

August / September 2011 – Volume 3, Issue 8/9

THE DRAGON'S LAIR

NEWSLETTER OF THE IRON DRAGON KUNG FU AND KICKBOXING CLUB

91 STATION STREET, UNIT 8, AJAX, ONTARIO L1S 3H2

"IRON SPIRIT, IRON WILLPOWER, IRON BODY"



**AUGUST / SEPTEMBER 2011
VOLUME 3, ISSUE 8/9**

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COMMENTARY

I know I will be questioned as to the reason for the delay in the August and September 2011 Newsletter's which are only now being posted to the website in late September. Truth is that I met an amazing woman and threw myself headlong into an incredible relationship and have just not been able to squeeze out enough time to complete the newsletter to my satisfaction. LOL! I will tell you more about that in the October 2011 newsletter.

As of September 1, 2011 we are into our 16th season at Iron Dragon Kung Fu and Kickboxing Club! The beginning of a new season is always a tremendous milestone for me. For me it represents a personal triumph. I would once again like to honor all those who doubted me or ridiculed my vision with the traditional Italian salute.....slams left palm into right bicep while executing a right uppercut! LOL!



A salute to those who doubted the "Iron Dragon"

The seeds of Iron Dragon Kung Fu and Kickboxing Club were planted way back in 1994 while I was weight training in my basement. I was working ridiculous

overtime at my accounting job and was looking for a way out when....Eureka! I realized that when I was not working, I was either training at Twin Dragon or Lifting weights in my basement. Why not make training my life's work. I remember excitedly scribbling the predecessor of the current club logo into my weight training log!

From that moment, every time I weight trained I would further flesh out my plans for opening my own gym. By 1997 my plans started to become a reality as I put together a lease proposal for Iron Dragon Kung Fu Kickboxing Club in Bowmanville! Fate intervened one more however, as my Sifu's Mick and Martin McNamara requested that I take over the existing Ajax location of Twin Dragon after they had a falling out with the previous owner.

Operating as a franchise was financially unviable and in 2000 I reluctantly left the franchise and struck out on my own as Iron Dragon Kung Fu and Kickboxing Club. The Twins and I remain close friends although Iron Dragon operates independently these days. Our roots and loyalty to Twin Dragon Kung Fu Kickboxing club remain unquestionable! My loyalty to and friendship with my original Sifu's Mick and Martin McNamara continues today - 38 years after we first met!

Welcome everyone as we enter our 16th season!



Karl, Sifu

DEVELOPING YOUR IRON SPIRIT AND IRON WILLPOWER ALONG WITH YOUR IRON BODY

Early practitioners of Buddhism came to realize that Spiritual development was impossible without conditioning the physical aspects of the human body. When the Indian monk Bodhidharma came to China to revitalize what he felt was a degraded form of Buddhism, he was immediately struck by the physical weakness of the monks he found at the Shaolin Temple in Southern China.

He immediately set the monks onto a physical training regime based on the martial arts and physical culture that he had studied and trained in as a youth in India. Needless to say, there was a dramatic improvement in the health and fitness of the monks. Interestingly however, there was a marked improvement in their spiritual and academic endeavors as well!

Bodhidharma realized that the mind and body work as a unit. Academic and spiritual development was critically affected by the physical development of an individual.

As we go into our 16th year at Iron Dragon I would like all of you to review and ponder upon our mission statement and its significance in your life.



MISSION STATEMENT

About our name.....

IRON

To signify the strength of the characteristics we aim to instill in our students through Chinese Kung Fu Martial Arts training.

Iron Willpower

The strength to make one's own life decisions in accordance with what is right and wrong regardless of outside influences.

Iron Spirit

The cultivation of an indomitable spirit capable of overcoming life's obstacles.

Iron Body

The development of a strong and healthy body capable of withstanding the physical and mental stress of modern life.

DRAGON

A traditional reference to a student of Chinese martial arts.

KUNG FU PHILOSOPHY

"Empty your cup so I may fill it with water"

Every Yellow Sash at Iron Dragon is expected to learn the deeper meaning of this phrase as it relates to their training in Kung Fu. Upon recent reflection I realized that this philosophy can further be applied to life itself.

As a guiding philosophy in Kung Fu training the phrase "Empty your cup so I may fill it with water" simply teaches that one must put aside preconceived notions in order to accept new thoughts and ideas. In other words, if you think you know all there is to the martial art you are studying... your cup will be full. Thus when your teacher tries to teach you new techniques and concepts i.e. water, your cup will overflow and now new knowledge will be retained by the student.

I have found this concept to have application in other areas of life as well. Relationships – If we allow the baggage of past relationships to keep our cup full we will spill the "water" of a new relationship. How much better it is to simply release the transgressions and ill will of past relationships i.e. "empty our cup" so that we start our new relationship with an empty cup i.e. free of "emotional baggage". We can then drink in the new relationship without spilling a drop!

I have encountered many people who are considered to be "blow hards" i.e. those that think they know everything about all things. I often wondered how much knowledge they were missing out on simply because they were unable to empty their cup!!!!

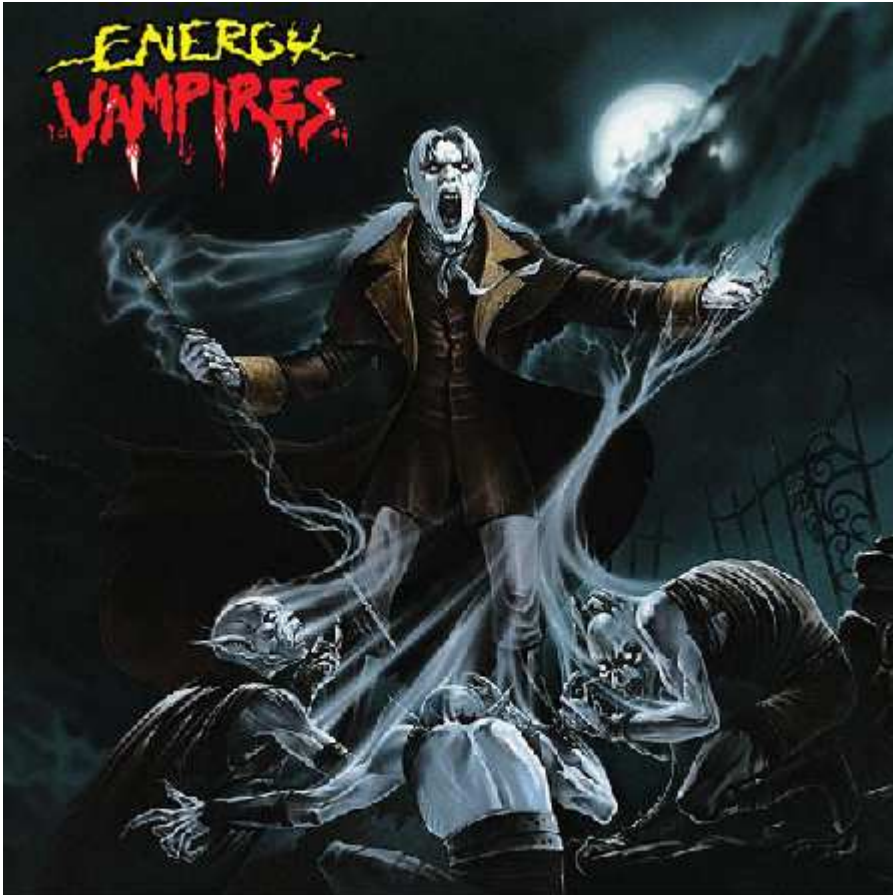
I'm sure you can think of particular people that fit that same mold! Anybody recognize "themselves"? LOL!

The power of positive thinking

Of all the "Iron" attributes that we try to develop at Iron Dragon, Iron Spirit is perhaps the hardest to define.

In our mission statement we define Iron Spirit as an indomitable spirit. On a very simple level we could define it as positive thinking without regard to the negative influences all around us.

We are trying to instill the power of positive thinking in all our students. Using the infamous "glass is half full or half empty" analogy, we want our student's glasses to be "half full"!



**BE GONE ENERGY VAMPIRES!
IT'S SPIRITUAL SUNDAY AT IRON DRAGON!!!!**

POSITIVE THINKING

SPIRITUAL SUNDAY.....

Positive thinking developed through Positive physical training!

A day to appreciate the positive results of a martial arts lifestyle the IRON DRAGON WAY!

Hard training will create an INDOMITABLE SPIRIT.

The will to go on despite life's obstacles.....

Never accepting less than your best effort in any endeavor....

.....positive thinking when surrounded by "energy vampires" - those around us who would sap our energy with negative thoughts.

You know who they are...sarcastic morons that will give you 10 reasons why you can't succeed at something instead of giving you 1 reason that you can!!!

Be gone Energy Vampires! It's Spiritual Sunday at Iron Dragon!!!

Every Sunday I post the above poster to our website as a reminder that positive thinking will overcome all obstacles.

TALK THE TALK AND WALK THE WALK

As owner of Iron Dragon I have to do all I can to "Talk the talk and walk the walk". Below is my personal positive affirmation to our club.



BUNDOK ALISDYAN!
MOUNTAIN, GET OUT OF MY WAY!



For over 15 years my students and I have poured our hearts and souls into this Kung Fu Club! I look forward to many more!

The symbolism in the preceding picture reflects 2 of my favourite icons of positive thinking:

Sun with Sunglasses

...my favorite line from a song by Timbuk 3... "The future's so bright, we gotta wear shades"

LOL how positive is that! I love that!

Here is a link to the song if you have not heard it. It is not exactly my type of music but the lyrics are so positive that I am able to "empty my cup" long enough to take in the higher meaning of the song! LOL!

The Future's so bright I gotta wear shades – performed by Timbuk 3

<http://www.youtube.com/watch?v=8qriKcwvly>

"Fifty Thou' a year will buy a lot of beer" Bahahaha!

"Mountain! Get out of my way!!!!"

.....my favorite inspirational quote...

Mat:17:20

And Jesus said unto them, Because of your unbelief for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.

Okay mountain....move to yonder place! LOL!

Over the years there have been many negative people i.e. "Energy Vampires" (some amongst the people I have known for many years) who declared that our humble club would never make it in a town populated with other Martial Arts clubs. Some even predicted that I would be out of business within 6 months! Well guess what? **Here we are going into our 16th year!!!!**

"The greatest revenge is to accomplish what others say you cannot do."

~ Unknown

Bundok Alis Dyan is a Filipino translation of "Mountain! Get out of my way!" It is a tribute to my girlfriend Erna Marie who comes from the Philippines and has become a big part of my life.

JENNY "DRAGON"

One of our earliest members at Iron Dragon was Jennifer Hunter. Jenny joined us in the summer of 1998 and was at one time our highest ranking member. Injuries have caused Jenny to cease training in Kung Fu and Kickboxing but she remains Iron Dragon's greatest fan. She frequently attends our competitive events and makes it to most of our club parties too. In fact she is such a happy partier that I have dubbed her "Party Animal Extraordinaire"!

Jenny competed successfully for Iron Dragon at several different events. In her first competitive she earned a Silver medal in the 1998 Pickering Karate Tournament! Then in 1999 Jenny defeated a tough competitor to win the Durham semi-contact ladies championship! In 2001 Jenny took on tough Thai boxer Anna

Kirkham from London, Ontario but was defeated by TKO in round 2. Anna went on to fight successfully in Thailand and was clearly a very advanced competitor.

Jenny and I share August birthdays and we usually meet up every year to celebrate with a mutual birthday drink. Here we are at this year's celebration!



SPIRITUAL SUNDAY AT IRON DRAGON

Let us look at the deeper meaning behind what I call "Spiritual Sunday". I have found that the more relaxed pace of life on Sunday is conducive to the contemplation of our over 1,500 year old martial art of Shaolin Kung Fu*.

It all started back in circa 527 AD with the arrival in China of the Indian Buddhist Monk Bodhidharma. The man was born into an Indian Royal family. He was so taken by the Buddha's doctrine as conveyed to him by his mentor Prajnatara, that he gave up his material possessions and station in life to become a humble monk!

Bodhidharma is not the only noble to have made this life altering change based on a sudden awakening to the Buddha's teaching. Often, I have thought about this. Imagine the strength of the words that inspired these men of wealth to give up everything in order to spread the teachings of the Buddha!

Many times I am asked if the Buddhist teachings that are intrinsic to our martial art will contradict a student's religion if he or she is not a Buddhist. My answer to that is no!

The teachings in our art that advocate peace, humility, tolerance and compassion are principles shared by all the world's major religions. Though passed on to us by Buddhists, they should be viewed not as religious teachings in the context of our martial arts training but as a philosophy that was wisely melded into the art of Kung Fu to prevent the misuse of such a deadly fighting art.

HEALTH AND FITNESS

Incorrect food product labeling and the dangers of Sodium in common foods

Several years ago as a result of working a full time job in the day and running Iron Dragon Kung Fu Kickboxing Club at nights and on weekends, I found myself eating many of my meals on the run.

I did not fall into the trap of eating what is traditionally regarded as fast food i.e. McDonalds, Burger King or Wendys. Instead I was eating a lot of what I thought were better quality meals such as Sushi, Roti and Chinese Food.

In Sept.2007 I was surprised when my annual check up revealed that my blood pressure was creeping towards high normal! After years of working out my blood pressure was almost at the point where I would need drugs to bring it down to acceptable levels! I was stunned to say the least!

How could this be possible?! I was working out 7 days per week sometimes as often as 7 times per day! Thinking about this, I realized that the culprit had to be all the outside meals I had been consuming. Cooked outside meals gave me no opportunity to monitor the ingredients and cooking methods used in their preparation.

I resolved to eat all my meals at home. Scanning all labels as I purchased foods and condiments I quickly came to the realization that none of the products were accurately labeled. Go see for yourself. Grab any can of food in your cupboards and have a look at the label. It will tell you the percentage of the daily requirements or limits of the items contained therein. Incredibly these percentages are based upon an arbitrary serving size that is often 1/2 to 1/3 of the total portion contained in the can! While the high Sodium content of most foods is what I suspect caused the elevated Blood pressure that I had experienced, I came to realize that calorie counts were similarly mislabeled!

You will feel a false sense of security when Sodium contained in the product is represented as 10% of the daily limit. Problem is that this number represents a percentage based on a ridiculously small portion size! Often the total portions contained in a can are 2 or 3 times the portion size that the analysis is based upon! Eat the whole can and you get a whopping 30% of your total daily limit! Eat your meals at a restaurant and you won't be able to accurately tell since there is no label disclosure!

Why would they not express the % based on the actual quantity contained in that very can? Marketing! Plain and simple! If the recommended percentage for the actual can is 30% it may affect sales!!! I am thoroughly disgusted with this practice. I have yet to find a food that is accurately labeled!!!

Because of the inaccurate labeling of foods I decided to strip my meals down to very basic ingredients that I (as a non-cook) would be able to prepare into fast and easy meals.

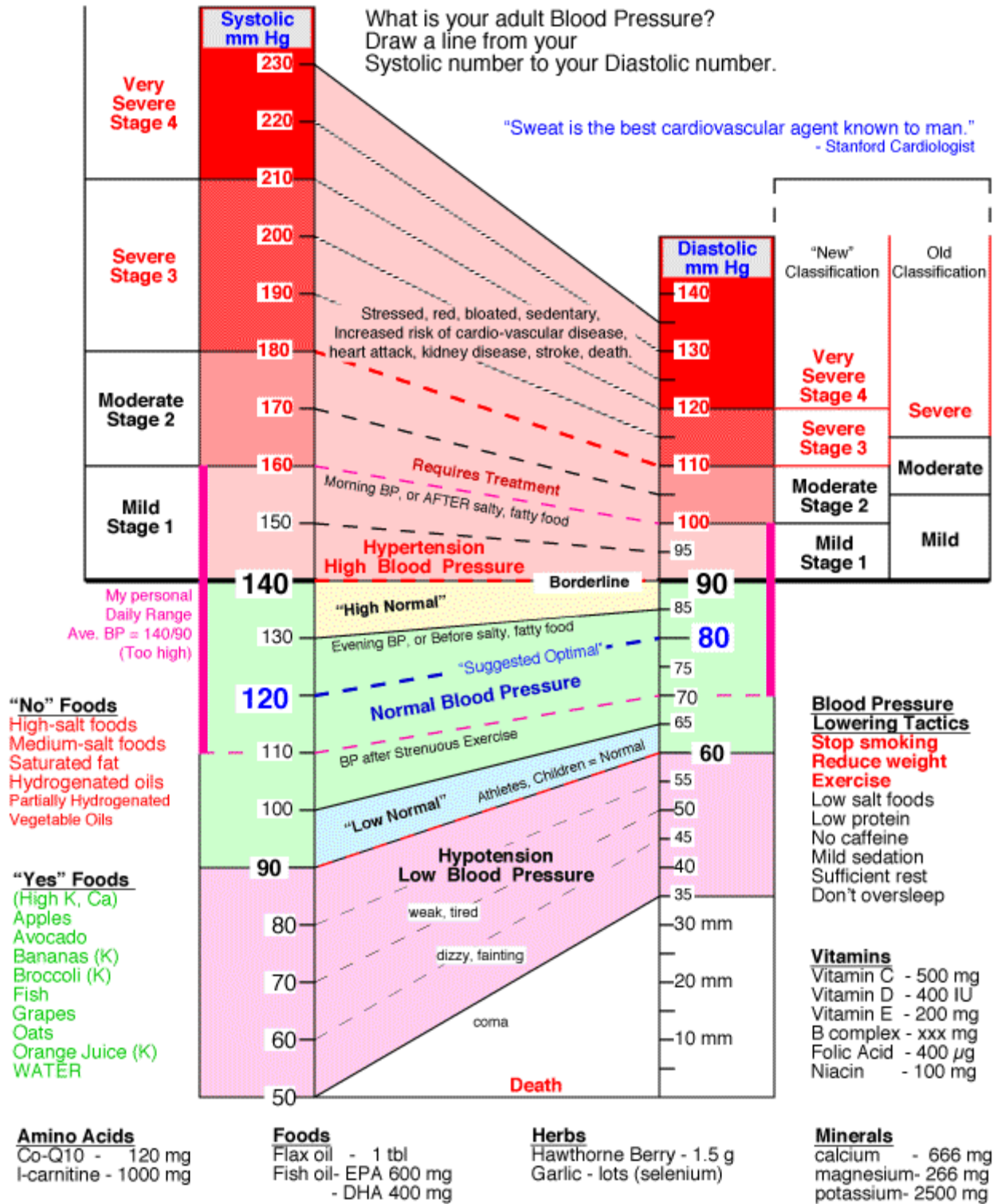
All simple carbohydrates i.e. Sugar, White Bread, White Pasta and anything else made of white flour were eliminated from my diet. Instead I started to rely on Sweet Potatoes and Pumpernickel bread as my major source of carbohydrates. Existing research indicates that these are complex carbohydrates which thus enter the body more slowly and evenly throughout the day instead of crashing into the system almost immediately resulting in a temporary spike in energy and predictable crash shortly after. Simple carbohydrates that are released into the body all at once are also much more likely to be stored as fat since the body conserves excess calories that are not immediately required.

More difficult to control was the sodium content of my diet. Since I very rarely prepare meals from scratch (remember I'm not a chef) I had to dispense with the tasty soups, gravies and sauces that I bought pre-packaged in cans but that were also loaded with Sodium. Oh my poor taste buds! I quickly realized however that the sodium still contained in even a can of Tuna would provide at least a modicum of flavor to my meals.

I monitored my blood pressure over the next 6 months by using the electronic blood pressure measuring units that are found in most drug stores. I noticed immediate improvements week by week and after approximately 6 months of revising my eating patterns I found that my blood pressure had dropped from a "High" normal of 138 / 87 back to a very satisfactory 122 / 80 – the suggested optimal is 120/80!

I've attached a blood pressure graph to give you an indication of the meaning for the values you get when you take a reading.

Blood Pressure Chart



Boxing Champions**Ken Norton – Black Hercules**

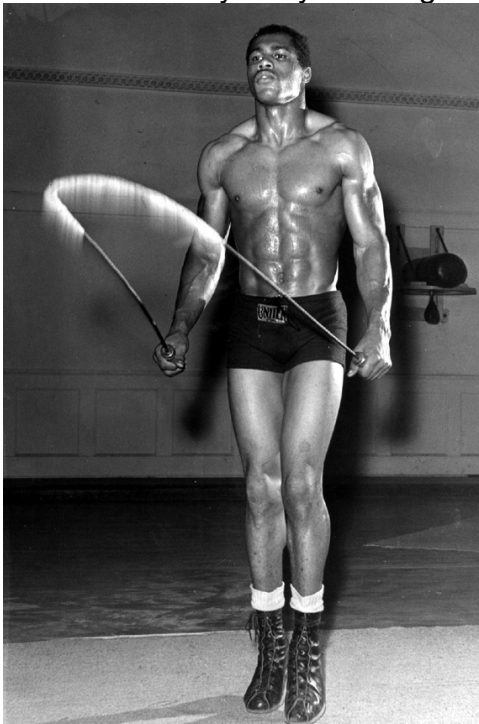
One of the most underrated boxers of all time was heavyweight Ken Norton.

Ken Norton was born August 9, 1945 in Jacksonville, Illinois. He attended Jacksonville High School where he proved to be an outstanding athlete and excelled at Football and Track and field. In fact his coach once entered him in 8 track and field events and Ken won every event! This feat resulted in the “Ken Norton Rule” which barred Illinois High School athletes from entering more than 3 Track and Field events at one time.

After graduating from High School, Ken attended Missouri State University on a football scholarship to study elementary education.

In 1963 Norton entered the US Marine Corp. It is here that he took up the sport of Boxing at the relatively old age of 20! He compiled a record of 24-2 and went on to win 3 All Marine Heavyweight Titles. After competing in the 1967 AAU National Amateur Boxing Championships, Norton turned pro.

All the years of physical training combined with incredible genetics sculpted Norton’s physique to the point where he became known as “Black Hercules”. The man had a ridiculously small waist combined with huge shoulders and arms that would make any bodybuilder green with envy!



KEN “BLACK HERCULES” NORTON

Norton was on a win streak early in his career but surprisingly was stopped in the 5th round of a bout with the lightly regarded Jose Luis Garcia. After that loss

Norton came back on a fourteen fight win streak which culminated in a surprise win over Muhammad Ali in 1973 for the NABF Heavyweight Title.

The bout has become known as “The Battle of Broken Jaw” as Ken broke Muhammad Ali’s Jaw in the 11th round (4th if you believe Angelo Dundee, Ali’s trainer). The bout took place on March 31, 1973 in San Diego. Ken Norton was a virtual unknown with a record of 29-1. He had earned \$300 for the last match before the Ali bout!

A total mismatch on paper, Norton quickly made it apparent that he had come to fight! Ali had not taken the bout all that seriously and was not in prime shape.

Here are rounds 1-11 (edited)

<http://www.youtube.com/watch?v=OyzYc1mUwLw>

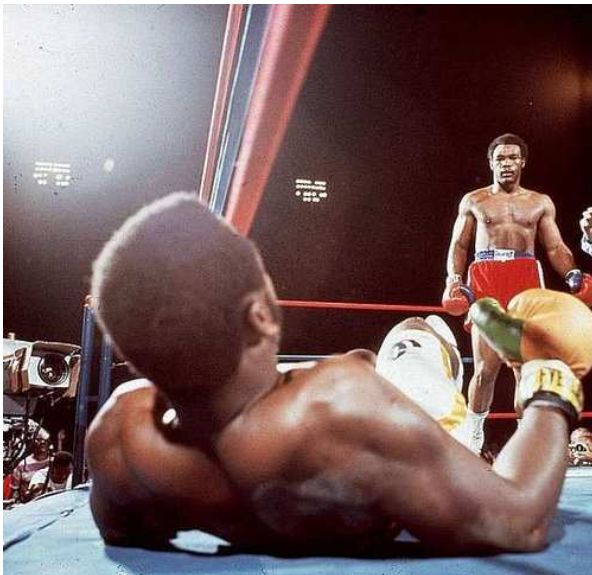
Here is round 12 - complete

<http://www.youtube.com/watch?v=Duz99uqsry8&feature=related>

Ali recuperated in hospital after the bout and had to have his jaw wired shut. It would be the first time “The Greatest” could not carry on with his usual verbal tirade after a bout!

Norton fought Ali again in September 1973 losing a 12 round decision in a non-title fight.

In March 1974 Ken got a title shot against reigning champion George Foreman but lost by a disastrous 2nd round TKO!



George Foreman K.O.'s Ken Norton

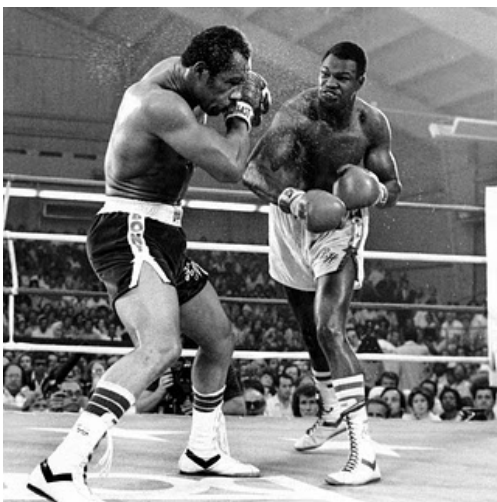
Ken got another shot at the World Title when he took on Muhammad Ali in September of 1976. He lost a controversial decision.



Norton loses by decision to Ali

Ken fought a series of fringe contenders throughout 1977 and finally won the WBC Heavyweight Title by beating Jimmy Young in a bout for the Heavyweight Title that had been stripped in a controversial move by the WBC sanctioning body because of Leon Spinks (who had defeated Ali in 1978) refusal to fight the number 1 contender which at the time was Norton.

In his first title defense Ken took on up and coming contender Larry Holmes. The fight took place on June 9, 1978 and is considered an all time classic.





Larry Holmes outpoints Norton in a split decision to win the Heavyweight Title

Larry once remarked that looking across the ring and seeing “Hercules” standing on the other side of the ring before the fight was very scary!

Here thanks to technology and YouTube is the complete fight!

Part 1 of 6

<http://www.youtube.com/watch?v=WDXZQralw64>

Part 2 of 6

<http://www.youtube.com/watch?v=Xrlyacf0YKI&feature=related>

Part 3 of 6

<http://www.youtube.com/watch?v=3-TXnp-hyK4&feature=related>

Part 4 of 6

<http://www.youtube.com/watch?v=8ILsCKSWQ0I&feature=related>

Part 5 of 6

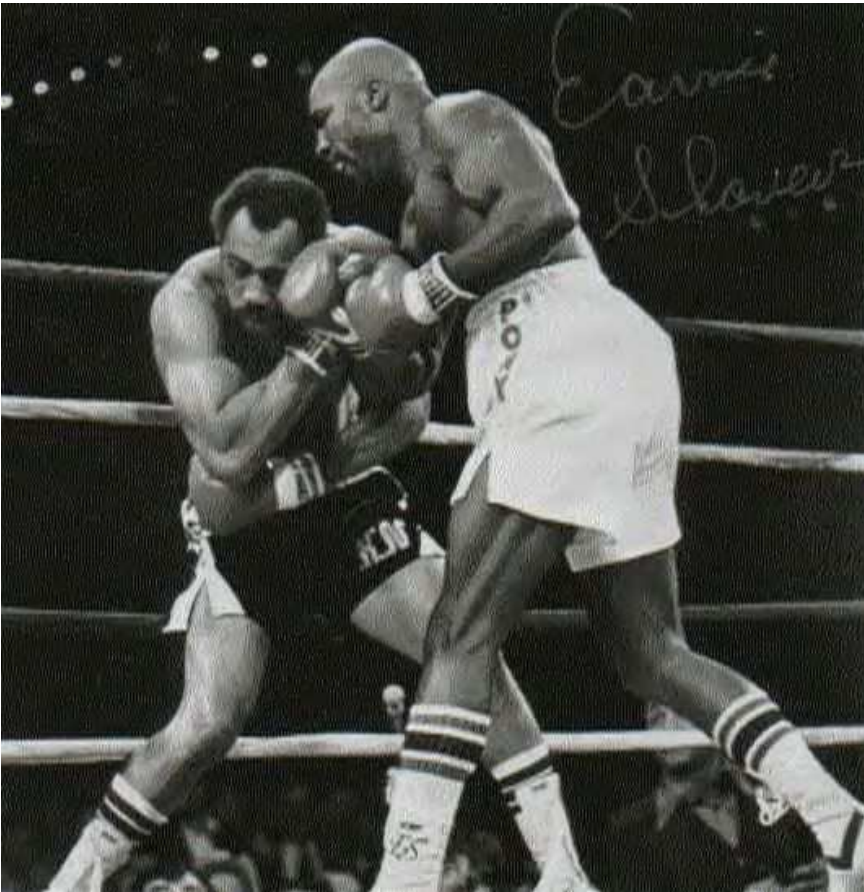
<http://www.youtube.com/watch?v=jW6ZgeL8uz8&feature=related>

Part 6 of 6

<http://www.youtube.com/watch?v=l11HmOutJcQ&feature=related>



Norton continued fighting but was knocked out in a surprise 1st round KO by fringe contender yet all time dangerous puncher Earnie Shavers on March 23, 1979.



Norton is KO'd by Earnie Shavers

Ken Norton's last fight would be against the then up and coming "great white hope" Gerry Cooney on May 11, 1981. Ken was TKO'd in round 1. His skills had greatly diminished and thankfully he retired from boxing after that bout.



Gerry Cooney KO's Ken Norton

After his retirement from boxing, Norton continued to make many TV, Radio and Public speaking appearances. All this came to an end when he suffered a car crash in 1986 that rendered him incapable of speaking and mildly brain damaged. He has since regained a slurred speech that makes public speaking very difficult.

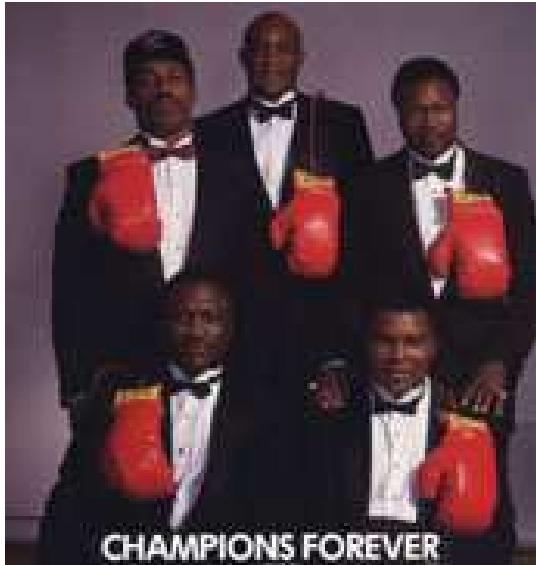
Norton's natural athleticism was passed on to his son Ken Norton Jr. who had a successful career as a linebacker in the National Football League. He became the first NFL player to win 3 consecutive Super Bowl rings!

Here is a great tribute to Kenny "Black Hercules" Norton that I found on YouTube:

http://www.youtube.com/watch?v=bTVB_ytUgLM&feature=player_embedded

The video is set to the tune "Hercules" by Aaron Neville. LOL!

Kenny Norton is widely considered one of the 50 best heavyweight boxers of all time and is a member of the "Champions Forever" – a circle of 5 elite heavyweight boxers who dominated the 1970's – Ali, Frazier, Holmes, Norton and Foreman.



Back Row L to R : Ken Norton, George Foreman, Larry Holmes
Front Row L to R: Joe Frasier, Muhammad Ali

KICKBOXING PERSONALITIES

SHAWN "COACH" TOMPKINS – DEAD AT 37

I was shocked to find out that famed MMA trainer Shawn Tompkins died in his sleep a age 37 while visiting London, Ontario on August 14, 2011.



I first met Shawn in Calgary in 1999 where we competed at the Canadian National Amateur Kickboxing Championships. We kept in touch now and then while I was matchmaking fighters for upcoming promotions. We used to put on amateur events right here in the gym at Iron Dragon. Believe it or not we could cram 120 spectators into the gym for these shows!

Sadly, I never took the time to get to know Shawn better. I remember how he came up to me after I lost to Muzammal Nawaz in the final of the 1999 Canadian National Kickboxing Championships Super and congratulated me on the bout. When we returned to Ontario we kept in touch while matchmaking our competitors for kickboxing events.

Shawn brought teams to our club for several competitions in early 2000 and 2001. In fact current UFC Contender Mark Hominick fought in this very gym in 2001!

Those were the days of early amateur kickboxing in Ontario. We used to have to put on our fights "under the table" because of sanctioning issues. Shawn went on to make quite a name for himself as an MMA Coach and became pretty much a household name in the sport.

For some reason, probably because I never took the time to get to know Shawn we just never really "clicked"...there was no animosity between us but no real friendship developed. In hindsight I should have taken the time to get to know Shawn. Upon Shawn's death I promised myself that I would take the time to get to know all coaches in our small kickboxing community. I will be writing many future articles about some of the other coaches beginning with David Crawley of New Energy Muay Thai in our October 2011 Newsletter!

Another warrior fades off into the night. Rest in Peace Shawn. Iron Dragon Kung Fu and Kickboxing Club sends out its sincere condolences to the family and friends of Shawn Tompkins.

DRAGON LAUGHS

Good Ol' Gary Mac.....always good for a laugh!!!!

I was creeping his FACEBOOK page recently when I came across these little gems!



Gary's co-worker Dave the ultimate "Planker"!



Wow! How is this even possible?!

PROVERBS TO LIVE BY.....

"Fall down seven times, stand up eight!"

(Japanese Proverb)

PONDER UPON THIS.....

Chinese wisdom, proverbs, traditions, etiquette and history were as much a part of the art of Kung Fu as the physical fighting techniques that were taught. In keeping with that tradition, it is hoped that this, one of many proverbs to come, will enhance our students' martial arts experience for many years. In this day and age where many cultures have come together we are fortunate to receive proverbs of wisdom from many different cultures. It is my intention to present proverbs of any culture that are relevant to our training goals. These proverbs are intended to foster a dialogue about some of the less obvious facets of our art. The proverbs are purposely kept simple so students will ponder their significance and relevance in their own lives and experiences. Going forward it is hoped that all students will contribute to our monthly proverb. Short proverbs or wisdom from any culture that are relevant to the goals of our Martial Arts Community / Club are welcomed. Email: ajaxdragon@hotmail.com to submit your contribution.

PAST EVENTS

July 23, 2011 – Saturday – Peterborough, Ontario

Extreme Kickboxing's Kickboxing Show

Pat "Train Wrecka" Rhodes easily defeated his game opponent from Kontakt Kickboxing as he won every round on his way to a unanimous decision victory. Pat made extensive use of his vastly improved left jab.

Iron Dragon's Daniel "Dynamite" Di Giovanni fought an impressive first fight but his opponent was equally impressive as they fought to a draw.



Here's Iron Dragon's Pat "Trainwrecka" Rhodes going on the offensive against his overmatched opponent from Whitby's " Kontakt Kickboxing" Pat won a one sided Unanimous Decision victory.



Here's Daniel "Dynamite" DiGiovanni getting ready for his bout. The close bout was ruled a draw.



Derrick "Badco" and Steve from Effective Kickboxing. All of us share Twin Dragon roots!

Kickboxing events are a sort of family gathering for us ol' rounders! Here is a mug shot...err...I mean photo with Derrick "Badco and Steve from EFFECTIVE KICKBOXING in Mississauga. Badco also comes from my home club TWIN DRAGON. The Chinese characters on his right arm say Twin Dragon!

Congratulations to Iron Dragon fighter's Pat Rhodes and Daniel DiGiovanni! You have displayed IRON SPIRIT, IRON WILLPOWER AND IRON BODY while proudly representing Iron Dragon Kung Fu and Kickboxing Club. You have made us all very proud!

July 30, 2011- Saturday – 15th Annual Iron Dragon Kids Summer Party And Iron Dragon Watergun Massacre

As predicted, Ol' Sifu was the clear winner of the annual Iron Dragon watergun fight. There were soaked Lil' Dragons and Young Dragons everywhere as Sifu decimated them with a precision water gun fighting such as had never been seen before. Secret Weapon Travis helped keep the kids at bay while Sifu took 'em out with precision targeted attacks!



Well....here is the photographic evidence. Before the water gun fight the Lil Dragons were a confident crew.....



...after the water gun fight they were reduced to little soaked, sniveling, sock puppets as Sifu clearly won a one sided battle to become the water gun champion for the 15th year in a row!

August 13, 2011 – Saturday - Iron Dragon 15th Year Anniversary Party

Many Iron Dragon students (both past and present) attended our 15th Anniversary party. It was nice to see that Black Sash John Sawchuk made the effort to come despite being so tied up by his business during the summer months! Here are some pictures from the event.



**Long time members Dave, Brendan and Colleen Hale
Came out to the party!**



Kyle and Louise were here as well!



Here are the Romanoff's, Shannon, Randy, John and Omar!



Lisa and Keith came out as well



Pat and Antonella came to the party with some great news. Antonella is pregnant and will give birth to the first Iron Dragon baby practically conceived at the gym. LOL! The parents began their relationship when Antonella assisted in training Pat for one of his earlier fights! Pat has gone on to become Iron Dragon's Best Competitor to date with a record of 4 Wins and only 1 loss to the current Canadian Title holder!



Here's Shawn "Hammertime" Nanay - Iron Dragon's most Lethal puncher ever!

UNTIL NEXT TIME.....

Well everybody....sorry for the delay in publishing these two newsletters. I am passionate about writing our monthly newsletter....unfortunately that passion was hijacked for the summer by my girlfriend! Rest assured I am back to happily writing the monthly newsletter. I hope you continue to enjoy it as much as I have enjoyed putting it together for you!

Until next time.....keep KUNG FU FIGHTIN'!

<http://www.youtube.com/watch?v=ITiSzFp4arg>



Karl, Sifu