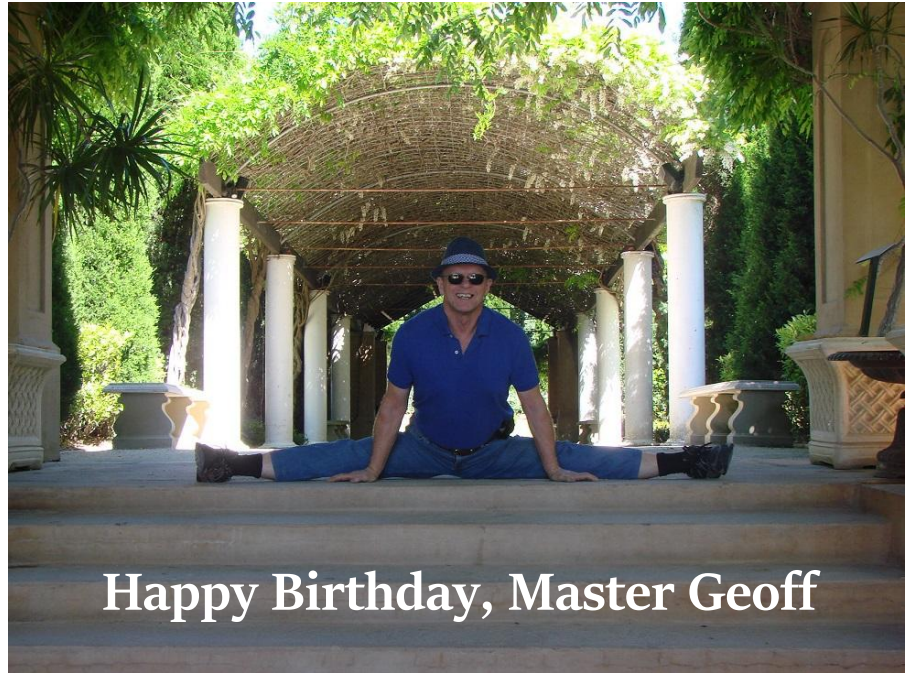


Training Times
at Bass Hill

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



Happy Birthday, Master Geoff

Sifu Geoff Bennett, head of Geoff Bennett Martial Arts International, celebrates another birthday, another year of punching and kicking.

It is his 45th year in the field of martial arts. His exposure to gymnastics at an early age contributed to his remarkable agility and flexibility you see today. He was only seven years old when he showed an interest in martial arts (from watching TV shows like *The Samurai* and *Phantom Agents*) but had his first formal lessons under Merve Okley at GoJu-Kai when he was twenty.

A year later, he decided to train under Master Ho Soon Cheng and soon became an Assistant Instructor, teaching at the University of New South Wales for The Chinese Youth Society. In 1980, he became the head instructor of the University of NSW Martial Arts Club. Five years later, he was given sole ownership of the University of NSW Martial Arts Club by Master Ho. And in 2001, the *University of NSW Martial Arts Club* became the **Geoff Bennett Martial Arts International**.

The sensitivity and elusiveness of the *Progressive Protection System (PPS)* are in its ability to extract, simplify and modify these parallel systems and incorporate them into a simplistic, efficient and effective fighting form which de-emphasizes power and strength. PPS is developed to include boxing, Thai boxing, wrestling, Judo, Wing Chun and Aikido.



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

Mark Mosses



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

Zayneddin Zreika



Training as usual during school holidays. Please let us know if you cannot make it. Thanks.



Photo Gallery

