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# THE DRAGON'S LAIR

NEWSLETTER OF THE IRON DRAGON KUNG FU AND KICKBOXING CLUB

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



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(905) 427-7370 / [ajaxdragon@hotmail.com](mailto:ajaxdragon@hotmail.com) / [www.iron-dragon.ca](http://www.iron-dragon.ca)

## COMMENTARY

Ahhh.....Summertime is here! How did I know? Hot sun, blazing down on our little town of Ajax? Wrongo! I can tell because the annual migration of the **Lazyitis bug** has begun in earnest as many students are missing their workouts to pursue other summer activities! **Flu bug** in the winter and **Lazyitis bug** in the summer! I have seen this pattern year after year! Consistency in training is needed for consistent results. Decrease your training slightly in the summer to take advantage of the weather but please “for the love of god” don’t quit entirely!!! LOL!

That is how the “Falldown” begins and once it begins you will find yourself trying to scamper up that slippery slope know as “the comeback”!

Summer is here! What better way to celebrate the season than attending our annual outdoor summer workouts!!!



You're Vacationing...  
You're relaxin' in the sun...  
When out of nowhere comes a  
**Falldown Notice!**  
Falldown and have a great vacation!

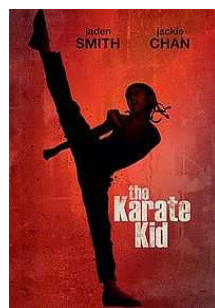
**MARTIAL ARTS IN THE MEDIA*****"Karate Kid - 2010" – Kung Fu goes mainstream...again!***

*Recently, student Randy Carter brought my attention to a film that he felt would skyrocket the popularity of Kung Fu to North Americans. "The Karate Kid 2010" debuted in North America on June 11, 2010. While the title says otherwise, the martial art that is highlighted in this film is Kung Fu!*

The original 1980's film, "The Karate Kid" starring Ralph Maccio as the student and Pat Morita as the venerable Karate Master has been remade! This time, in "Karate Kid 2010" starring Jaden Smith as the student and Jackie Chan as the master, the martial art that is actually learned is Kung Fu!



**Jaden Smith stars in  
Karate Kid 2010**



**Jackie Chan co-stars  
as the boys Kung Fu Teacher**

After viewing the trailer for the film, I was inclined to agree with Randy:

<http://www.youtube.com/watch?v=IPzmk1rEPzw>

This film will bring the art of Kung Fu to a whole new generation of youth that are seeking something to truly believe and devote themselves to! Iron Dragon will be there to satisfy that need!

With this in mind I proceeded to put together a movie outing for the whole club on June 26, 2010. The whole Iron Dragon family was united for one afternoon as we went to see this new film together! Lil Dragons aged 4-7, Young Dragons aged 8-13 and Adult Dragons – 75 of us in all, descended upon an unsuspecting Ajax Cineplex movie theater on that lazy, rainy Saturday afternoon! This was the biggest event that this club has ever coordinated and our members executed the plan to perfection!

The film itself, proved to be entertaining for adults and children. The martial arts and training techniques shown in the film have been "Hollywoodized" but I'm sure that most of us will be able to make the distinction between "real" Kung Fu and "Hollywood" Kung Fu!

A great time was had by all and I very much look forward to putting together another event together soon!

### **ODEON CINEPLEX – ROADBLOCK ON THE WAY TO A GREAT IRON DRAGON OUTING!**

Whenever one sets out to organize or accomplish a task, there will always be those that knowingly or perhaps unknowingly set up roadblocks of negativity to thwart such a task. I ran into this perplexing conundrum when setting up our “Karate Kid 2010” movie night.

The management of Cineplex Odeon showed absolutely no initiative in accommodating our group of 75 prepaid movie goers!! They would not offer discounted group pricing or reservations for a group of our size!

Boston Pizza on the other hand, had no problem accommodating our group of 40 diners at the height of the Saturday night dinner rush!

In classical “Tale of two cities” fashion, I have emailed Cineplex Odeon to voice our displeasure at the service we were provided there, while emailing Boston Pizza to congratulate them on the fine service we were provided there!

Let us all do our part to ensure that our “Dollars do the talking” when next we decide to visit a Movie Theatre or have dinner at a local restaurant either individually or as a group!

### **TRADITIONAL HUNG GAR KUNG FU**

#### **The Butterfly Sword – Southern Chinese Kung Fu Weapon**

*Among the most distinctive weapons in Chinese Martial Arts are the Butterfly Knives (sometimes known as Butterfly Swords). These weapons are used in Southern Chinese Kung Fu styles such as Hung Gar and Wing Chun. The weapons are believed to have originated in the Southern Chinese Shaolin Temples. The monk’s aversion to bladed weapons only allowed for a shorter bladed weapon that could be used for self defense.*

The name, Butterfly Sword is a westernized name for this paired weapon. The name originated from the unique blocking pattern that is used with the weapon. It is said to resemble the flapping of a butterfly’s wings, hence the name Butterfly Swords. The traditional Chinese name for this sword is *Bat Jum Dao*, or “eight-cutting sword.

These knives are single edged with the short blades normally the length of the forearm for ease of concealment. The hilt of the sword is aligned with the blade so that the swords to lie together, giving the illusion of a single blade. Continuing this illusion, forms using this weapon generally start with the knives pressed between the forearm and the body, hidden from view. Often, in the first few moves the practitioner will maintain alignment of the swords along their edges to maintain the illusion of a single weapon.

The short length of the sword allows the weapon to be maneuvered easily in close-range fighting because they can be rotated close to the body.

Since the swords are primarily used for defense rather than dramatic slices or cuts, the only part of the blade which is sharp is mainly towards the pointed tip.



For those familiar with Southern Chinese Kung Fu techniques, the movements of the sword treat it as an extension of the arms. While the guard of the hilt provides minimal protection, the hooked shape of the appendage serves to trap an opponent's weapon and thus disarm him. The flat, broad face of the sword can be used to strike an opponent to disable rather than maim him.

Our lineage of Hung Gar contains a Butterfly Knife form known as "Big Continuous Circular Downcut and Uppercut Sword". The form was passed down to famed Hung Gar Master Lam Sai Wing from his great grandfather. He had studied at the Shaolin Temple and specialized in double sword techniques.

As usual, much of Hung Gar Kung Fu history has been passed down orally. Unfortunately, this is all the information I have on this form at the present time. I will update this article as soon as my research is able to shed more light on this subject.

#### **Martial Arts Personalities**

##### **Dave Paul – Kickboxing's Rocky Balboa**

*I was inspired to write this article when I saw Dave Paul at the recent June 3/10 Kickboxing fights at the Paradise Convention Center. I was struck by the fact that nobody seemed to know anything about Dave as he flurried around in the change room getting the gloves onto upcoming fighters for the bouts. As a boy of 15, I stood in awe of this great man. Now at the age of 51 I still remain in awe of this unassuming and humble man!*

Much of what I remember about Dave is through my eyes as an awestruck 15 year old back in the day, so I decided to contact Dave when preparing this article. Funny thing, I had only ever really talked to him as a kid and I here I was some 36 years later having a conversation with the same man as if it was just yesterday!

Dave started his martial arts training for the same reason I did. He was bullied by a kid when he was 13 and decided to make sure it would not happen again. He took up Judo at Ippon Judo in Toronto, studying with Leon Gerard. Dave went on to earn his Black Belt in Judo. According to Dave, Leon's brother taught Karate at

the same school and Dave was exposed to Karate training on alternate days to his Judo practice. Dave recalls that Leon was a Union Rep for the Drywallers union and that is how he, too came to be a Drywaller!

As he trained more and more, Dave decided that he would always seek out the best exponents of every art so that he would be able to defend himself against all styles. One night around 1970, Dave was at a party where he ran into a guy wearing a Hong Luk Kung Fu Club T-Shirt. He asked the man about the club and after visiting the school and reviewing their training, he decided to train at the respected Hong Luk Kung Fu Club in Toronto's Chinatown. While at the school, he met Martin McNamara.

Martin and his twin brother Mick had trained at Hong Luk and were senior students at the time. Martin informed Dave that they would be opening a club of their own soon. In 1972 the Twins opened the first Twin Dragon Kung Fu Club on Yonge Street just north of Sheppard Avenue and Dave became one of their first students! By this time Dave had been Boxing at the Lansdowne Boxing Club and had gained an appreciation for full contact sparring. He loved the fact that at a time when most martial artists were practicing non-contact sparring, here was a club where full contact fighting was the norm!

When Kickboxing competition (the sport was known as Full-Contact Karate in those days) began in the early 70's Dave was among the early competitors. Dave and Heavyweight Ken Clark were the club's first professional fighters. At one time they were respectively, the Lightweight and Heavyweight Canadian Full Contact Karate Champs!

Dave's early fights were won in savage fashion with his victims...err...I mean opponents falling from the usual Dave Paul flurry of kicks and punches! This guy was a speed demon - even if I am recalling these events from a 13 year olds' perspective, all the adults at that time seemed to concur!

I remember one time (when Dave was out of town) I was hurt by a body shot while throwing a roundhouse at my adult sparring partner Roy. Dave's sister Marjorie (who also trained at Twin Dragon) had witnessed the incident and discussed it with Dave over the phone. Dave told his sister to tell me to sidestep as I threw the kick and I would generate more power while at the same time getting out of the way of any counterstrike kicks. She relayed this info to me and at the very next sparring session the technique worked so well that I handed Roy his proverbial "ass"! LOL!

Unfortunately, Roy eventually got used to the technique and eventually went back to beating up on my then 14 year old body!! LOL!

Dave came out of retirement in 1978 after he was offered a fight for the World Title due to an injury suffered by the title contender. Against all odds, just like

Rocky Balboa, Dave took on legendary Lightweight Kickboxing Champion Benny Urquidez in April of 1978! I remember as a 19 year old, watching my Sifu's Mick and Martin McNamara getting ready for the plane trip to Vancouver for Dave's fight with Benny! The Twins had the utmost admiration for Benny.

Dave had retired several years earlier and had taken the bout with little chance of actually winning. In much the same way that Rocky ultimately lost the fight, so too did a past his prime Dave, lose by knockout in the fourth round of probably his gutsiest fight!

Benny had taken on many oriental kickboxers by this time and had been exposed to the leg kicking offense employed by Thai and Japanese Kickboxers. Leg kicking was not a part of the North American Kickboxing game at the time, so Benny was way ahead of the game. Dave was completely surprised by this strategy and recalled struggling to make his way through the airport on his way home with his badly bruised legs!

The self deprecating Dave was content and happy to have been in the same ring with an all-time great! I will never forget this awesome achievement! He retired from kickboxing shortly thereafter, with a 15-1 record.

In 1984, Dave played the part of a villain in the film "Twin Dragon Encounter". The film was released on Canadian Pay per View in 1985. Dave went on to open the 4<sup>th</sup> franchised Twin Dragon Kung Fu Kickboxing Club in Newmarket, Ontario around 1991. He ran the club for almost 14 years before calling it quits when nagging injuries prevented him from giving the 100% commitment to the club that he wanted to.

Dave has gone back to the trade he was first exposed to as a young judo student, Drywalling!

In speaking about the fight game as it as evolved, he expressed admiration for the current crop of Professional fighters, saying that they are far more conditioned and skilled than the fighters of his era.

K1 fighter Ernesto Hoost is one of his favourite fighters along with former Twin Dragon, Paul Biafore a multiple World Titlist.

These days, Dave stays active in the Kickboxing game and enjoys helping the Twin Dragons with fighting events, such as the one that inspired this article!

He is a single father of 3 boys aged 20, 23 and 27. That, in and of itself makes him the **CHAMP** in my books!

**IRON DRAGON MEMBERS****Kay Maliwan – Once an Iron Dragon...always an Iron Dragon**

*I was surprised and thrilled recently when Kay Maliwan visited the club recently for the lunchtime Kung Fu Kickboxing class!*



Hey everybody,  
Kay Maliwan  
Is visiting from Quebec!



For those who remember her, Kay trained with Iron Dragon during 2008 and 2009. She moved to Quebec for work and had not been seen for about 1 year until she strolled in to take a class with us in the last week of June!

Kay was here for a 1 week vacation and had decided to come and work out with us while she was here. I have to say, after being away for almost 1 year Kay did a great job keeping up during our classes! Before leaving she requested that Ol' Sifu (bum leg and all) perform our first form "Siu Nam Kuen" so she could videotape it and use it for training until next year! I was happy to oblige though I did have to apologize for the sloppy footwork due to my injured knee! LOL!

As I always tell my students..."once an Iron Dragon, always an Iron Dragon"! Thanks for making a triumphant return Kay! I look forward to seeing you again next summer!

**Twin Dragons take on the Ontario Government and Win!**

*Most people are aware that the Ontario Athletic Commission led by Ken Hayashi has been the stumbling block in getting MMA and the UFC into Ontario. Many do not know of the ongoing near 25 year struggle that Twin Dragon's Mick and Martin have waged against the Ontario Government!*

Prompted by several ring deaths in Boxing, the Ontario Government banned Kickboxing in Ontario for a period of 3 months on February 15, 1983. At the time, it was called a moratorium on the sport while the risks involved were examined and studied in detail. In typical Ontario government fashion, this "moratorium" dragged out for 3 years until January 6, 1986. At that time the Liberal government gave the green light to Professional Kickboxing while the ban on Amateur Kickboxing remained.

Amateur kickboxers in Ontario were forced to fight out of province or out of the country in order to gain amateur experience before they turned pro! Professional Kickboxing promoters were forced to fly in foreign or out of province fighters for their events! Despite this government stupidity, Twins Mick and Martin McNamara put on 27 Professional Kickboxing cards in the period February 3,

1986 and September 22, 2002. Several Twin Dragon fighters rose to prominence during this time.

Paul Biafore, Robert Borden, Mike Reid, Rico Tatangelo and Chantal Nadon all gained World Championships in bouts promoted by the Twins. In addition, there were some amazing World Title bout upsets. I'll never forget Leo Loucks' defeat of World Champion Cliff Thomas, one of the most dominating kickboxers of his time! Martin Friolet's defeat of World Champion Bob "Thunder" Thurman also comes to mind! These were two of the most memorable fights of many on Twin Dragon Kickboxing cards of the late 80's and early 90's.

When Amateur Kickboxing became sanctioned in Ontario under Kickboxing Ontario / Council for Amateur Sport Kickboxing (CASK), Twin Dragon was quick to put together a fight card at "The Docks" nightclub in October 2007.

Twin Dragon and CASK became hostile to one another shortly thereafter. CASK, in their efforts to appease the Ontario Government (in order to keep Amateur Kickboxing sanctioned), kept to a very stringent safety guideline when refereeing fights. It is their policy to err not just on the side of caution but also on the side of politics in order to keep the Ontario Government from banning the sport again.

The Twin Dragon side has argued that this policy makes the fights much less entertaining and therefore unmarketable to the general public. Both sides had their points. In 2008 Twin Dragon and a number of other clubs left CASK (the official body for sanctioning amateur kickboxing in Ontario).

After legal experts reviewed the legalities and gave the go ahead, the Twins promoted an event without sanctioning from CASK. CASK and the Ontario Government had police attend the event to charge the promoters. Subsequently and after much legal wrangling, all charges were withdrawn and the Twin Dragon legal team advised that there were no legal grounds for the Ontario government to interrupt their shows!

The Twins or any other promoters are safe from legal prosecution as long as all Medical precautions and Insurance requirements are met!

Against all odds, the Twin Dragons have won the right to fight!

The Twins are currently pursuing a multi-million dollar lawsuit against the Ontario Government relating to the illegal banning of Amateur Kickboxing in Ontario for a period of approximately 15 years!

See the legal advice received by Twin Dragons from their legal counsel – next page.



**To: Michael McNamara, President  
Twin Dragon Kung-Fu and Kick-Boxing Club**

**Dear Mr. McNamara:**

**Re: summary of results of POA charges**

**Further to your request, I am providing a brief summary of the results of the court case on January 27, 2010 in Newmarket wherein we defended successfully the charges against you and your brother Martin pursuant to various charges under the POA (Provincial Offences Act).**

**More specifically, the six charges against both of you related to**

- (a) s. 17(1) and s. 116 (1)(b)(ii) under the Consumer Protection Act,**
- (b) s. 8 (1)(a) of Reg 52 to the ACA and s. 13(2) of the Athletics Control Act and**
- (c) s. 2(2) and s. 10(1) of the Business Names Act.**

**After numerous judicial pre-trials and negotiations, the charges relating to the CPA and the BNA were withdrawn thereby leaving only the charges the ACA.**

**After the second day of trial, JP Solomon concurred with my motion for a non-suit and dismissed the outstanding charges on the basis that the crown had not proved the essential elements of the case.**

**As well, as you are aware, prior to the laying of these Provincial charges, the Ministry and the provincial prosecutor intervened with the police and the crown attorney's office in an attempt to have both you and your brother charged under s. 83 of the Criminal Code. I interceded and successfully negotiated a settlement whereby you did not have to attend at the police station for questioning with the likely consequence of being charged thereafter. Further, the crown attorney's office decided that it was not in the public interest to prosecute amateur events pursuant to the heavy hand of the Criminal Code.**

**Consequently you were permitted to proceed with your exhibition by amateur fighters provided that safety regulations similar to those employed by CASK were in place.**

**There is no current specific requirement that you promote your fight under the banner of CASK, as admitted by the civil lawyers in their Statement of Defence. Thus you may safely continue to pursue your amateur fights without fear of criminal charges or potential charges under the ACA or POA provided that the agreed upon safety and insurance elements that we discussed earlier are in place.**

**IRON DRAGON MEMBERS****John Kewell gets married!**

I was very happy to be invited to my Senior Hung Gar Kung Fu student, Blue Sash, John Kewell's wedding on June 12, 2010. John has trained with us for 4 years (I believe) and has been making a weekly commute between Burlington and Ajax once a week to do so for the last 3 years!! What dedication this guy has shown! If he can show our club that kind of dedication, I am sure that his new bride Kelly is in good hands! Congratulations John and Kelly!



Ol' Sifu and Paula

Three Hung Gar Amigos  
Karl, John, Barry

Si Hing Barry and Bobbi



Paula and Bobbi

**PROVERBS TO LIVE BY.....****Great souls have wills; feeble ones have only wishes.****Chinese Proverb – Author unknown**

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](mailto:ajaxdragon@hotmail.com) to submit your contribution.*

**PAST EVENTS****June 3, 2010****Paradise Banquet and Convention Center 7****Twin Dragon Kickboxing Event**

True to my prediction in last month's newsletter, Shawn "Hammer Time" Nanay quickly destroyed his Twin Dragon, Woodbridge opponent in his kickboxing debut!

**Shawn Nanay Wins!****Arnold , Shawn and Karl, Sifu****The home team!**

A hard left hook sent his opponent crashing to the canvas within the 1<sup>st</sup> minute of the first round! A subsequent left hook to the body sent his opponent to the canvas again just as the round was ending! Lucky him!

In the 2<sup>nd</sup> round, weary from his round 1 onslaught, Shawn held back while he regained his energy. Suddenly, near the end of round 2 Shawn exploded forth with a barrage of punches that sent his opponent down for keeps!

What a great Kickboxing debut! Great work Shawn, the club is behind you all the way!

**Saturday June 19, 2010 - 7 pm****Trentwinds International Center, Peterborough, Ontario****Extreme Kickboxing Event**

Iron Dragon Shawn Nanay came up in weight to 190 lbs to take on a tough opponent from Total Martial Arts, Timmins, Ontario.

This was to be a battle of the sluggers since both athletes were known to favour the dropping of bombs with either hand! Unfortunately the bout did not live up to expectations.

The event promoter made the mistaken assumption that both parties wanted 1 ½ minute rounds instead of the usual 2 minutes because it was the Timmins' fighters first fight. This, combined with the "Octopus" like holding tactics employed by the inexperienced Timmins fighter, led to a boring fight that saw neither party landing the heavy fireworks that we were expecting.

Instead, the Timmins fighter won a boring 2 point decision win. Shawn will be roaring back on the next fight card at Peterborough in September 2010. We will try to secure a rematch!

**TILL NEXT TIME.....**

At Iron Dragon, our operating year pretty much ends on June 30 each year. The summer months of July and August have traditionally been very slow. These months are typically spent reviewing our ongoing programs and preparing for the next season which begins in September.

We are going into our 14<sup>th</sup> year – 3 years as Twin Dragon Kung Fu and Kickboxing Club Ajax and our 11<sup>th</sup> as Iron Dragon Kung Fu and Kickboxing Club!

We have more classes than ever, enthusiasm amongst our students is at an all time high and our kids program is growing in leaps and bounds!

Iron Dragon is truly evolving into the club that I always dreamed of training at! More importantly though....Iron Dragon should evolve beyond that to become the club you have always dreamed of training at! If you have any suggestions that can help to make this happen, let me know!

Email me at: [info@iron-dragon.ca](mailto:info@iron-dragon.ca) with any comments or suggestions!

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

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



Karl, Sifu