

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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(905) 427-7370 / ajaxdragon@hotmail.com / www.iron-dragon.ca

COMMENTARY

The warm (and dry!!) weather is finally here! Summertime is a time to be outside enjoying the many activities that we dream about all winter. Tennis, Baseball, Picnic's, Skinnydipping....well, maybe not Skinnydipping...I don't want anybody to catch a Muskie! ;) *

*my Sifu Mick McNamara always told that joke on the way up to his island and now you my students must be Victimized err... entertained by it too! LOL!

You might consider reducing attendance at the Kwoon to take advantage of the weather and do some summer activities, but please, please....for the love of god...

DON'T FALLDOWN FOR THE WHOLE SUMMER!!!!

All jokes aside, Martial Art training is not a seasonal activity. It must be considered a lifestyle in order for you reap the maximum benefits of such training.

Would you give up your job completely every summer so you could go enjoy the weather and then line up in the employment line every September to get another job and then toil for 2 months to get your skills back up after the long layoff? No!

You take a 2 week holiday and you cut back on the overtime for 2 months but you keep employed while doing that. Unlike your actual job, consider Martial Arts training to be a job where all benefits of the work you do go directly back to you!

Still want to stop completely for the summer? Good, I didn't think so!! Train less, enjoy the summer but keep the fire of desire for your martial arts training burning deep within your soul! Don't extinguish the fire completely by dropping out for the summer (perhaps never return)!

Summertime means outdoor training. Yesterday, May 30 we had the first of many outdoor workout sessions to come! The parking lot may be full of holes and in a general state of disrepair but where others see Pot Holes and randomly scattered pebbles, we at Iron Dragon see only “water traps” to test our footwork. We like it even better that way! LOL!

***special note – need a free trip to China? Go ahead and step into one of those Potholes! LOL!**

True Martial Artists do not see the 100 reasons that they can't train...they merely see the one reason that they can! That one reason is....IRON DRAGON! We are here and we are open. Where other clubs cut back their schedule dramatically in the summer we keep it firmly in place all summer with the exception of Saturday afternoons.

On July 1, 2011 Iron Dragon will enter its 15th year of operations! I started this club with the intention of creating a gym where I would like to have trained as a student coming up through the ranks. I pledge to continue making your club an amazing training facility!

I look forward to many more years training with you all!

Karl, Sifu

IRON DRAGON
KUNG FU KICKBOXING CLUB
IRON SPIRIT, IRON WILLPOWER, IRON BODY

TRADITIONAL HUNG GAR TRAINING

WU SHING WU HING KUEN – FIVE ANIMAL 5 ELEMENT SET FORM OF HUNG GAR KUNG FU

Forms are a series of offensive and defensive moves that are memorized by practitioners of the various Kung Fu Styles. The intention of such training is to preserve and transmit the complete knowledge of a system to succeeding generations of students. Kung Fu was banned at various times throughout Chinese history, thus training was often conducted in secret. The fighting techniques and applications of complete Kung Fu styles and systems were preserved and taught through memorization of forms. This month we discuss Hung Gar Kung Fu's Wu Shing Wu Hung Kuen - The Five Animal, 5 Element Fist Set aka Sup Ying Kuen - Ten Shaped Fist Set.

The 5 Animal 5 Elements form is known in Chinese as Wu Hung Wu Shing Kuen. or alternatively as Sup Ying Kuen - The Ten Shaped Fist. This form is a very complicated set as it combines external (physical) techniques, Internal (breathing and Chi control) methods along with comprehensive system of strategic responses to specific attacks and defenses. I will keep this discussion on an

introductory level as there are many other more advanced concepts included in this form that would take hundreds of pages to detail!

Originally the form as choreographed by Wong Fei Hung (an early Hung Gar master) was comprised of just the 5 Animal sections. These sections of the form were based on the traditional five animal styles of Shaolin – the leopard, tiger, crane, snake and dragon. Later, the form was expanded upon by Wong's top student Lam Sai Wing to include the 5 elements section. The five classical elements are Metal, Water, Wood, Fire and Earth.

Since Lam taught many students prior to the expansion of this set, there are many lineages of Hung Gar Kung Fu that do not have it in their curriculum. The Tang Fong lineage of Hung Gar is one notable lineage that does not share this set because Tang Fong had left the tutelage of Lam Sai Wing prior to the creation of this set.

Lam Sai Wing's intention in creating this set was to bridge the gap between the external sets of Hung Gar i.e. Taming the Tiger and Tiger Crane sets and the highest level form in Hung Gar, the Iron Wire Fist Set.

Internal training in Hung Gar concerns itself with the improvement of health and consequently the skill of its practitioners through proper breathing technique and the cultivation of "Chi". Chi sometimes translated as Internal Energy or life force is a concept that is taken for granted in far eastern societies, yet has been slow to gain validation and acceptance from Western Science. This is a paradox of sorts since Western science has validated the use of Acupuncture, a far eastern practice that is based upon the manipulation of this very life force - "Chi"!

Here are a number of 5 Animal 5 Elements forms that I found on YouTube. This clip from taken from the film "Boxer Rebellion" is very similar to the one we perform at Iron Dragon:

Watch for the vocalizations at the very beginning during the Dragon section!

<http://www.youtube.com/watch?v=pajaAI43W7A>

This clip is also fairly close to the form we do.

<http://www.youtube.com/watch?v=F2iqJSim4gE>

The following is a very general discussion of the techniques and principles that are found in the 5 Animal, 5 Elements form. It is my belief that this form is the most difficult of all Hung Gar forms because of the many hidden meanings and principles contained therein. I believe to this day that I have only touched the surface of the many hidden meanings and principles contained within this form. While I have mastered the physical movements of the form I continue to make new discoveries while performing or teaching the set.

The breathing and Chi cultivation techniques are encompassed in the movements of the Dragon which is the first animal represented in the form. Breathing techniques are combined with vocalizations that are thought to stimulate the internal organs in a vibratory manner. The writhing and turning motions of the body while performing the internal Dragon movements are also said to stimulate the organs of the body.

The next Animal represented in the form is the Snake, characterized by swift finger strikes to the eyes.

Next are the movements of the Tiger and then the Crane. These movements are identical to a section found in the older Tiger Crane form.

Following that is a section that utilizes Leopard techniques which is characterized by the Leopard strike position of the hands i.e. the fore knuckles are used as the striking surface not the knuckles themselves.

With the conclusion of the Leopard section the form then moves on to the concepts of the Five Elements with a separate section devoted to the traditional Chinese Elements Metal, Wood, Water, Fire and finally Earth.

Metal is characterized by downward strikes and a sinking of energy into the movement. The body is lifted and then dropped into the strike while the breath is drawn in and suddenly exhaled with the strike.

Wood movements generally involve both arms moving together either in the same direction or in opposite directions. Many wood techniques resemble a sawing motion while others resemble the squeezing of a long between the forearms.

The Water section features a series of rhythmical swing punches that are thought to resemble the crashing of Waves in and out of a shoreline. The body remains relaxed as the arms are whipped out from the body with the lead hand attacking and opponent in front while the rear hand simultaneously strikes and opponent from behind.

The Fire section is characterized by a series of quick, explosive punches delivered with the fist held vertically. Interestingly the emphasis is on speed as there is virtually no shoulder rotation into the punches that are delivered quickly while using a quick shuffling step from the bow and arrow stance.

Earth techniques are wide and circular movements that are delivered with maximum energy and very little footwork. The arms are used simultaneously but in opposite directions.

Beyond these simplistic descriptions the Elements section concerns itself with the formulation strategies to overcome various attacks and defenses. This formulation is based upon the relationships between the traditional Chinese elements.

On a very basic level the interactions between elements are as follows:
Wood overcomes → Water → Water overcomes Fire → Fire overcomes Metal → Metal → Metal overcomes → Wood.

Further and more complicated interactions also exist but will be discussed in future newsletter.

At a very basic level here are examples of strategies that can be derived from this formulation. Use a Wood technique to overcome a Water technique. Alternatively, a Water technique could be used to overcome a Fire technique. Endless further strategic combinations based on the elements can be created.

TRADITIONAL HUNG GAR TRAINING

The 5th Brother 8 Diagram Pole Form of Hung Gar Kung Fu

The 8 Diagram Pole Form of the Hung Gar Kung Fu System has its roots in an ancient Pole technique that was developed at the Shaolin Temple by the 5th Brother of the famed spear fighting Yang Clan during the Sung Dynasty. As with other Chinese legends it is very difficult to pinpoint the exact date range but a very good friend of mine, Shao was kind enough to look this up in Chinese websites and was able to come up with a date of approx. 983 AD.

Much of Chinese history has been passed down to succeeding generations through folk tales and legends. It is very difficult to authenticate the stories and pinpoint exact dates.

The Yang Clan is said to have lived in the Sung Dynasty which dates 960-1279 AD. The members of this family were considered fierce warriors and were renowned for their extremely effective spear technique.

Legend has it that the Yang family consisting of 7 brothers played a critical part in repelling Mongol invaders from China. Legend goes on to say that (around 983 AD) the clan was duped into a meeting with Mongolians who then poisoned and subsequently attacked them. All but two of the 7 Yang brothers were killed in the attack.

The 5th brother retreated to the Shaolin Monastery and became a Shaolin monk while the other brother continued with his military career. The Shaolin order did not allow the use of stabbing or cutting weapons by their fighting monks, so the 5th Yang brother set about redesigning his family's famous spear technique for use with a staff. Hung Gar's "5th Yang Brother 8 Diagram Pole" form is said to have descended from these techniques.

Since the techniques in this form are derived from the older spear techniques strikes utilizing the pole are delivered primarily with one end of the pole. The pole that has evolved over the years resembles a modern day Pool Cue although much longer in length - sometimes up to 10 ft long! Traditionally this type of pole is known as a “Rat Tail” Staff. This form lays the foundation for all long weapons in the Hung Gar System.

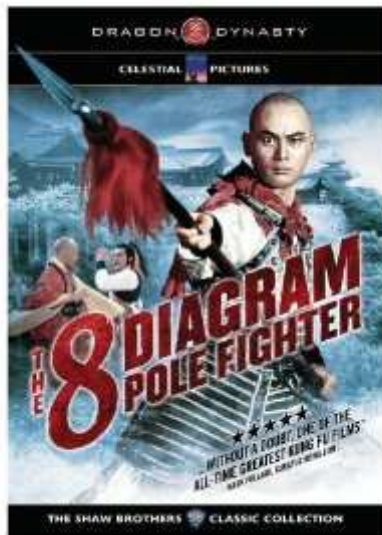
I scoured YouTube to get a clip that resembles our form. Here are several. Here is one I found that is fairly close to the one we practice here at Iron Dragon:

<http://www.youtube.com/watch?v=dhwbDHnF8eU>

This one is pretty similar as well!

<http://www.youtube.com/watch?v=m9gGbi46nKc>

“8 Diagram Pole Fighter” is a very famous film made by Shaw Brothers of Hong Kong (circa 1984) that depicts the historical roots of this form.



Here's the cinematic trailer for 1984's “8 Diagram Pole Fighter”.

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

8 Diagram Pole Fighter – complete film

Part 1:

<http://www.youtube.com/watch?v=ARL4Y1Gz8To&playnext=1&list=PLC57AEEB34C3CF76A>

Part 2:

http://www.youtube.com/watch?v=HMqfoHK_-mo&feature=related

Part 3:

<http://www.youtube.com/watch?v=C3fqfTuJoKk&feature=related>



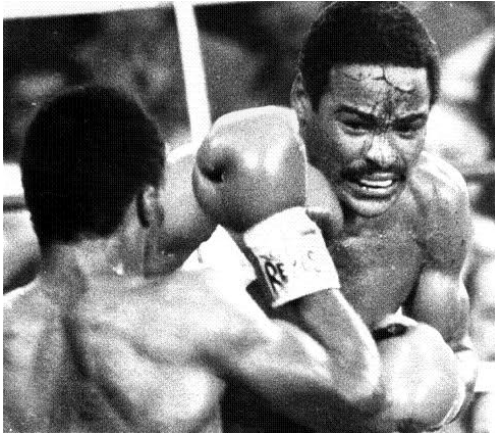
Gordon Liu plays the lead character “5th Yang Brother”

LEGENDARY BOXING FIGHTS
“SUGAR” RAY LEONARD VS THOMAS “HITMAN” HEARNS
“THE SHOWDOWN”

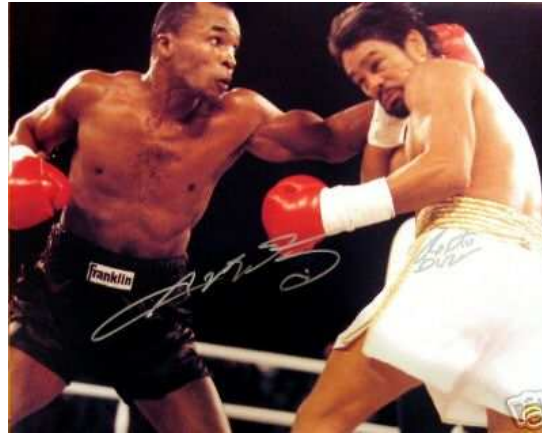
The Welterweight Title fight between “Sugar” Ray Leonard and Thomas “Hitman” Hearns was one of the most eagerly anticipated fights of the early 1980’s. “The Showdown” would reunite the Welterweight Boxing Championship of the world

and set up a classic encounter between a deadly Puncher (Hearns) and a slick Boxer (Leonard).

“Sugar” Ray Leonard (guided by a cautious management team) had easily worked his way through the Welterweight rankings leading up to a title shot against champion Wilfred Benitez. In a battle of two very slick boxers, Leonard beat Benitez by TKO late in the 15th round to take the WBA Welterweight title of the world.



Leonard (L) beats Benitez

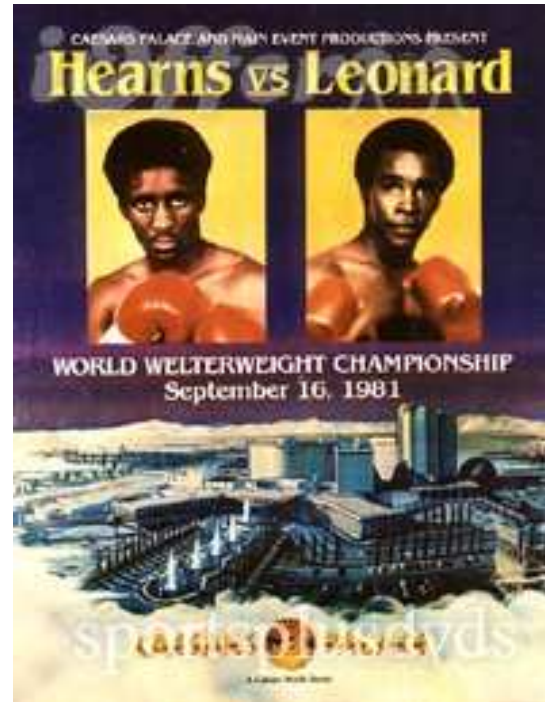
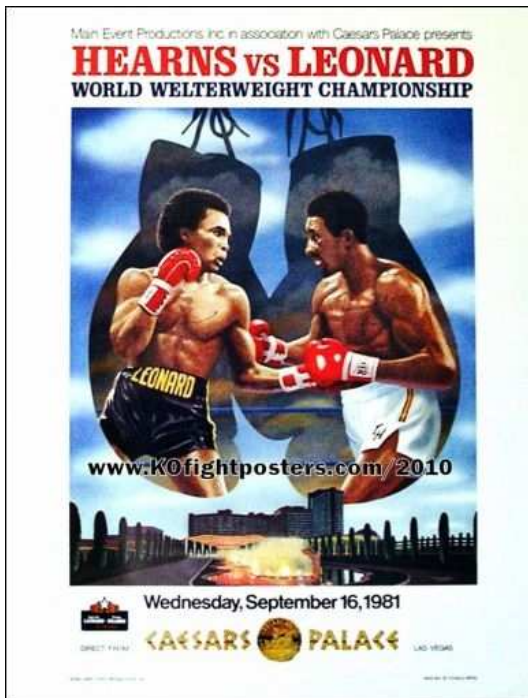


Leonard (L) regains his Title from Duran

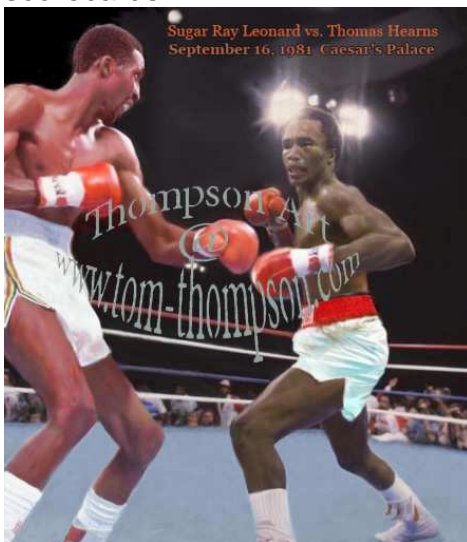
Leonard would later lose his title to Roberto Duran only to regain it several months later in a rematch. Duran had been so thoroughly outclassed that he quit in disgust! Afterwards, there were very few credible opponents for Leonard as he quickly disposed of one contender after another.

While Leonard reigned as the WBA World Welterweight Champion, a wrecking machine was creeping his way through the rankings! Thomas “Hitman” Hearns knocked out opponent after opponent on his way to a title fight against WBC Welterweight Champ Pipino Cuevas. In a battle of deadly sluggers he destroyed Cuevas, knocking him out to win the title and setting himself up for a \$5 million dollar payday to fight Sugar Ray Leonard!

The stage was set for a classic boxing match. Slugger vs. Boxer! Thomas Hearns was 32-0 with 30 KO’s going into this fight while Ray Leonard was 30-1 with 21 KO’s. I was so excited about this bout! Unfortunately, as a struggling college student I could not afford a ticket to attend the closed circuit presentation of the bout on the Maple Leaf Gardens big screen. You see, in the days before pay TV that is where we had to go to view all major boxing bouts! Sadly, I had to read the results in the following day’s newspaper. It would be months before I would see the bout when it finally appeared on free TV. Boy was it ever worth the wait!



The bout began as expected with Hearns stalking Leonard and looking to land the big bomb while Leonard kept his distance and boxed. Leonard was having serious problems defending himself against Hearns' jab because of the tremendous reach advantage he had over Leonard. By round 5, Leonard's left eye was swelling shut and Hearns had racked up a considerable lead on all scorecards.



In round 6, Leonard took a calculated risk and went on the offensive. He landed a left hook hurting Hearns and desperately tried to finish him off. Hearns managed to weather the storm despite being battered throughout the 6th and 7th round!



Leonard batters Hearns in the 6th and 7th rounds

In round 8 the unthinkable occurred. Hearns, the powerful puncher and Leonard, the slick boxer reversed roles! Leonard stalked Hearns looking to land a power punch while Hearns turned slick boxer and began to start piling up the points again!!! Hearns won rounds 9 through 12 with his slick boxing!



Hearns (L) turns boxer and piles up the points

In between round 12 and 13, Leonard's trainer Angelo Dundee told him "You're blowing it son. You're blowing it!"

Leonard came roaring out in the 13th round, landing a big right hand that had Hearns clearly hurt. He continued with a barrage of punches that had Hearns slumping through the ropes. Hearns was lucky to survive round 13!

In round 14 Leonard's confidence soared as he attacked Hearns with impunity. After scoring with a right, Leonard unleashed a furious barrage of punches that resulted in the referee ending the bout by 14th round TKO!

Leonard (the boxer) had KO'd Hearns (the slugger)!
Here is the complete fight!

Part 1

<http://www.youtube.com/watch?v=mhX72YHFGFs>

Part 2:

<http://www.youtube.com/user/katis999#p/u/35/5eO2NXzQuc8>

Part 3:

<http://www.youtube.com/user/katis999#p/u/34/UtRGU4pLeBc>

Part 4:

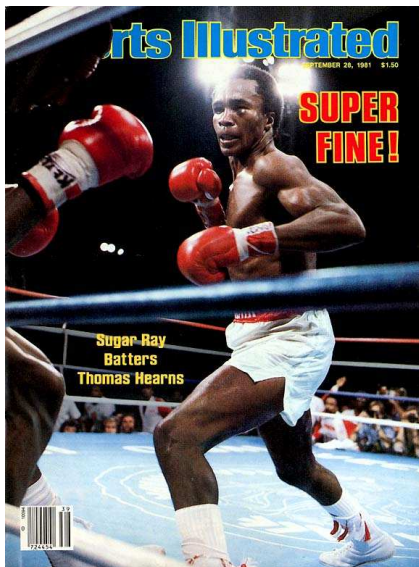
http://www.youtube.com/user/katis999#p/u/33/xeh-Tplg_yg

Part 5:

<http://www.youtube.com/user/katis999#p/u/32/7CN4QNOokj>

Part 6:

<http://www.youtube.com/user/katis999>



I found a great film on YouTube that documents the fight that has come to be known simply as "The Showdown".

"The Tale of Leonard vs. Hearns"

Part 1:

<http://www.youtube.com/watch?v=2BPmGIR55KU>

Part 2:

<http://www.youtube.com/watch?v=4NyJUmjDme4>

Part 3:

http://www.youtube.com/watch?v=xUFCoR_ce98

“The Fight” was named “Fight of the Year” by the Ring Magazine in 1981 and “Sugar” Ray Leonard went on to be named “Fighter of the Year” by Ring Magazine, “Athlete of the Year” by ABC’s Wide World of Sports and “Sportsman of the Year” by Sports Illustrated.

Both fighters continued their careers after this great battle! They would fight 8 years later in a bout promoted as “The War”. This time it appeared that Thomas Hearns would win as he dropped Leonard with a right cross in the 3rd round. Early in the 7th round Hearns had Leonard hurt again but punched himself out as he looked for the kill. Leonard was able to turn the tables on Hearns and finished the round strong. In round 11 Leonard was caught with three booming rights that dropped him for the second time in the fight!

The bout went to the scorecards and incredibly the bout was ruled a draw. The audience booed loudly at the decision and even Leonard would later admit that Hearns was the victor of the bout!

The early 1980’s were a golden era for Welterweights and the first fight between “Sugar” Ray Leonard and Thomas “Hitman” Hearns will go down in history as one of the greatest bouts in Welterweight Boxing history.

DRAGON LAUGHS

Club Joker, Gary Mac.....he’s at it again!!!! Oh No!

Just what the world needs now. Not just another NINJA, but a Ginger one at that!!!! LOL!!! Gary informs me that he has been practicing his skills with a pair of makeshift Nunchaku’s, so perhaps the world will in fact be a safer place now that a “Gingja Ninja” walks amongst us! LOL!



Gary Mac...aka "The Gingja Ninja"!



Cisco vs. Willow Bear

Iron Dragon's new Security Staff aka Cisco bares his fangs to show the club cat Willow Bear who the boss is! LOL!

PROVERBS TO LIVE BY.....

Flies never visit an egg that has no crack.

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 to submit your contribution.

This month's proverb has much significance.....

Every Sunday I publish an article I call "Devil's Playground". In the light of another major scandal concerning vice in the private life of a major celebrity, namely Arnold Schwarzenegger, I have reprinted it here.

DEVIL'S PLAYGROUND.....

How appropriate is the age old maxim..."An idle mind is the Devil's playground...!"

In our society of creature comforts the "worker bees" keep busy for the 8 hours a day that they need to make a living. The trouble starts when that time is over! Even more so for that elite sector of our society that has even greater amounts of idle time. Actors, Sports celebrities and the idly rich!

What of the idle time spent on harmless Vices.....Drinking, Over Eating, doing Recreational Drugs! Yes! Truly a Devils playground! Think that the only victim is the abuser? Think again! Tell that to the family that loses a father to cirrhosis of the liver after a lifetime of alcoholism! Tell that to the child who loses a mother to a heart attack after a lifetime of bad eating! Tell that to the family that has lost its youth to Drug Addiction and gang violence!

Less obvious at first is society's preoccupation with the porn industry. Think the guys hanging around in strip joints day after day don't have an addiction? There are no victims? Tell that to the girls who have been indoctrinated into routinely doffing their clothes and performing sex acts for a livelihood - worse yet, their family members, whose warnings go unheeded as

they cringe helplessly in the shadows and watch the self destruction go on unheeded!

What about prostitution? No victim's right? Yeah, tell that to the wife who waits at home while her old man is cruising up and down the Church Street stroll or the kids that will be affected when the marriage disintegrates in divorce!

Truly an "IDLE MIND IS THE DEVIL'S PLAYGROUND"!

How best to thwart this? Why with positive activities that keep you engaged and busy - constructive activities for mind, body and soul!

Activities like Kung Fu and Kickboxing at Iron Dragon!!!!
Iron Spirit, Iron Willpower and Iron Body!!!!

UPCOMING EVENTS

July 16, 2011 – 15th Annual Iron Dragon Kids Summer Party

All Lil' Dragons and Young Dragons are invited. The party will begin at 12 pm and will conclude at 3:30 pm after the annual water gun fight which I expect to win for the 15th year in a row....as usual!!!

July 23, 2011 – Peterborough, Ontario

Iron Dragon will be fielding a team of 3 fighters at Extreme Kickboxing's kickboxing card on July 23, 2011.

Omar "Oh My" Ally will make his kickboxing debut at 160 lbs, Daniel "Dynamite" Di Giovanni will make his debut at 168 lbs and Pat "Train Wrecka" Rhodes 3-1 will compete in his 5th amateur bout at this event! Pat will be looking to extend his 2011 win streak. He is 2-0 in 2011 competition so far!

July 30, 2011 – Iron Dragon 15th Year Anniversary Party

Iron Dragon will host a reunion party for past and present Iron Dragon members. I will try to contact as many past members as possible and hope to see you all for a great time! Let me know if you'd like to help in the planning and preparation.

UNTIL NEXT TIME.....

Summer is here, so go ahead and enjoy it without sacrificing your training for the whole summer! Make your Kung Fu training an activity that you look forward to all year round and reap the benefits of such training all year round!

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

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



Karl, Sifu