

# 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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## **COMMENTARY**

As I sit here writing this newsletter in the sweltering heat of an amazing Victoria Day weekend I am overcome by a sense of nostalgia. Can it be that the Bruce Lee film "Enter the Dragon" was released some 37 years ago?!!! It was a trip down memory lane as I prepared the articles related to that film! I will be thrilled if just one of my students discovers this film for the very first time!

June 2010 will prove to be a milestone in the competitive aspirations of our club. We have no fewer than 5 competitive events scheduled this month! Our fighter Shawn Nanay will be fighting for an unprecedented 3 times in one month! Our Lil and Young Dragons are competing in the Canada Cup Continuous Sparring Competition and Julian Dias, Chris DiGiovanni and Kevin Lee will be fighting in the Ontario Jiu Jitsu Championships. Competitions in 3 disciplines – Kickboxing, Continuous Fighting and Grappling all in one month!!! We have come a long, long way baby!

## **MARTIAL ARTS IN THE MEDIA**

### **"Enter the Dragon" – Bruce Lee's film masterpiece**

*Enter the Dragon was a groundbreaking film that was released in North America in the summer of 1973, shortly after the death of its star, Bruce Lee. The release of this film was the highlight of the Kung Fu Mania that swept the North American continent in the early 1970's.*

Enter the Dragon is without a doubt, the all time classic Kung Fu movie!! I have fond memories of its premier in Toronto during the summer of 1973.

I viewed the film at the old Imperial 6 on Yonge Street just south of Dundas. The theatre was packed with youth aged 18 – 25. They cheered as Bruce Lee not only beat up the bad guys, but beat them up with style and panache!

His charismatic “Wattaaah” Kiai echoed throughout the old cinema as we fans emulated our hero!!!! LOL! I remember everybody exiting the theatre after the show was over.....sidekicks and roundhouse kicks flew all over the place! “Wattaaahh” battle cries sounded out as fists crashed into billboards and construction hoarding on the walk back to Dundas subway station!

Here is the official cinematic trailer for “Enter the Dragon”:

<http://www.squidoo.com/enter-the-dragon>

For many martial artists “Enter the Dragon” inspired a life long dedication to martial arts.....me included!



I'm often astounded that there are many students of mine who have never seen this film!!

Sadly, Bruce Lee died just 3 weeks prior to the North American release of "Enter the Dragon". The early death of Bruce Lee ensured his legacy in popular culture in much the same way that the early death of James Dean had some 2 decades before.

This one film would rocket the art of Kung Fu to newfound heights in the early 1970's. Prior to that, the only martial arts that were familiar to North Americans were Japanese Karate and Judo or Korean Taekwondo.

I urge you all to view this film! It will inspire you just as it inspired me and many other martial artists who started out in the early 1970's!

#### **Martial Arts Personalities**

#### **Jim Kelly – The Black Dragon**

*Last month I discussed the unique fashion in which Disco and Kung Fu Mania hit North America simultaneously and spawned the hit 1970's hit Disco song "Kung Fu Fighting". Two other cultural media influences that peaked in the 1970's and subsequently melded together were the "Blaxploitation" and "Vigilante" films that had audiences flocking to theatres in the 1970's. A major star of this genre of film was Martial Artist turned actor Jim Kelly. Here is his story!*

Jim Kelly was born May 5, 1946 in Paris, Kentucky. Jim was a remarkable athlete, competing in basketball, football and track and field throughout his High School years!

He dropped out of the University of Louisville in his freshman year when he started studying Shorin-ryu Karate. Subsequently, Jim went on to train in Okinawa-Te Karate under Shihan Gordon Doversola. It was under Doversola's guidance that Kelly went on to become the 1971 U.S. Middleweight Karate Champion.

Kelly then opened up a martial arts school. It was here that he met and taught Karate to actor Calvin Lockhart, landing a bit part in the film "Melinda" where he played...you guessed it, a martial arts instructor!

In 1972, Kelly was cast in the film "Enter the Dragon" starring Bruce Lee. Strangely, I was unable to find the complete fight footage of Jim Kelly in Enter the Dragon. Here is short clip on YouTube. Check out the famous Jim Kelly Afro and cool persona! LOL!

<http://www.youtube.com/watch?v=tBmff63rIXQ>



Kelly's outstanding performance in his role as Williams in Enter the Dragon assured him of starring roles in a series of "Blaxploitation" films. The Blaxploitation genre featured macho, street hip heroes taking on "the man" aka "the establishment" and winning while romancing multiple babes and whooping serious ass with martial arts techniques! LOL!



See this clip from his starring role in Black Belt Jones:  
<http://www.youtube.com/watch?v=APTdjG6Xo9A>



Here is a classic "blaxploitation" type trailer for Black Belt Jones – hilarious!  
<http://www.youtube.com/watch?v=0Kl5leAJJBQ&feature=related>

Needless to say, I and all other youth of the early 70's, with our perfectly coiffed "Afro" hairstyles, bell bottom pants and satin dress shirts wanted to be JIM KELLY, THE BLACK DRAGON! LOL!

Check out this video tribute to Jim's 1970's "Blaxploitation" films. It's hilarious to see the outrageous 70's era clothing that we thought was so "Tre Chic"! LOL! Also check out the title of this tribute..."most unrecognized BADASS Jim Kelly" LOL!!!

<http://www.youtube.com/watch?v=ns3YP58gY84&feature=fvw>

After 1982's [\*One Down, Two to Go\*](#), Kelly made very few movie appearances. Jim has said that he did not close the door on future movie appearances but that he felt a responsibility to become much more selective. He has not been offered a role that interests him as of late. Yet in 1984, a decidedly older Jim Kelly appeared in a Nike commercial "Chamber of Fear" along with LeBron James! Kelly exclaims "you ain't got no game brutha!" Have a look at this bizarre commercial:

<http://www.youtube.com/watch?v=q22VEviS-Os&feature=related>

These days, Kelly makes a living as a Tennis professional. In fact the multi-talented athlete played for professional Tennis on the USTA Senior Men's Tennis circuit throughout the late 70's. He was at one time rated number 8 in the U.S. for doubles competition and was ranked number 6 in singles competition at one time.

Kelly appears from time to time at various comic conventions and movie festivals. Here is an excellent interview with Jim.

<http://www.youtube.com/watch?v=rEw-OfWgrY8>

I assume this was made sometime in the last decade perhaps around 2005 or so. Jim at around 64 years of age remains an icon in the martial arts. A classier, more eloquent and humble martial artist would be hard to find!

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

##### **Titles and Etiquette in the Kwoon**

*Many new members have joined our club over the last 2 years. I am thrilled to see that among our new members are several high ranking teachers and students from other clubs! Etiquettes are different from club to club and style to style, so I thought this would be the perfect opportunity to clarify our style and club etiquette and ranking system.*

The subject of this article came to me after an email exchange between my new student Glen Gardner (a Black Belt from another style) and myself. At the end of his email he asked me how I would prefer to be addressed.

Here is my response to him:

*“Glen, the title Sifu merely means teacher. It is proper etiquette to refer to me as Sifu while attending at the club. In the old days students were expected to refer to their teacher as Sifu at all times since the Sifu played a greater role in their lives at that time. These days I am cognizant of the fact that I am your Kung Fu Teacher and perhaps part time philosophy instructor. Beyond that my students are influenced by many other teachers, so Sifu is my role only when at the gym, attending Kung Fu related outings such as tournaments and when corresponding with my students on Kung Fu related issues. Outside of that I am quite content to be just referred to as Karl and hope that you will consider me a friend or acquaintance at the very least! LOL!”*

### **The Kung Fu Club as a family**

Traditionally when you joined a kung fu club, you joined a "family". No sash rankings other than White, Black, Gold and Red existed before the 1900's. White represented a student in training, Black represented a student of competent skill with several years training. Gold represented a senior level student with teaching experience and weapons training. Red indicated the Master Instructor.

Ranking within the club was similar to that of a family.

One who came before you was your older brother or sister. One who came after you, was your younger brother or sister regardless of the actual ability or skill of the practitioner. Your Sifu, as teacher assumed the role of your Kung Fu parent. His teacher would be your Kung Fu Grandfather and so on.

These are the Traditional Kung Fu Titles that are commonly used. The names in brackets beside each title indicate the current holder of the Titles within our lineages of Kung Fu. The Kung Fu taught at Iron Dragon descends from the “Canton” Hung Gar lineage of Chiu Kau, while our modern Hung Gar Kickboxing descends from the lineage of Paul Chan. The name indicated on the left represents the current title of the holder in the Chiu Kau lineage while the name on the right represents the current title holder in the Hung Gar Kickboxing lineage.

### **PRECEDING GENERATIONS:**

Si Fu - Teacher (Karl Adhihetty)

Cantonese: si fu

Si Gung - Grandmaster (David Lee, Michael & Martin McNamara)

Cantonese: si gung

Si Tai Gung – Great Grandmaster (Chiu Chi Ling, Paul Chan)

Cantonese: si tai gung

Si Jo – Great Great Grandmaster (Chiu Kau, Unknown)

Cantonese: si jo

Jo Si - Founder (Hung Hei Koon, Unknown)

Cantonese: jo si

**FELLOW STUDENTS**

Si Heng – Senior Kungfu Brother

Cantonese: si heng

Si Jie - Senior Kungfu Sister

Cantonese: si jie

Si Dai - Junior Kungfu Brother

Cantonese: si dai

Si Mui - Junior Kungfu Sister

Cantonese: si mui

Si Pak – Senior Kungfu Uncle

Cantonese: si pak

Si Ku Ma - Senior Kungfu Aunt

Cantonese: si ku ma

Si Sook - Junior Kungfu Uncle

Cantonese: si sook

Si Ku Jie - Junior Kungfu Aunt

Cantonese: si ku jie

Tou Dai - Student

Cantonese: tou dai

Tou Shoon – Grandstudent (Male)

Cantonese: tou shoon

Tou Shoon Lui – Grandstudent (Female)

Cantonese: tou shoon lui

Si Jat – Kungfu Nephew

Cantonese: si jat

Si Jat Lui – Kungfu Niece

Cantonese: si jat lui

Si Mou – Master's Wife

Cantonese: si mou

Coloured sashes for the ranks below Black were adopted by Kung Fu clubs in the 20th century as a means to compare skill levels with practitioners of the Japanese arts who already used coloured belts for their lower ranking students.

### **Coloured Sash Hierarchy**

White

Yellow

Orange

Green

Blue

Purple

Brown

Black = 1st degree Black belt

Gold = 3rd-5th degree Black belt

Red = 6th degree - 9th degree

\*10th degree is reserved for the oldest living, highest ranked proponent of the style

### **MARTIAL ARTS ETIQUETTE - BOWING**

#### **Basic Shaolin Bow**

Two hands pressed against each other with fingertips up and held chest height as the practitioner bows forward with eyes raised. In the old days, a student would be rewarded with a kick in the face for not keeping his eyes up while bowing! LOL!

#### **REASONS FOR BOWING**

In general, martial artists will bow to one another as a sign of respect.

#### **WHEN TO BOW**

It is proper etiquette to bow in the following circumstances:

##### *When entering the workout area*

Stop, look in the direction of the training area and bow.

This Bow conveys a student's respect for their Kwoon, Kung Fu family and for the preceding masters and students whose cumulative knowledge is reflected in our current curriculum.

##### *Before the start of class*

All students face the front of the class while the Sifu faces the class; they then bow together to convey mutual respect.

##### *At the end of class*

All students face the front of the class while the Sifu faces the class; they then bow together to convey mutual respect and respect for their Kwoon.

*Leaving the workout area*

Stop, look in the direction of the training area and bow.

This Bow conveys the students respect for their Kwoon and the participation of all those who attended the class.

In this day and age, mutual respect has diminished to an all time low. It is my hope that by keeping the traditions of our martial art alive, my students will endeavor to bring respect to other aspects of their lives and have a positive impact on a world that has generally become a very rude place! Thanks Glen Gardener for inspiring this article!

**LEGENDS OF TRADITIONAL HUNG GAR KUNG FU****The Plum Blossom Poles and Kung Fu fights to the death**

*In much the same way that Gun duels were often used to settle arguments in the "Old West", battles to the death in China were often fought upon **PLUM***

**PLOSSOM POLES**. Many of the stories related to these duels are a part of the rich heritage of Kung Fu.

Shaolin Kung Fu has always placed a great deal of significance on footwork and stances. It was thought that a sturdy stance would keep you upright so that you could gain the upper hand in battle. Hence, the great emphasis on the Kung Fu "horse stance".

The Shaolin monks developed a training tool to enhance fighting stances and footwork. This tool became known as the "Plum Blossom Poles". These were basically tree trunks of varying heights placed in a Plum Blossom array (an eight sided pattern) similar to the flower petals of the oriental Plum Blossom - hence, the name Plum Blossom Poles.

The poles were about the width of a telephone pole and were of slightly different heights, thus making for difficult footwork. Your footwork had to be precise in order to avoid falling. Amazing balance and dexterity was developed upon these poles as the monks practiced their Kung Fu forms upon them.

Because of the extreme skill needed to successfully maneuver upon these poles, they naturally became a great stage upon which legendary kung fu duels to the death would take place! LOL! Sharp spikes would be placed at bottom of the Plum Blossom Poles so that if one of the combatants fell, he would be impaled and killed on one of the razor sharp spikes!

Probably one of the most famous battles to the death upon the Plum Blossom Poles was waged between the Shaolin Nun Ng Mei and the commander of the local militia in Fukien, China in the late 1700's.

One of the predecessors in our Hung Gar lineage, Fong Sai Yuk had proved himself to be a bit of a prodigy. At the age of 14, he engaged in a battle to the death with a local martial arts master and successfully kicked him to his death upon the aforementioned spikes! This triggered a revenge duel as his father in

law (a local military martial arts instructor) came forward looking for revenge upon Fong Sai Yuk. Fong Sai Yuk's mother appealed to the Shaolin Nun Ng Mei for help. Ng Mei then offered to fight the duel on Fong Sai Yuk's behalf and was immediately accepted.

As the battle upon the spikes unfolded, the male combatant was unable to strike his female opponent with full power because he feared unbalancing himself. The elderly nun on the other hand was much more skilled and agile on the poles than her opponent had expected. She was eventually able to land a precision kick to her opponent's chest, causing him to fall to his death!!!

Ng Mei went on to help her student Wing Chun, develop a new form of Kung Fu that she named after her student – Wing Chun. Some 200 years later this style went on to spawn one of the greatest martial artists that ever lived....Bruce Lee!

### **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.*

#### **Flexibility Training - Stretching the Truth**

**By Mark Robson**

Often overlooked and regularly forgotten, stretching is not on the top of most people's lists when it comes to weight loss, strength gains or improving the quality of life. In the following few paragraphs I will explain the benefits of incorporating stretching into your workout routine and how it will affect various groups of individuals at different levels of physical fitness.

Beginners should include stretching into their routine to speed up recovery, reduce muscle soreness, improve posture and allow for an improved and greater range of motion at the shoulder, hip and knee joints.

Experienced exercisers should optimize their workouts by stretching regularly to help beat plateaus, prevent over-training injuries, to increase range of motion in various free weight exercises, to speed up recovery and help correct any muscular imbalances that may have been caused from years of lifting weights and not stretching or over training specific muscle groups.

Mature and motivated clients not only lose strength and lean muscle due to the aging process, they also lose flexibility. A lesser range of motion can lead to injuries, falls,

aches, pains and breaks. Stretching becomes that much more important for clients who are getting on in years and will help prevent injuries while allowing for an improved range of motion at joints that have become stiff and sore over the years.

There is no right or wrong time to stretch. Whether you enjoy waking up and stretching first thing in the morning or prefer to stretch right before bed, stretching in general will dramatically increase your fitness level and well being while relieving stress and improving your overall quality of life. 5 to 10 minutes a day is all it takes. During exercise it is your best bet to stretch lightly and dynamically during your warm up and then more intensely at your cool down. You can also stretch target muscles in between sets to save time and give you something active to do during rest periods. A minimum hold of 10 seconds per stretch for starters is recommended but you can hold a stretch for up to 30 seconds as your flexibility improves for greater benefits.

The truth on stretching is out there. It just might be hard to reach for those individuals who have ignored this very important part of fitness. Here is a list of some of the many benefits of stretching.

- Improved flexibility will allow for a fluid and full range of motion making day to day tasks easier.
- Stretching during a warm up improves blood circulation, warms up muscles and prevents injuries.
- Stretching after workouts will reduce muscles soreness and speed up your recovery.
- Stretching also improves body alignment, prevents muscle imbalances and corrects posture.
- Improved posture and body alignment will help prevent lower back problems.
- Stretching is a great way to relieve stress.
- Stretching between sets is great active rest and can help flush out lactic acid quicker.
- Stretching will increase and improve your muscular strength and your cardiovascular fitness level.
- Stretching can improve sporting performance.

Mark Robson, Certified Personal Trainer  
*One Body, One Mind, One Life, One Choice*

**ME FIRST FITNESS**

[www.mefirstfitness.com](http://www.mefirstfitness.com)



## **PROVERBS TO LIVE BY.....**

***A child's life is like a piece of paper on which every person leaves a mark.***

**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.*

### **TAI CHI CLASSES NOW FORMING**

A Traditional Wu Style Tai Chi Instructor by the name of Shao Chen is interested in setting up Tai Chi classes at Iron Dragon!



**Traditional Wu Style Tai Chi Instructor Shao Chen**

#### Traditional Wu Style Tai Chi Classes

- \_ Traditional Slow Fist Forms
- \_ Traditional Sword Forms (Heaven & Earth set)
- \_ Traditional Push-hands Routines
- \_ Traditional Push-hands Applications
- \_ Foundational & Advanced Exercises
- \_ Theories and Classical Poems Study

I think Tai Chi is very complementary to the training we currently have at Iron Dragon so I have negotiated a rate of \$25 / month for existing Iron Dragon members! Shao will be charging his independent members \$50 per month. If you are interested in the many health benefits of Tai Chi, or if you know of anyone outside the club that is interested please email me at:

[ajaxdragon@hotmail.com](mailto:ajaxdragon@hotmail.com)

The class will take place on Saturdays from 11 – 12 pm or 1 pm – 2 pm. We will require at least 10 students per class to make this happen. Please forward your name and contact information to me if you are interested.

### **UPCOMING EVENTS**

**Thursday June 3, 2010 - 7 pm**

**Paradise Banquet and Convention Center Jane and Hwy#7**

**Twin Dragon Kickboxing Event**

Come and cheer on Iron Dragon Shawn Nanay, 190 lbs as he takes on a tough competitor in his Kickboxing Debut! Shawn is the club "banger". When he connects it will be "lights out" dude!



Shawn and Chris...  
Thunder and Lightning!!

Tickets are available at Iron Dragon. General Admission tickets are \$30. Get there early as seating is on a first come, first served basis!

**Saturday, June 12/10**

**CASK Canada Cup Continuous Sparring Competition**

Come cheer on our Lil' Dragon and Young Dragon competitors as they take on competition from across Ontario in what has become the premier Continuous Sparring event of the year!!! Our student Paulo Pinzon Jr. won the Gold medal at this event last year!!!



Tomas Marticorena competes at last year's event

**Sunday, June 13/10**

**Toronto MMA Show**

Shawn Nanay, competitor extraordinaire will be back in action on Sunday, June 13/10 as he takes on another tough competitor at:

**TWIN DRAGON KICKBOXING SHOW**

**MMA Expo VII, June 13, 2010**

International Centre - Hall 5 -  
6900 Airport Road, Mississauga ON  
L4V 1E8

1 PM Sunday, June 13/10

\$25 General Admission

Come out and support Shawn as he pounds out another opponent on the way to victory for Iron Dragon!!!!

### **Sunday, June 13/10**

#### **Ontario Jiu Jitsu Championships**

Iron Dragon will be making another foray in to competitive grappling with Julian Dias, Chris DiGiovanni and Kevin Lee making their grappling debut at the Ontario Jiu Jitsu Championships at:

#### **MMA Expo VII, June 13, 2010**

International Centre

6900 Airport Road, Mississauga ON

L4V 1E8

Iron Dragon's Shanice Szmidt took a Silver medal at this event last year! Chris and Julian are newcomers to the sport but look to make a successful debut! I will be forwarding more details about this event shortly!

### **Saturday, June 19/10**

#### **Extreme Kickboxing Event**

Shawn Nanay completes his June triple header with his third fight of the month as he fights another tough competitor in Peterborough on the evening of June 19/10. Tickets will be available at Iron Dragon around June 1/10. Come out to see a great event and help support Shawn on the way to his 3<sup>rd</sup> victory in one month!

#### **DRAGON HUNT (1990) – STILL APPEARING IN THEATRES WORLDWIDE!**

Several months ago, I was surprised to be befriended on Facebook by Matt Mazenauer, a film professional based in Los Angeles, California. He had seen a late night screening of DRAGON HUNT and had taken it upon himself to look up his favourite characters from the film on IMDB (a website that shows brief info about film casts). Today, I received another Facebook message indicating that Dragon Hunt had been shown again. After 20 years Dragon Hunt is still going strong!!! A film that was made on a shoestring budget of around \$250 K, in an industry that routinely spends tens of millions of dollars on even small productions!!! What an accomplishment by Mick McNamara my Sifu!!!

## **Dragon Hunt!**

Between [You](#) and [Matthew Mazenauer](#)



[Matthew Mazenauer](#) June 1 at 3:10am [Report](#)

There was a small screening of Dragon Hunt at a local indie theater here in Los Angeles - the audience had a blast! Thanks for your part in a great little movie.



**Karl Adhietty** June 1 at 8:25am

Hey Matthew,  
great to hear from you again! Thanks for letting me know about the Dragon Hunt screening! You have no idea what a blast I get so many years later to see our little picture still showing up in Movie theatres and TV, some 20 years after we made it!!!  
Thanks again!  
Karl  
Iron Dragon Kung Fu and Kickboxing Club, Ajax, Ontario  
[www.iron-dragon.ca](http://www.iron-dragon.ca)

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

Another great month is coming up for Iron Dragon! Competitions galore, but more importantly....great weather and amazing workouts! Fight the most important battle. The battle to stay in shape and keeping motivated to do so! Train at Iron Dragon – the home of the Axe Kick from H. E. double hockey sticks!!! LOL!

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

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



Karl, Sifu