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THE DRAGON'S LAIR

NEWSLETTER OF THE IRON DRAGON KUNG FU AND KICKBOXING CLUB

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COMMENTARY

As I sit here writing this month's newsletter (just two weeks into March), the temperature is 10, the sun is shining and I am struck by how wonderful it is to experience an early spring this year!

We are 10 days into March and we have already had the garage doors open for 3 workouts! Today we had 7 people show up for our Wednesday Lunchtime class and the Garage door was open for the full hour!

Yes! Spring is here and Iron Dragon is gearing up for our outdoor summer workouts!

In year's past the coming of spring signaled a decline in the participation of our members as they found other seasonal activities to occupy their time. I would like to suggest Kung Fu and Fitness training is NOT a seasonal activity! You must care for yourself all year round!! It is my hope that this year the majority of our students will realize this and continue to attend.

Our classes will be held outside very soon! This is the highlight of the year for me! I hope my students will see it this way as well!

Preparing the newsletter is a labour of love for me. Researching the newsletter, I end up revisiting topics that I have long ago forgotten about. Very often, it rekindles my enthusiasm for the amazing art that we practice. The storied history and traditions of Hung Gar Kung Fu are as much a part of the art as the actual fighting techniques that we train!

TRADITIONAL HUNG GAR KUNG FU**Hung Gar's Iron Wire Form – Natural relief for High Blood Pressure?**

Hung Gar's Iron Wire Fist Set is considered the highest form in Hung Gar. Unlike the other "pillars" of Hung Gar, this set is entirely Internal in nature. The movements are not meant to be used as fighting techniques. Rather, they are utilized as a type of moving meditation that is meant to benefit the health of the practitioner.

My goal in the past was to teach the Iron Wire Set (form) as part of the Black Sash requirements. I felt that this set though not difficult to perform, required the maturity of several year's martial arts training to truly comprehend and properly master the underlying training principals that mad this set so important.

It is the least "physical" set in Hung Gar i.e. it is not a very fancy form and lacks high kicks and flashy moves. The purpose of the set can truly be lost upon those that are relatively new to the art. This is why I purposely held the form back for only those students that persevered and arrived at the Black Sash level.

The form emphasizes breathing techniques, vocalizations to vibrate and stimulate internal organs, dynamic tension exercises and supposedly Chi cultivation.

Inclusion of the Iron Wire Set in your curriculum will benefit you for a lifetime. The form can be performed even at a very advanced age. A perfect geriatric exercise!

Recently, I came across some writings by Christian Goodman that has completely rejuvenated my thinking on the Iron Wire Set! Christian Goodman is well known for having developed a series of exercises to reduce Hypertension aka High Blood Pressure through natural methods not pharmaceutical drugs!

Goodman has researched some ancient Asian meditation techniques and distilled from them a set of Three exercises that have been proven to reduce hypertension! This in itself is exciting, however when I began to read the program I started to see parallels with Hung Gar's Iron Wire Set!

Goodman's theory is that the underlying cause of High Blood Pressure is almost always internal pressure. Here is a paragraph from his E-book "The Natural Blood Pressure Program":

"The main underlying cause for high blood pressure is pretty much ALWAYS internal pressure. This pressure can be Emotional, Neural, Mental or whatever you want to call it. The solution is ALWAYS to give your body and mind a few minutes of "Focused Break". This "Focused Break" is enough to normalize the system and your blood pressure will become normal and stay normal."

Christian Goodman

Upon reviewing the specific exercises he has designed, I was struck by the fact that many of his principles are already included in our Iron Wire Set! His program includes meditative principals, vocalizations and deep breathing. All of this can be found in our Iron Wire Set! Perhaps the Iron Wire Set is too important to withhold from all students except our Black Sashes!

There are a number of my students that have hypertension to varying degrees. I would like to try an experiment. A select few will be taught the Iron Wire Set. Once they are able to perform the set and the accompanying exercises based on Goodman's writings they will begin daily training. I propose that all participants measure their blood pressure values prior to the start of training. Then, at the start of every week they will re-measure their values. I will record the weekly readings in a journal. I suspect that we will see a decline in blood pressure values within a few weeks and after approximately 3 months the readings should be close to normal! Let me know if you are interested in being a participant. You've got nothing to lose but your Hypertension!!!!

STRETCHING EXERCISES

Hip Flexor Stretching and Rehabilitation Routine

Due to the positive response I received from everybody about last months Hip Flexor article, I have put together a Hip Flexor Stretching and Rehab routine that you can try if you are having problems with the Hip Flexors.

1. Standing Hip Circles

Stand facing a chair or wall with your feet spaced one foot apart and approximately 1 ½ feet away from the supporting chair or wall. Put your hands against the chair for balance and lift your left knee up as high as possible directly in front of you. Now in a clockwise direction, circle your knee in front of you as if drawing a circle in the air with your knee. Do 50 repetitions with your Left leg and then immediately alternate with your Right Leg for 3 sets.



2. Laying Hip Flexor Stretch

Lay on your back with your knees bent in front of you. Take your right leg and place the ankle against the opposite knee. Now push gently against the right knee to exert gentle stretching pressure on your right Hip Flexors hold this stretch for a 50 count and then alternate with the other leg for 3 sets.



3. Lunging Hip Flexor Stretch

Assume a “lunge” position. Now bend the rear leg so the knee touches the ground and your shin is against the floor. Push your hips forward slowly and exert a stretching pressure on your Hip Flexors.



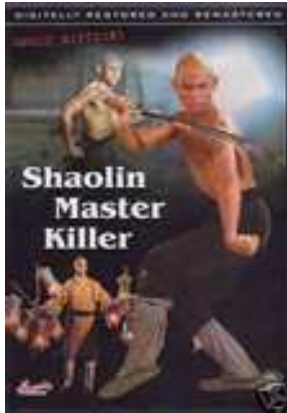
MARTIAL ARTS IN THE MEDIA

Hilarious dialogue dubbed into 1970's Kung Fu Movies

Here are some comments I found on YouTube that express my sentiments exactly!

"Damn you bastard, you must be tired of living. Now then, I shall teach you a lesson." These lines were spoken by everyone in the late 70's when these movies hit the movie theaters of the U.S. Without lines like these, some of the humour would be lost. No disrespect to the Shaw Brothers, but that's how most of my die hard friends liked these movies..... dubbed.

Also, "I don't think your kung fu is good enough to avenge your master!" Some of my favorite lines come from these dubbed movies from the '70s.

MARTIAL ARTS IN THE MEDIA**Shaolin Master Killer aka The Shaolin 36th Chamber - Shaw Brothers Hong Kong Movie Classic**

The 1970's were an amazing decade for martial arts movies worldwide! The chief producers of this genre were the various film studios of Hong Kong. Shaw Brothers Studios in particular was a major martial arts film studio. Most of the films produced by this studio have since become martial arts classics. Shaw Brothers films are of particular interest to us since many of the films depict events that occurred within the Shaolin Temple. One such film is "Shaolin Master Killer" aka "Master Killer" and "The 36th Chamber of Shaolin".

Here is the trailer for the film:

<http://www.youtube.com/watch?v=6RqkRzyiaUc>

"Master Killer" starred Gordon Liu (see the following article) and is renowned for the many realistic Shaolin training scenes. The film has long been regarded by many to be the greatest Kung Fu movie of all time. Gordon Liu is a legitimate Hung Gar stylist in addition to being a very successful Hong Kong martial arts actor. Liu is an exponent of Hung Gar Kung Fu which makes him of even greater significance to us since we are all members of the same Kung Fu family!

The opening credits of "Master Killer" feature Liu performing sections of the Hung Gar Iron Wire Set while wearing weighted forearm rings, the 8 Diagram Stick Set and sections of the 5 Animals / 5 Elements set. I was jealous to see that he also goes on to perform a section of a set with the Monks Spade, a weapon that I was not fortunate enough to have learned! LOL!

See for yourself!

tp://www.youtube.com/watch?v=IVJXgt_fYa4

The movie details the physical training that a Shaolin monk had to endure while living at the Shaolin Monastery.

In the Shaolin temple at Fukien there were several chambers (training halls) where specific martial arts skills were developed. One chamber specialized in Stick fighting, another in strengthening the arms....there were 35 Chambers in all. Gordon Liu's character establishes a 36th chamber for non-ordained monks to train to develop fighting skills that would enable them to overthrow the Manchurians who had invaded and captured China.

In addition to this, Liu's character is portrayed as the inventor of the Three Section Staff, a roughly six foot section of stick joined together in 3 equal lengths by a piece of chain between each section. (This is a fictional account based on a true story)



Three section staff

"The Shaolin Master Killer" aka Master Killer or 36th Chamber of Shaolin is available on DVD at ridiculously low prices from several dealers on EBAY. I highly recommend this entertaining film for your collection!

Personalities

Gordon Liu aka Lau Kar Fai

Gordon Liu is known to western audiences primarily for his role as Pai Me in Quentin Tarantino's Kill Bill and Kill Bill 2. In the east however, Liu is a Hong Kong film legend! Because of his Hung Gar Kung Fu skills Liu was a highly sought after actor during the 1970's Kung Fu cinema craze in Hong Kong.

Some of the most dynamic kung fu training sequences ever filmed feature Liu performing sections of the Iron Wire Set and 5 Elements / 5 Animals set in the film Master Killer (discussed above).

Gordon Liu was born in Kwangtung China in 1955. His family subsequently moved to Hong Kong and as a 7 year old boy Liu enrolled in a local Lau Gar Kung Fu Club run by the legendary martial artist Lau Charn. Gordon excelled at Kung Fu training and soon became one his master's favourite students! Eventually Lau Charn became Liu's Godfather and Liu decided to adopt his master's surname and took on the Cantonese stage name of Lau Kar Fai. The English first name Gordon was adopted when he attended an English language school as was the custom in Hong Kong at that time.

His love for the art of Kung Fu soon led to his skipping school to train at the Kung Fu Club! Lau Gar and Hung Gar are closely related styles of Shaolin Kung Fu and are often taught together as part of the overall Hung Gar curriculum. It was at Lau Charn's school that Gordon acquired the remarkable skills he would display in the Shaw Brothers Kung Fu Movies of the 70's. In fact, several of Lau Charn's sons went on to become prominent Kung Fu actors in the Shaw Brothers Kung Fu films of the 70's!

After background appearances in several films, Liu finally received a starring role as Wong Fei Hung in the film Challenge of the Masters in 1976. He then went on to star in "Executioners from Shaolin" (1976) (see trailer – linked below)

<http://www.youtube.com/watch?v=ofzrb-ezGZ4>

and "He has nothing but Kung Fu" (1977) before receiving his signature role as Shaolin monk San Te in "The 36th Chamber of Shaolin" aka "Shaolin Master Killer" in early 1978 (see the clip in the article about Master Killer above). This was a groundbreaking film as it was the first film to offer an authentic portrayal of the rigorous training that the monks would endure at the Shaolin Temple.



Gordon Liu in Master Killer



1978 saw the release of another Gordon Liu classic, the hilariously titled..... Dirty Ho! (see the trailer-linked below)

<http://www.youtube.com/watch?v=mDI-DSZQkw>

Regardless of the title, the film offers some amazing action scenes. The ending fight of the film features Lo Lieh menacing Liu with a massive Kwan Do! (A large sword attached to a long pole (similar in design to a spear but much more dangerous)).

By the late 1970's, oriental martial arts movies no longer found a willing audience in the west. In the orient however the films remained popular until the mid 1980's. As a result, many of Liu's films (during that time period) remain relatively unknown to western audiences.

In 1980 Liu starred in the hugely popular film "Clan of the White Lotus" aka "Fists of the White Lotus". (see trailer – linked below)

<http://www.youtube.com/watch?v=IV34tteWO08>



Gordon Liu (shirtless) vs Lo Lieh (white hair)
In Fists of the White Lotus

In this sequel to “Executioners from Shaolin” Liu shows his expertise with a chain whip (a whip like weapon made of chain). Just as Bruce Lee had been famous for his Nunchaku, Gordon Liu will be forever remembered for his Chain Whip technique!

In 1984 Liu went on to star in the film “8 Diagram Pole Fighter” a significant film for Hung Gar practitioners since it shows the origins of Hung Gar’s 8 Diagram Stick form. (see trailer – linked below)

<http://www.youtube.com/watch?v=i-O25zW74Rs>

The mid 80’s to early 90’s saw the Kung Fu film finally fall out of favour with oriental audiences. Liu’s film appearances were sparse. Quentin’s Tarantino’s interest in the genre however, revitalized his career when Liu was cast in Kill Bill 1 and Kill Bill 2 films. Liu played the villainous Johnny Mo in Kill Bill 1 and the Pai Mei in Kill Bill 2.



Gordon Liu as Pai Mei In Kill Bill 2

Since Kill Bill, Liu has appeared in the occasional Hong Kong film production. He continues to work in television for Hong Kong's TVB Company. In 2008 Liu made his Bollywood premier when he was featured in the Indian film "Chandi Chouk to China".

Gordon Liu is truly one of the few actors who could truly back up the martial arts mastery that he displayed in his films! It is awesome to see one of our Hung Gar brothers succeed in film while displaying authentic Hung Gar Kung Fu technique!

PROVERBS TO LIVE BY.....

The best soldier does not attack. The superior fighter succeeds without violence. The greatest conqueror wins without struggle. The most successful manager leads without dictating. This is intelligent non-aggressiveness. This is called the mastery of men.

LAO TSU

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.

IRON DRAGON MEMBER SUBMISSIONS:

The intent of this newsletter is to foster and facilitate a dialogue among my students relative to their martial arts training experience. Everybody will experience the benefits of martial arts training in different ways. It is up to me to create a hunger for knowledge in my students. It is up to my students to feed that hunger! When you come across information that may be beneficial to your fellow students, I encourage you to submit it to me for inclusion in our monthly newsletter.

**From Craig Toshack,
Lil' Dragon, Dillon Toshack's Dad**

Craig found this info on the Internet and was kind enough to send it along to me. I'm not certain as to the exact source of the info. I have read many other articles that have confirmed the basic info provided below. Thanks Craig!

In this day and age it is virtually impossible to avoid cancer causing substances. What we can do however, is exclude them from our lives to the greatest extent possible. If we cannot totally avoid a substance perhaps information such as that provided below can help us to at least limit our exposure.

CANCER UPDATE FROM JOHN HOPKINS

THIS INFORMATION IS BEING CIRCULATED AT WALTER REED ARMY MEDICAL CENTER.

No plastic containers in microwave.
No water bottles in freezer.
No plastic wrap in microwave.

A dioxin chemical causes cancer, especially breast cancer. Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic.

Recently, Edward Fujimoto, Wellness Program Manager at Castle Hospital , was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers...

This especially applies to foods that contain fat. He said that the combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body... Instead, he recommends using glass, such as Corning Ware, Pyrex or ceramic containers for heating food... You get the same results, only without the dioxin.

So such things as TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else. Paper isn't bad but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc.

He reminded us that a while ago some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons... Also, he pointed out that plastic wrap, such as Saran, is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked,

the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead.

This is an article that should be sent to anyone important in Your life!

Bottled water kept in your car is very dangerous.

This is how Sheryl Crow got breast cancer. She was on the Ellen show and said this exact thing. This has been identified as the most common cause of the high levels in breast cancer, especially in Australia .

A friend whose mother was recently diagnosed with breast cancer and the Doctor told her: women should not drink bottled water that has been left in a car.

The doctor said that the heat and the plastic of the bottle have certain chemicals that can lead to breast cancer. So please be careful and do not drink bottled water that has been left in a car, and, pass this on to all the women in you ur life.

This information is the kind we need to know and be aware and just might save us! The heat causes toxins from the plastic to leak into the water and they have found these toxins in breast tissue. Use a stainless steel Canteen or a glass bottle when you can!

LET EVERYONE WHO HAS A WIFE / GIRLFRIEND / DAUGHTER KNOW PLEASE.

From Iron Dragon member, Randy Carter

Hello Sifu, I came across the following statement and it caused me to "ponder" these words. **"Attack your Kung Fu vigorously, but always with concentration and attention to detail...because...even a blade of grass if badly grasped will cut the hand".**

Thank you for a great news letter, I had to obtain a bigger binder!

Randy Carter

ME FIRST FITNESS – GUEST COLUMNIST MARK ROBSON

The following article was graciously contributed by my former student and good friend Mark Robson. Mark is a Certified Personal Trainer with numerous certifications in multiple disciplines of physical training. If you have specific fitness goals that may need additional help, Mark is the man to consult. Mark's contact info follows the article. I highly recommend his services! His contact information follows the article.

Recently I discussed fighter training with former Iron Dragon member Mark Robson. He was very enthusiastic about Kettlebell training for fight preparation. Thanks for you contribution to this months Newsletter Mark!

TOP TEN REASONS TO TRAIN WITH KETTLEBELLS

BY MARK ROBSON

Kettlebells are a dynamic training tool long used by professional athletes worldwide. In recent years they have gained mainstream attention. The explosiveness that comes with this unique and effective way of training sculpts hard, lean, fat free bodies.

1. Identifies your Weaknesses: Kettlebell training will work pretty much every muscle in the human body thus identifying where you are your weakest. It will be different for everyone. Kettlebells are also able to target often over looked and under-trained areas like your hip flexors, lower back and shoulder girdle.

2. Functional Training at its Best: The beauty of kettlebell exercises is that they are designed to mimic regular every day movements and/or movements used in sports. By training these types of moves it will enable you to complete your day to day chores, your activities or your sport with that much more ease and success.

3. Compound Muscle Movements: Compound exercises are those in which you work multiple muscles at various joints in the same exercise. This way of training is much more effective compared to isolated exercises such as knee extensions or bicep curls which only target one muscle group at a time.

4. Sculpts Lean Fat Free Physiques: Kettlebell training will help increase lean muscle on the body which in return will help strip the fat away and turn you into a calorie burning machine.

5. High Output Cardiovascular Element: Explosive and rapid movements in succession such as the kettlebell swing will elevate the heart rate to levels never reached before on common cardio machines.

6. Improves Mental Toughness: Training with a kettlebell is not for the weak at heart. A kettlebell practitioner will develop a strong mind and the determination and discipline needed to sculpt a hard and toned body.

7. Injury Rehab and Prevention: This type of training strengthens muscles, bones, ligaments and tendons while improving the structural integrity of all major joints in the human body.

8. Explosive Movements Develop Power: Kettlebell movements such as swings, snatches and cleans are explosive moves that allow you to recruit more, fast twitch muscle fibres, helping develop the speed at which you lift your weight.

9. A Major Increase in Flexibility: Often overlooked in most exercise routines, kettlebell training promotes a full and healthy range of motion at important joints such as the shoulder girdle, hip and knees.

10. Much Shorter Workouts: Kettlebell workouts are a combination of training elements such as muscular endurance, cardiovascular, flexibility, speed, agility and coordination all in one. Combining these key elements saves you from training each one individually.

Kettlebell training is not only incredibly effective, it's also tremendously fun and a great compliment to pre existing workout routines or for someone starting from scratch. For more information visit our website and email me for more Kettlebell Training information.

Trainer

Choice

- Mark Robson, Certified Personal

One Body, One Mind, One Life, One

ME FIRST FITNESS

www.mefirstfitness.com



CONTACT INFORMATION:

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Certified Personal Trainer
Executive Master Trainer
Nutrition/Wellness Specialist
MMA Fitness Instructor
Kettlebell Instructor Specialist
Strength and Conditioning Coach

ME FIRST FITNESS
"Delivering Optimal Results"
www.mefirstfitness.com

MEMORIAM – JACKIE “DRAGON” – The “Jackster”



**R.I.P. JACKIE!
JULY 16/98 – MARCH 22/10
A more loving, kind and faithful friend
we will never have!
MISS YOU ALWAYS!
Daddy, Tasha and Karlon**

As most of you know by now, due to a sudden illness I was forced to put down my faithful, loyal and loving friend of 12 years, Jackie “Dragon” - my dog.

I first encountered a Shetland Sheepdog during the making of the film “Twin Dragon Encounter” in 1984. I’d managed to get a small part as a villain in the film. “Lassie” movies were my favourite films as a kid. I was fascinated that there was a miniature version of the Collie! I was taken by the extreme loyalty this dog showed to its owner as it followed her all over town, occasionally waiting obediently outside of a store for its owner with no sign of a tether to keep it in place. It was love at first sight and I was determined to someday have a dog like that!

My living arrangements did not allow me to have a dog at that time but in the back of my mind I knew someday I would have such a dog. In 1997 I took over the Twin Dragon, Ajax location at the request of my Sifu’s Mick and Martin McNamara. There was a modest living space above the gym so I realized that my dream of getting a Sheltie was coming closer. However, between working full time and running my club I realized that I did not have time for such a pet yet.

By the spring of 1998 the club was financially strong enough for me to go fulltime and I realized that this was my opportunity to finally get that little dog!!

I spent my 2 week vacation in the summer of 1998 with my kids, plotting how we would get ready for our new Sheltie! We bought a book about raising and taking care of a dog while on a vacation trip to Sandbanks. There was a picture of a Sheltie on the cover so my kids figured this book would be perfect! LOL! Tasha wrote out detailed plans about how we would care for our dog when we got it.

I began saving money to purchase our new dog and half way into September of 1998 we were ready. I located a breeder with the help of a local Pet store. Excitedly, I called Susan Burt at Moncheri Kennels in Campbellville, Ontario to see if she had any available Sheltie puppies for sale. She informed me that there was one puppy left! I pleaded with her to hold the puppy for me and she agreed. On October 3, 1998 I picked up my kids for their weekend visit with me and we drove directly to Campbellville to pick up our new pup!

As we walked into the house we were immediately greeted by a friendly Sheltie! My son Karlon (who was only 6 at the time), thought that this was the dog that we were picking up! In fact it was Jackie's mother! LOL!

All our hearts melted the minute we saw Jackie! Initially, she was not as thrilled to see us! She hid under the table and Susan had to go catch her so we could complete the purchase!!

I believe the cost of Jackie was \$400, although I can't actually remember. For me it was a huge amount in those lean years but the look on my kids faces when they saw that dog was priceless! This will never, ever be forgotten by me!

As we went to the car both kids desperately wanted to sit in the backseat with their new puppy! By the time we got back to Ajax my two kids Karlon and Tasha were sleeping alongside their (also sleeping) new buddy Jackie!

The very next day, the kids stayed upstairs with Jackie while I taught our Saturday classes. When I finished we were off to the park with our new dog! At some point we stopped by the Bayley Street McDonalds here in Ajax. It was at this point that we took our first treasured pictures of Jackie!



Jackie and my kids Tasha and Karlon
On the first day after we got her



Once the weekend was over I had to take the kids back to Frankford (just northwest of Belleville). Thus began the first of many drives back and forth to Frankford with Jackie to pick up my kids.

I had spent a long year prior to that driving back and forth on my own. I was struck by how incredibly lonely I felt on that trip when I was just going to get the kids or had dropped them off and was coming back by myself. The trip took approx. 1 ½ hours.

Many times anger would get the best of me as I blamed my ex-wife for taking the kids all the way out there and making my life so miserable! Once Jackie came into the picture this whole trip became much easier since I now had her company on the way to pick up and to drop them off at the end of every other weekend! I will forever be indebted to this little dog for this!



Over the years, Jackie "Dragon" became the Iron Dragon club mascot. She was present during many of the fight shows we hosted at our gym, walking unattended amongst the audience greeting all she met. She was a part of our Iron Dragon Family so I know that I will not be the only one that grieves for her.



Jackie's gone but will never be forgotten
Her best doggie friend Scooter has also
lost an awesome friend!

Thank you all for your kind words and notes during this very difficult time for me.

TILL NEXT TIME.....

Winter is over and despite March's notorious reputation for having one last big snow fall I think it is safe to say that winter is definitely over as we roll into one of the warmest spring seasons ever!

At Iron Dragon "a day without a workout is a day without sunshine"! For those that have continued to workout regularly, it is has been very "sunny" winter indeed! LOL!

Those of you who have fallen off your workout regimen....come on in to Iron Dragon and let the "sun" shine on you too!!

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

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



Karl, Sifu