

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"



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COMMENTARY

Well we are into October now so you know what that means.....cold weather, shorter days, less outdoor activities and.....more training at Iron Dragon!!!!

Every year without fail, we see our fair weather deserters returning to the club in droves! It is beyond me how they would forgo the entire summer of martial arts training just to get a farmer's tan but ahhh to each his own!

Glad to see everybody back and the classes humming again!

Now let us get into this months newsletter! Lots to tell you so dig right in!



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POSITIVE VIBRATIONS.....IRON DRAGON!

KRU DAVID CRAWLEY – NEW ENERGY MUAY THAI

Upon Shawn Tomkins death I promised myself that I would take the time to get to know the other coaches in our small kickboxing community. I will be writing many future articles about my meetings with those coaches beginning this month as I introduce you to David Crawley of New Energy Muay Thai.



KRU, DAVID CRAWLEY



I first saw David Crawley at a Twin Dragon's amateur kickboxing show at the Dock's Nightclub in Toronto around October of 2007. We did not know each other at the time so we just exchanged long range wave's hello.

Dave was a staunch supporter of his fighters and was very vocal in the change room as he got his fighters ready for battle. I remember being turned off by this. Why? I don't know....maybe I was an asshole LOL!

Over the years David's Facebook posts made me realize that there was more to this guy than I had at first thought. He was seemed as passionate about his martial arts as I was!

I Facebooked him one day and asked if I could come see him and take him out for lunch. David was happy to oblige so I went down to see him at his club New Energy Muay Thai. The club is located in the deep south of Scarborough on Kingston Rd. just south of Ellesmere. As I crossed the street I noticed a big Nova

Scotian flag adorning the top of the building. I would find out later that David was born in Nova Scotia.

David opened the door and greeted me with a Thai bow. The Thai bow is similar to our Hung Gar bow. The only difference is that the hands when held higher than chest level signify a higher level of respect while the chest level greeting is intended for those one considers an equal. Of course Thai's being the respectful people that they are would very rarely greet others with a level greeting, opting instead to convey great respect by bowing at least slightly above their chest. David greeted me with his hands at his head level which signifies great respect and I of course greeted him the same way.

As I entered New Energy Muay Thai I was surprised to see how small the unit was. I remember thinking that it would be hard to fit even 10 people on the floor at one time. I asked David about this and he told me that the location functioned more like a personal training facility.



Most of his clients purchase blocks of personal training sessions for a fixed fee and then schedule their one on one session's with David. This explains how he manages to run his business with such a limited amount of floor space. When he does lead class sessions it is usually at some of the bigger gyms where he conducts group seminars.



Dave conducts a seminar session at Brampton Muay Thai

Dave was kind enough to show me around his club. The main floor area is a strictly functional space with some Long “banana” bags ie extra long punching bags that allow for training of low leg kicks. The rest is open floor space that I assume probably functions as a Punch Mitt and Thai Paid striking area.

The walls are covered with the memorabilia gathered throughout a lifetime of martial arts training. Bruce Lee posters, photos of his fighters and his teacher Suchart adorn the walls. David mentioned that Bruce Lee’s breakthrough film “Enter the Dragon was a big influence in his decision to train in martial arts. Hmm... where have I heard that before? Almost every martial arts instructor (myself included) will say the exact same thing!!! LOL! Bruce Lee influenced a whole generation of youths to take up training! How sad that there has not been as influential a role model since!



As with many dedicated martial arts club owners, David has a modest living area set aside in his gym. He has a really nice backyard deck at the back of the gym. It is very private and quiet....an awesome place to sit quietly and have lunch or meditate!

I asked David where he would like to have lunch and he suggested a local Syrian restaurant, so we jumped into his car and went there.

As we ate our lunch I asked David to tell me a little more about life growing up. I was saddened by what he told me. David's mother and father split up early in his life. David was born in Nova Scotia but moved with his mom to Montreal after his parents split up. He grew up in Montreal with his mom and an abusive stepdad.

David has tried all his life to be the opposite of his stepdad but admits that he acquired some of the traits for which he despised him so. He was violent and admits sadly, that this violence was sometimes directed towards women.

Later in his life David moved to Toronto and directed his aggression into a life of crime. David makes no secret of the fact that he was less than an upstanding citizen prior to "finding himself" through martial arts training.

He made his way to Toronto where he dealt drugs. Area loan sharks often utilized his services as a "collector" of delinquent accounts shall we say. LOL!

He expanded his "business" to "shaking down" local businesses in the St. Clair and Bathurst areas for "insurance" money. If they paid a regular fee to David he would "insure" they would not be robbed, broken into or the owners beaten up! Fate came into play as Ajarn Suchart opened his Siam Number 1 Thai Boxing Academy in the neighbourhood.



Dave's mentor and "father" Suchart

As a good “businessman” David made sure to make Suchart’s acquaintance with the idea of expanding his “client” base! LOL!

David told me that he met Suchart in a local bar and was immediately taken by his calm and confident demeanor. Here was a man that commanded respect! He talked David into coming to his gym for a workout and David immediately fell in love with the Thai martial art of Muay Thai!

As he took up the Thai fighting art there was a distinct change in his David’s personality. The traditional values of the Muay Thai and the calm gentle nature of his “Kru” (instructor) Suchart started to rub off on him!



Muay Thai is an art that is steeped in centuries old tradition

Suchart was impressed by David’s dedication to the sport and the immediate changes in his personality. He took a personal interest in David. He looked out for him in and out of the gym. When David ran into problems with the law, Suchart was there to intervene and help. Over time David became more and more involved with the gym and left his criminal behavior behind him. He went on to fight for his Kru Suchart winning several titles. Among them are :

Hard knuckles champion of Northern Thailand '98, '99

Hungarian Muay Thai Champion '99

U.K Muay Thai Champ '02

Canadian Welter Weight Muay Thai Champ '94, '95

David was a senior Kru at Suchart’s gym Siam #1 for over 16 years and went on to compete in 89 professional fights!

After years of training David has turned his troubled life around completely. While he remains bitter about the abuse he suffered at the hands of his stepfather he is doing all he can to be the exact opposite as he channels that bitterness into an even stronger love for his son! I was taken by the sincere affection he showed as he talked about his son. Being a divorced father myself I could certainly relate!



Dave told me that he struggles with anger issues to this day. With treatment he is able to keep this under control.

David's own Muay Thai studio, New Energy Muay Thai has a large number female students and Dave focuses on not just teaching them the art of Muay Thai but also instills in them a confidence that will keep them clear of the abusive

relationships he witnessed as a child. Dave himself admits he was violent with women in his younger days and that this is a way that he can give back and make amends.



David "Pointblank" Crawley, Kru at New Energy Muay Thai



New friends Sifu Karl Adhihetty and Kru David Crawley!

As we finished lunch I was surprised to see that I had forgotten my wallet in the car. David insisted on paying for our lunch despite my protests! Once again I came to find out that all martial artists share a common bond. A love for their

respective martial arts! They may disagree on the training methods and techniques and even have rivalries as to which is the most effective but this common love for their respective arts makes them much more approachable than one might think. I am glad that I took the time to get to know Dave and I look forward to bringing him up to our gym one day for a seminar session on the amazing art that is Muay Thai!

KUNG FU PHILOSOPHY

“You learn to fight so you do not fight”

This simple phrase seems very contradictory to a non martial artist yet it is a guiding truth that every White Sash at Iron Dragon is expected to learn!

When a person begins training in the martial arts they are generally seeking to learn techniques that will keep them safe in a street confrontation. As the student advances they will learn some very dangerous and destructive techniques. These techniques can kill or maim. The student is taught that he must only employ the techniques in self defense and then only after all other attempts to defuse the situation have failed. A martial artist must therefore be able to defuse i.e. learn how not to fight along with the actual techniques that can be utilized in a fight.

For children this is as far as I like to teach this principle.

Adults on the other hand, must take this teaching to a further level. The combination of deadly martial arts techniques and anger are a deadly mix.

The best way to avoid physical confrontations is to think through what I call a “kill or be killed” scenario. If you are confronted you must first try to talk your way out of fighting. If you have no choice but to fight you must fight as though you are fighting to the death. Your response must be immediate and must continue until your opponent is disabled! This is the only way that you will assure your survival in a life and death confrontation. By limiting the extent of the violence you are prepared to use in battle you are endangering yourself. When confronted you must ask yourself...“is this altercation something I want to battle to the death over”? If not then simply let it pass.

If you decide that you must fight.... then fight as if to the death! Incorrectly making the assumption that your opponent will limit the extent of the violence he will visit up on you may result in your own death or maiming!

Simplistically, either be prepared to fight to the death or don't fight at all! Given this choice I'm sure you will agree that 99.9999% of all violent confrontations must be avoided at all costs!

“If you are patient in one moment of anger, you will escape a hundred days of sorrow.”

Chinese Proverb – author unknown

Anger manifested in a violent moment can have life long implications if you or your opponent are killed or maimed. Even winning the fight can result in legal ramifications that can go on for a lifetime. Learn to fight but avoid it at all costs!

Developing the IRON BODY

Of all the "Iron" attributes that we try to develop at Iron Dragon, Iron Body is the most easily described. We desire to develop our body so that we are toughened against a physical attack. Recently one of our members, Taylor van Kessel moved away from Ajax and found himself in a small town that offered no suitable training. Taylor approached me for a training routine that he could do on his own with a limited amount of equipment so I provided him with the following:

The physical attributes we seek to develop at Iron Dragon are:

1. Cardiovascular Fitness
2. Flexibility
3. Physical Strength

All these attributes are focused upon in our daily sessions at Iron Dragon!

CARDIO SECTION

Jumping Jacks x 30, Step and Parry x 10 Left and then Right

Jumping Jacks x 30, Step and Jab x 10 Left and then Right

Jumping Jacks x 30, Side Step and Parry x 10 Left and then Right

Jumping Jacks x 30, Jab to Front and then to side x 10 Left and then Right

Jab and move 10 to left and 10 to right

Jab Jab Cross 10 to left and 10 to right

ROUND TIMED CARDIO

Burpees / High Steps – 3 minutes with 1 min rest

Front Kicks 5 forward turn around 5 back – 3 laps/ Front Knees 5 forward turn around 5 back – 2 laps – 3 minutes with 1 min rest

Stepper 40 reps / Jumps 10 / Roundhouse kicks 30

Punches / front kicks

STRETCHING ROUTINE

Sideways and down L / R -30 count

Forward sideways and down L / R – 30 count

Heel and down L / R – 30 count

Back of foot over and down L / R – 30 count

Stand, open legs and bring head to knee L / R – 30 count

Sit on floor legs straight and grab toes stretch calf – 30 count

Throw feet over shoulders and come back – 10 count

One leg out opposite pushed against thigh grab toes L / R – 30 count

Hurdle stretch – ½ way only L / R – 30 count

Hurdle stretch – All the way L / R – 30 count

Open legs to front ½ way only L / R – 30 count

Open legs to front all the way L / R – 30 count

Side splits L / R – 30 count

Front splits L / R – 30 count

PHYSICAL STRENGTH SECTION

Stomach

Leg Raises 1 x 20

V – ups 1 x 20

Floor Crunches 1 x 20

Do 3 sets of the above Giant Set

Sit ups

2 x 50

Weightlifting

Chest

Incline Press

1 x 20

1 x 12

3 x 6-8

Shoulders

Military Press

1 x 20

1 x 12

3 x 6-8

Biceps / Triceps (perform as Super Set)

Barbell Drag Curls* Alternated with Tricep Extensions or Pushdowns

1 x 20

1 x 12

3 x 6-8

Upper Back

Overhand wide Grip Chin Ups

6 x 6-8

Lower Back

Good mornings with Dumbbells

1 x 20

1 x 12

3 x 6-8

Quadriceps

Barbell Squats

1 x 20

1 x 12
4 x 6-8

Hamstrings

Deadlifts

1 x 20
1 x 12
4 x 6-8

Work your Chest, Shoulders and Arms together twice per week. Work your Back and Legs together twice per week on opposite days from the Chest, Shoulders and Arms.

On the 1st day go very heavy and on the second day use a medium weight for the same rep counts.

This weight routine is meant to complement your kickboxing routine. It is not designed to be a bodybuilding routine although you will notice a definite improvement to our physique!

PROVERBS TO LIVE BY.....

“Heaven has a road, but no one travels it; Hell has no gate but men will dig to get there.”

(Chinese 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.



A great piece of wisdom I found posted on somebody's Facebook page!

DRAGON LAUGHS

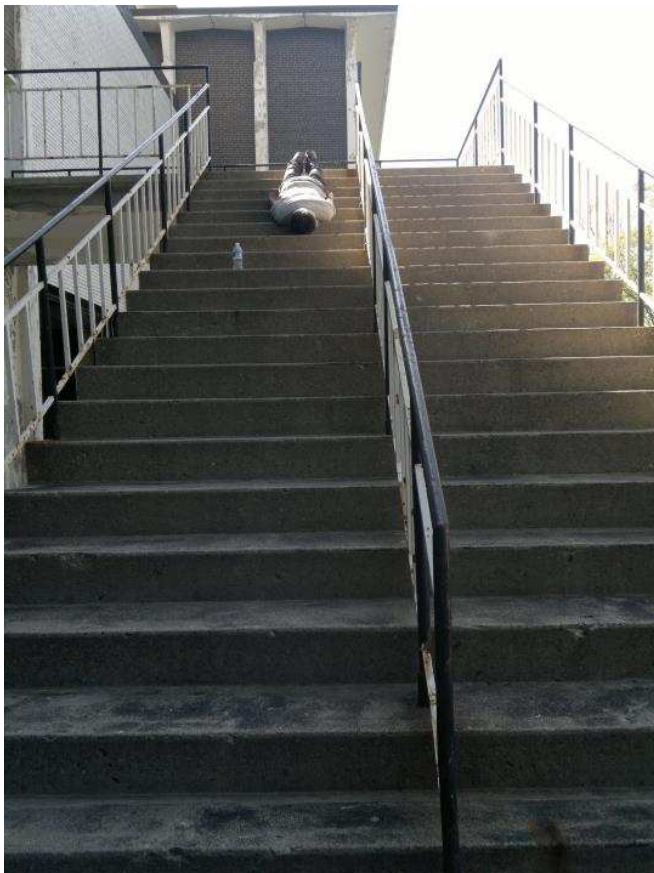
As a follow up to last months "Planking" pictures by Dave and Gary, I stole this one off my girlfriend's Facebook page! LOL!





Here's Gary's poor co-worker Dave being subjected to more "Planking"!

A comment on Gary's Facebook page has a horrified [Omar Ally](#) chiding Gary...."Poor Dave ...Gary the shit you make this man do...LOLOLOLOLOLOLOL"!





More Dave and Gary Hijinks!

**Iron Dragon...more than just a workout gym.
A place where friends and families MEET!**

I have noticed many new friendships developing at Iron Dragon as parent's drop off kids to workout and kids wait for parents while parents work out!

When I first started Iron Dragon some 15 years ago I had envisioned a martial arts facility where members of all ages could train either competitively or non-competitively alongside one another. These days that vision has expanded to include whole families that train together at our gym! Recently as I looked in on our waiting area at the front of the gym I realized that there are now many new friendships that have started at our Gym. Iron Dragon is indeed becoming the kind of martial arts facility that I had ventured out 15 years ago to start!



Craig Toshack mingles with Nick Lorrain while his sons and Nick's Daughter train in the Lil Dragon's class



Here Shannon, Grace and Cynthia get to know one another while their Lil' Dragon's train!



Upcoming Events

November 5, 2011 IRON DRAGON ANNUAL PICTURE DAY AND LUNCH

11:00 AM: Annual Picture Taking

Aidan Khan's mom Lesley will be coming in to take professional shots this year. Lesley has been more than generous with the discount she has given us on her usual fee.

Lesley's pricing for Digital Copies are as follows:

1 Group Portrait \$5

1 Individual Portrait with Sifu \$5

1 Group + 1 Individual Portrait with Sifu \$10

1 Specialty Shot ie Family Portraits \$5

Lesley will have forms ready the day of the shooting for you to fill out in order to keep everything in order. Cash would be best so that we can keep things running smoothly, since there will be about 100 people taking part.

1:30 PM: 16th Annual Iron Dragon Club Lunch

We will be having our annual lunch at Rotilicious Caribbean Restaurant Located within a block of the club. We will take orders 1 week before the event to assist the restaurant with their preparations.

November 6, 2011 - 3 pm

TWIN DRAGON FIGHT CARD - VAUGHN, ONTARIO

Twin Dragon events are always a homecoming of sorts as our fighters get to participate in a first class event produced by the province's greatest Kickboxing promoters Mick and Martin McNamara. For my students it is a chance to intermingle with current members at my home club Twin Dragon Yonge and Steeles! Come and watch some great fights and allow me to introduce you to my Sifu's Mick and Martin. They are after all your Si Gung's ie. grandfathers in Kung Fu!!!

"Iron" Arnold Kitson and Breyan "Killah" Sinnott will make their amateur kickboxing debuts on this card while Shawn "Hammertime" Nanay will make a return to the venue that saw him win by a devastating KO of his opponent last year!

November 12 – December 1, 2011

SIFU OUT OF THE COUNTRY – SENIOR STUDENTS WILL RUN LIMITED CLASS SCHEDULE

I will be visiting the Phillipines for a significant personal milestone. To meet my girlfriend Erna Marie's parents and get married!



**SO I POPPED THE QUESTION.....
SHE SAID YES!!!!**

This will mark the first time that I have been away from Iron Dragon in 15 years. It will also be the first time that I have so many qualified senior students to facilitate my extended absence from the club! Thanks Shawn Nanay, Jeff Davis, Kyle Barriage, Mike Fardoe, Arnold Kitson, Antony Laakso, Oscar Marticorena and Steve for volunteering to lead classes! Thank you to all Iron Dragon students for accommodating this important personal trip. I will be adding two weeks of membership time to all memberships while I am away.

UNTIL NEXT TIME.....

What a busy couple of months we have coming for Iron Dragon!!! Believe it or not Christmas is coming!!!!

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

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



Karl, Sifu