

# ***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**

Despite the dark clouds and constant rain I would venture to say that summer has officially arrived!!!

Time to kick your training into high gear!

It is my hope that the nicer weather will not result in lower attendance at the club. Remember that our outdoor workouts will be starting again as soon as the sun decides to stick around long enough to do so!

Summer is a great time to train! Your muscles are already warm before you hit the floor and you can push your cardio to new limits with all the fresh air streaming into the club!

Beyond that however....you are gonna put on a tank top and shorts and show off that physique you've worked on all winter through hard workouts at Iron Dragon! Right?! LOL! Hey, if you take a look at the back of the gym there is now a Universal Weight Machine to help you get buff for the summer! I plan to set up a new workout regimen that utilizes the new machine!

Well that said lets get into this months newsletter. I have some great stories to share with you this month! Once again, I hope you enjoy this issue as much as I enjoyed preparing it for you!

Karl, Sifu

***Training at Iron Dragon*****The Dummy Bench – politically incorrect “torture device”?**

At our club we have a torture device..err..remedial reminder that we use to punish our Lil' Dragon and Young Students when they get out of line during classes at Iron Dragon. This mediaeval torture device is known as "The Dummy Bench"!

What is "The Dummy Bench"? Why nothing more than a plastic stool commonly available at any good hardware store. In the politically correct world it would be called "The Timeout Bench" and that is precisely the problem with being "politically correct".



**A Young Dragon winds up on the “Dummy Bench” for misbehaving  
(no Young Dragons were injured in the preparation of this newsletter photo LOL!)**

While responding to one parents' concerns about the “Dummy Bench”, I realized that there are valuable lessons to be learned from the “Dummy Bench” not just by the perpetrators but by society as a whole!

You see, being "Politically Correct" essentially means to avoid confrontation at any cost. Spinning all situations into "everyone wins" scenarios has become the preferred approach. Instead of black and white, we have varying shades of grey. Instead of right or wrong we seek to reach a happy medium. The problem however is that the world does not truly operate in this fashion. In reality where there is a winner there must be a loser. Where somebody becomes rich another must become poor. For somebody to be right another must be wrong.

A bully is not going to try to mediate with your child! Teaching your child to be non-confrontational at all costs is simply not equipping your child with the tools

he or she needs to survive in today's society! It is my observation that "Political Correctness" has steadily eroded our powers of Assertiveness - the ability to stand up for ourselves when we are being unjustly dealt with.

We are becoming a nation of wimps that are incapable of standing up to injustice! So is the "Dummy Bench" politically incorrect? Well yeah! My concept behind "The Dummy Bench" is to make all our students immediately aware that incorrect behavior in the gym will be dealt with quickly and unequivocally. We spell this out in almost every class. Every student knows that if they wind up on "The Dummy Bench" they are being punished for misbehavior (nothing more). Everybody knows the consequences ahead of time and (despite ending up on "The Dummy Bench" on occasion) all students recognize that this is a fair punishment for the "crime" they have committed i.e. not listening, not participating or just plain fooling around. Where else in this "Politically correct" world will our kids learn this valuable lesson?!

In addition to this, our kids learn assertiveness through the example our instructors set by immediately confronting misbehavior and punishing it with "The Dummy Bench". The children learn that confronting injustice is a right that everyone has and must learn to utilize appropriately!

After many years of running Iron Dragon I have come to see that that our Lil' Dragons and Young Dragons sometimes respond best to very simple child like responses to misbehavior. While this approach may appear "politically incorrect" I have found that it has worked consistently enough to have been validated.

Many kids today lack discipline because of the "political correctness" that has overtaken our society. We are all so busy walking around our kids on "egg shells" that we are scared to confront them when they are blatantly out of order.

In my years of running Iron Dragon Kung Fu Club I have found that for many kids that enter into our disciplined training area, strict discipline is something that they actually look forward to...it is a breath of fresh air to them in fact!

All day long they go about their business in a politically correct world that avoids confrontation at any cost. Then they come into our club and are constantly challenged to improve their behavior, are confronted immediately when they are out of line and punished with a ride on the "Dummy Bench"!

Believe it or not, my experience has been that kids literally crave the discipline that they get through martial arts training like we espouse at Iron Dragon!

At Iron Dragon physical training is only one aspect of our martial arts training. Self Confidence and Assertiveness are an aspect encompassed in what we call Iron Spirit. It is my goal to teach our members to be leaders rather than followers. To fulfill such a goal we must first develop Self Confidence and Assertiveness.

To be “Politically Correct” precludes such development and I urge all our members to not blindly follow this agenda without applying independent thought!

### **KICKBOXING PERSONALITIES**

#### **ROGER HURD – TALKS THE TALK AND WALKS THE WALK**

*As a star struck kid, many years ago I attended my first Full Contact Kickboxing Event. Our Twin Dragon fighter Ken Clark took on Roger “Thundering” Hurd of Detroit. On that exciting night Kenny managed to outpoint Roger and take the win! Fast forward some 35 years....and I spotted Rogers name on the Facebook friends list of Jean Yves Theriault. I sent Roger a note to confirm he was the Roger Hurd I had seen fight Kenny all those years ago. I was very much surprised when I received a very gracious email response from Roger. I got to know a little more about him (after several Facebook emails) and realized that this man’s story was meant to be told!*

Kenny Clark and Dave Paul were the first Canadian Kickboxing Champions produced by Twin Dragon Kung Fu and Kickboxing Club. I had wanted to write an article about my childhood hero Kenny Clark but sadly Kenny asked (through a third party) that I not do so.

It was while researching Kenny’s story that I recalled the fight I had seen between Kenny and Roger Hurd. I believe the fight took place in May 1976 at Ottawa, Ontario. From what I remember this was a very tough fight! Both fighters landed some heavy blows but in the end Kenny won a decision victory.

In discussing this fight with Roger, he mentioned that he was hindered by a bad case of the flu on that night. Kenny broke his nose in the 3<sup>rd</sup> round and Roger gamely fought to the bouts conclusion while swallowing vast amounts of blood. Roger had to be hospitalized for 2 days after the bout whilst recovering from dehydration! Roger complimented Kenny on fighting a good fight that night.

Roger and Kenny would fight again in August of 1976 at Westland, Michigan. Roger recalled that Jean Yves Theriault worked the corner for Kenny that night. Twin Dragon’s Tommy Weir (a close friend of Kenny’s) told me recently that Kenny had been training with Jean Yves prior to the bout! Kenny was knocked down twice in the 3<sup>rd</sup> round and took two 8 counts. Roger ended winning by TKO in round 6 with just 4 seconds left in the final round!

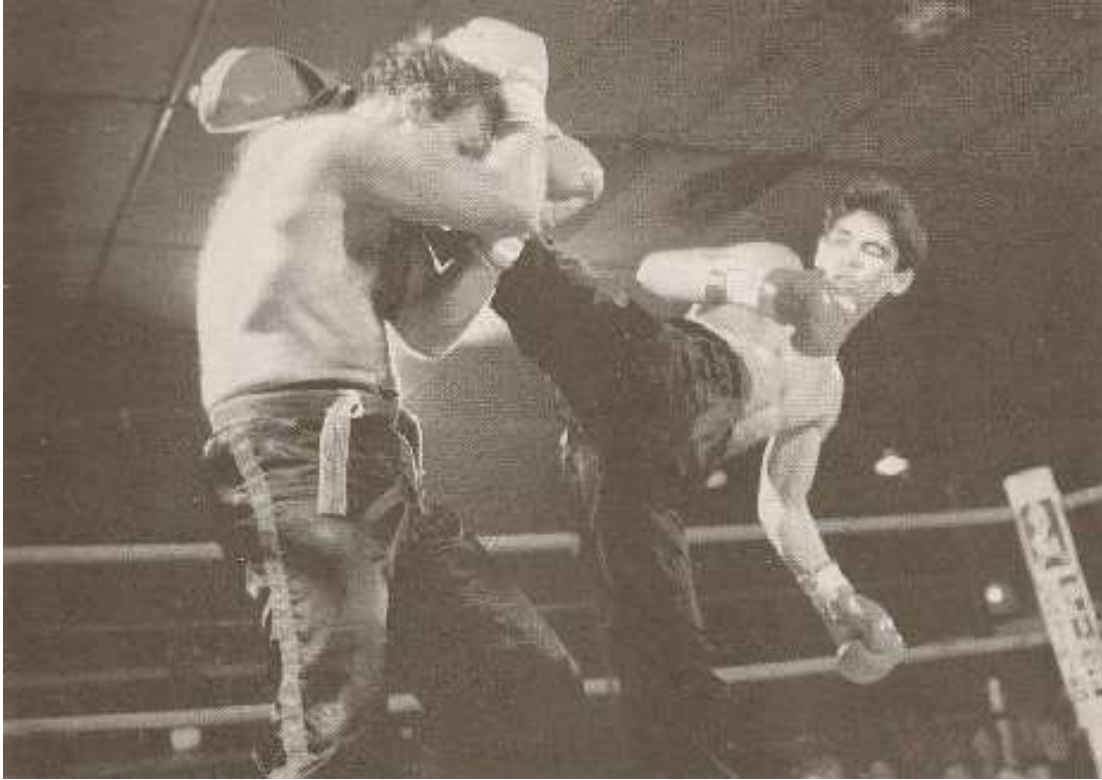


**Roger Hurd (right) vs. Ken Clark – 2<sup>nd</sup> fight**

The fight took place in Roger's hometown (at the time). He told me that he never trained harder for any other fight in his whole career. You see, Roger fought most of his opponents in their hometowns. When he got the chance to fight in his, he trained like a man possessed to come in more prepared for his fight than ever before!

As I searched on the internet for more information about Roger, I discovered that he was quite an accomplished athlete! He fought legendary World Light Heavyweight Jean Yves Theriault in 1977, International Kickboxing Superstar and World Champion Rob Kaman in 1986 and World Light Heavyweight Champion Don Wilson in 1987!!!

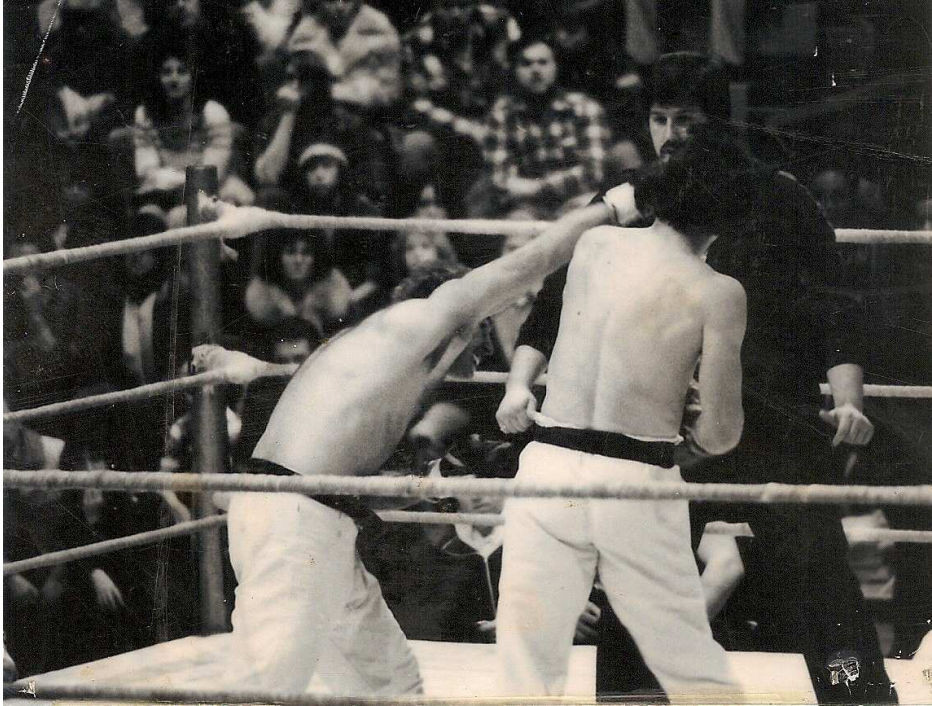
Roger defeated Steve Mackey in 1986 to gain the WKA United States Light Heavyweight Championship. He retained that title from 1986 to 1990!



**Roger Hurd (left) vs. Don Wilson 1987**



**Roger Hurd (right) vs. Rob Kaman 1986**



**Roger Hurd (left) vs. Kerry Roop**

Looking back on his Kickboxing career, Roger lamented a number of poor decisions that did not go his way. He states that he is honest in his evaluation of these fights and feels quite frankly that politics got in the way. He says that he would be the first to congratulate the winner of a bout.

Roger says that the reason he began competing on the Full Contact Karate (Kickboxing) circuit was to test himself against the best the sport had to offer. He says that "Sugar" Ray Leonard once told him, "if you want to be one of the best, you have to fight the best. You are only as good as the fighter you fight." He certainly proved that throughout his career!

Roger began training just after he got out of the United States Marines at age 19 in 1973. By 1976 he had achieved the rank of First degree Black Belt from the American Karate Association under Sensei Larry Malo. For a time, he owned and operated six martial arts studios in Michigan, Ohio, Arizona and Indiana. Roger eventually sold these studios and settled down to teach at the Indiana location.

<b>LIGHT-HEAVYWEIGHTS</b> (167.1-175 pounds/76.1-79 kilos)	<b>Reported Record</b> (W-L-D,KO,KKO)	
<b>STAR WORLD CHAMPION</b> <b>DON HOSHINO WILSON,</b> Cocoa Beach, Florida <i>WKA World Champion</i>	(52-4-2,30,4)	(17-7-1,10,0); 16. Martin Friolet, Kitchener, Canada (12-4-0,3,0); 17. Christian Bafir, Paris, France (unreported); Christian Battesti, Marseilles, France (unreported); ( <i>PKA European Champion</i> ); 18. Robert Davis, Amsterdam, Holland (unreported); 19. Pascal Leplat, Paris, France (unreported); 20. William Knorr, New Orleans, LA (12-2-1,8,0); 21. Kenneth Rooks, Carrollton, GA (14-5-0,6,0); 22. Daryl Croker, Philadelphia, PA (13-7-0,6,0); 23. Gary Gervais, Portland, ME (6-4-0,2,0); 24. Edwin Willis, Albany, GA (9-1-0,6,2); 25. Barry Richardson, Atlanta, GA (8-2-2,5,0); 26. Virgil Meyers, New York, NY (9-2-1,3,0); 27. Pietro Gigliotti, Montreal, Canada (8-4-3,3,1) <i>(NOTE: Robert Paturel of Paris, a great savate kickboxing champion, has retired.)</i>
1. Jean-Yves Theriault, Ottawa, Canada <i>PKA World Champion</i>	(48-3-1,42,13)	
2. Rob Kaman, Amsterdam, Holland <i>PKA European Champion</i>	(25-4-1,20,7)	
3. Dennis Downey, Keansburg, NJ	(20-6-0,11,1)	
4. Sylvester Cash, Baltimore, MD	(16-4-0,7,0)	
5. Jean Marc Tonus, Geneva, Switzerland	(95-6-0,39,0)	
6. Laroy Hopkins, Baltimore, MD	(15-4-1,10,3)	
7. Rich Lopez, Buffalo, IA Marcel Schwank, Amsterdam, Holland	(8-1-0,4,0) (8-3-1,5,2)	
8. Roger Hurd, Detroit, MI <i>WKA U.S. Champion</i>	(8-9-0,5,0)	
9. Steve Valencia, New York, NY	(19-4-0,17,3)	
10. Maurizio Callegari, Piazence, Italy Bob Hendigan, Pekin, IL	(unreported) (29-10-1,16,0)	
<b>DESIGNATED CONTENDERS:</b> 11. Bernard Clark, Chicago, IL (28-10-0,9,0); 12. Willie Ruffin, W. Palm Beach, FL (16-8-0,1,1); 13. Andy Brewer, Milwaukee, WI (19-4-0,0,0); 14. John Hackelman, Burbank, CA (6-1-0,5,0); 15. Tommy Richardson, Jacksonville, FL (15-7-0,7,0); 16. Greg Wilkinson, W. Los Angeles, CA (10-2-0,6,0); 17. Jersey Long, Montreal, Canada (9-1-0,0,0); C.L. Bergeron, Lake Charles, LA (10-3-1,6,0); 18. Eddie Butcher, Baltimore, MD (6-1-0,0,0); 19. Ernest Simmons, Cocoa Beach, FL (12-0-0,3,0).		
<b>SUPER-MIDDLEWEIGHTS</b> (160.1-167 pounds/72.6-76 kilos)	<b>Reported Record</b> (W-L-D,KO,KKO)	
<b>STAR WORLD CHAMPION</b> <b>TITLE VACANT</b>		
1. Rob Kaman, Amsterdam, Holland <i>WKA World Champion</i>	(26-4-1,21,8)	
2. Bob Thurman, Kansas City, KS <i>PKA World Champion</i>	(27-1-0,20,4)	
3. John Moncayo, Albuquerque, NM	(49-13-1,28,3)	
4. Ray McCallum, Dallas, TX	(27-13-2,16,0)	
5. John Longstreet, Bloomington, MN <i>PKA U.S. Champion</i>	(14-0-0,5,0)	
6. Youssef Zenaf, Lyon, France	(20-6-0,1,0)	
7. Jex Fontaine, Montreal, Canada <i>PKA Canadian Champion</i>	(12-0-1,11,0)	
8. Larry McFadden, Wilmington, NC	(16-3-1,10,1)	
9. Michael Husbands, New York, NY Steve Mackey, Kansas City, MO	(10-2-0,5,0) (18-9-1,9,2)	
10. Dan Magnus, Rockville, MD Gene McComb, Lake Charles, LA	(23-8-0,6,0) (19-9-2,9,0)	
<b>DESIGNATED CONTENDERS:</b> 11. Oliver Miller, Columbus, MS (24-4-0,10,0); 12. Tom Dalton, National Park, NJ (15-8-0,5,0); Joe Ancona, New Orleans, LA (20-3-0,12,0); 13. Richard Green, Tulsa, OK (13-5-1,7,0); Trent Norman, Newark, NJ (14-2-0,10,0); 14. Franz Haller, Bolzano, Italy (unreported); 15. Elbert Moore, Detroit, MI		
<b>MIDDLEWEIGHTS</b> (154.1-160 pounds/70.1-72.5 kilos)	<b>Reported Record</b> (W-L-D,KO,KKO)	
<b>STAR WORLD CHAMPION</b> <b>YASUO TABATA,</b> Miyazaki, Japan <i>WKA World Champion</i>	(59-11-8,42,3)	
1. Fred Royers, Arnhem, Holland <i>WKA European Champion</i>	(17-0-0,4,1)	
2. John Moncayo, Albuquerque, NM	(49-13-1,28,3)	
3. Ernie Jackson, Surrey, Canada <i>WKA Canadian Champion</i>	(14-2-0,9,1)	
4. Daryl Penn, Portland, OR <i>WKA North American Champion</i>	(14-1-0,7,0)	
5. Tavorn Supamat, Bangkok, Thailand Ike Stafford, St. Louis, MO Jerry Jensen, Olympia, WA Fabien Khodri, Paris, France Milt Bennett, Seattle, WA Dave McDonald, Nanaimo, Canada	(unreported) (11-6-0,6,0) (9-7-0,6,0) (unreported) (11-8-0,11,0) (16-2-0,12,3)	
7. Andrew Bruinsma, Abbotsford, Canada	(15-2-0,8,0)	
8. Dave Channell, Vancouver, Canada	(12-2-1,6,0)	
9. Mike Puckett, Victoria, Canada	(9-4-0,5,0)	
10. Tony Smith, Kings Mountain, NC	(11-1-0,7,1)	
<b>DESIGNATED CONTENDERS:</b> 11. John Langdon, Reno, NV (8-1-0,4,0); 12. Ken Inokawa, Tokyo, Japan (17-10-0,10,2); 13. Husseyin Ay, Amsterdam, Holland (unreported); 14. Garlie Philip, Tokyo, Japan (10-2-0,5,2); 15. Tadayuki Kikuta, Tokyo, Japan (6-2-0,2,0); 16. Djamel Bernandaise, Paris, France (unreported); 17. Gregg Blann, Southaven, MS (11-2-1,4,0); 18. Alan Tattob, Manchester, Britain (unreported); Bryan Walker, Milton Keynes, Britain (unreported).		
<b>SUPER-WELTERWEIGHTS</b> (147.1-154 pounds/67.1-70 kilos)	<b>Reported Record</b> (W-L-D,KO,KKO)	
<b>STAR WORLD CHAMPION</b> <b>TITLE VACANT</b>		
1. John Moncayo, Albuquerque, NM	(49-13-1,28,3)	
2. Johnny Davis, Dillon, SC <i>PKA World Champion</i>	(25-2-0,9,4)	
3. Alvin Proudler, Los Angeles, CA	(27-3-0,18,4)	
4. Dale Cook, Tulsa, OK <i>PKA U.S. Champion</i>	(40-3-0,15,0)	
5. Billy Chau, Edmonton, Canada <i>WKA World Champion</i>	(17-4-0,11,4)	
6. Rik v.d. Vathorst, Amsterdam, Holland	(16-2-1,6,1)	
7. Muzaffer Yamall, Amsterdam, Holland	(22-3-0,4,0)	
8. David Humphries, Kings Mountain, NC <i>WKA North American Champion</i>	(19-1-0,13,2)	

**Roger Hurd was ranked #8 World Light Heavyweight at one time**

Roger is currently a 4<sup>th</sup> Degree Black Belt under Danny Lang, director of Champion Karate Centers. He is also a 5<sup>th</sup> Degree Black Belt in American Karate under Sonny Breech and Daniel Soward. He also has extensive training in Boxing, Taekwondo, Jiu Jitsu and Aikido.

In 1986, Roger was named to the American Black Belt Hall of Fame as Competitor of the Year!

While researching Roger Hurd through Internet sources, I came across many quotes attributed to him. It turns out Roger is the consummate martial artist. The words of Bodhidharma (the father of Shaolin Kung Fu) come to mind. "All know

the way, yet few will walk it". From what I was able to glean over the Internet, Roger Hurd truly "talks the talk and walks the walk".

I found the following answer posted by Roger in answer to a question that was posed to him on a profile that Roger had set up on a Martial Arts forum:

What has Martial Arts taught you?

Rogers answer:

INTEGRITY: Is what people think of us.

DIGNITY: Is what we think of ourselves.

PRIDE: Is how we look back on our past successes and not our failures. There are too many people today who always remind us of our failures. We need to push them to the side, so that we can move forward. When we don't, we will not move forward.

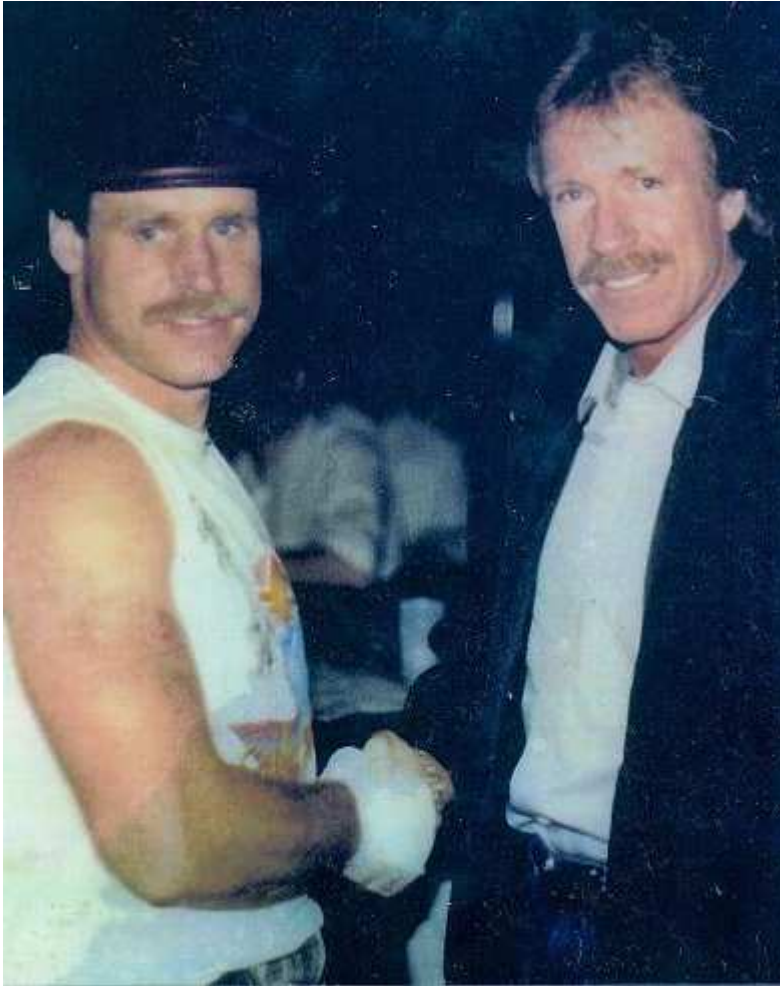
HONOR: Our morals and ethics, I get mine from Jesus Christ, by learning his Word I know it's Him talking to me. The only way to learn His Word is by reading His Word. I have been guided by others not led. Martial Arts taught me HONOR: I hold true to Jesus Christ in the presence of humanity. I can't go wrong with patience love and kindness.

HUMILITY: I become vulnerable and humble in the presence of those who have protected me, guided me and wanted the best for me in my life time.

RESPECT: Respect is earned. Without DISCIPLINE: we lose focus. Learning to understand fear, fatigue, anger and pain we must recognize them before they happen. Then they can be counter attacked with positive mental tapes. Recognizing them after they happen is too late - we are beat! Our character is martial arts. It's more than the layman can understand. In reality, we all start at the bottom to build character. We must have HONOR, before PRIDE, we must have pride in order to have DIGNITY and we must have dignity in order to establish INTEGRITY.

In all probability this is more than what I needed to explain about what martial arts has taught me. On the other hand, if I gave you anything less would it be me?

What did I tell you? This guy is the consummate martial artist. One who not only knows how to fight but more importantly has mastered the consistent application of integrity, dignity, humility and respect in all areas of his life!



**Roger Hurd meets Chuck Norris**

Just this 2<sup>nd</sup> last week of April when I was Facebooking the news of Kearn Nedd's death while thwarting a robbery in Brampton (see the next article following this), Roger told me about an incident that involved him in August of 1995.

Here is the text of his Facebook response after my posting regarding Kearn's death whilst bravely confronting a robbery in progress:

August 1995. Been there done that. Received a punctured lung, cut intestines and ripped out spleen. Only mine was for saving a woman from being killed. I had a 30% chance of living. After waking up three days later on life support in ICU. Seeing two of my daughters at the foot of my bed crying. A man/woman will learn the true meaning of humbleness, mercy, love and respect very quickly if they get a second chance at life. I am very sorry for this fighter, his family and friends. I feel shooting someone, stabbing an unarmed person or beating him when he is down, is a coward's way of letting us know he is fighting with no confidence and in fear. Where was the shooters head at? Tombstone, AZ.

I told you. This guy is the real deal. A consummate martial artist in every sense of the word!

Roger recently updated me on his current activities. He no longer has a commercial martial arts studio and has lived in Indianapolis, Indiana since 2000.

The Indiana police department recently had some problems with illegal use of force and various forms of corruption. Roger is currently revising the self defense programs for law enforcement agencies in the area to rectify this.

Roger became disillusioned with the direction most U.S. martial arts clubs were taking with their children's programs. They had become glorified babysitting daycares! I readily agree with him! Most martial arts clubs in our area could easily be lumped into that category! We at Iron Dragon will continue to lead in our own direction regardless of the "politically correct" approaches taken by most such studios that have caused them to deteriorate in this way.

Roger now teaches a Self Defense system known as "SAVE" to residents of local apartment complexes that have their own facilities. He is able to make a living selling memberships without the added overhead of running a commercial school. In addition, he is able to place his high ranking students in other apartment complexes - a sort of franchise type arrangement that has proved to be more lucrative than running a commercial school!

Here is Rogers take on his life as excerpted from his Facebook profile:

"I have no patience for disrespect, arrogance, jealousy and lying. I don't use excuses and I have no patience for those who intentionally insult others or make false allegations. I like all kinds of music, people, and sports and am devoted to Jesus Christ the first commitment in my life. My children and partner fall into my heart everyday. I am a Marine in heart. I believe character is built from Integrity, Dignity, Pride and Honor. I have a commitment to Jesus Christ to pass on His Word as I know it. I offer my experience in my life to others. Right or wrong and move on. I watch young people as my father and mother did. The worst part of life is living with regret. I believe in performing honorably by living in Jesus Christ's Word. By doing so, how can I go wrong? I enjoy friendship and have many friends all over the World."

Yes Roger, you do indeed have many friends all over the world including one new friend in Ajax, Ontario – me, Karl Adhihetty.

**TRAGEDY IN GTA KICKBOXING SCENE**

**KEARN NEDD – A HERO IS KILLED**

*The news headline on April 16, 2011 read:*

*Man Dies After Shooting In Brampton (Toronto/AM640 News)*

*Cops in Peel Region are investigating the region's latest murder.*

*The victim is identified as 28-year-old Kearn Nedd*

*It happened just before 3 p.m. in Brampton in a banquet hall by Dixie and Steeles.*

*The man, reportedly his 20's was shot as he left a poker tournament.*

*Reports have cops looking for a number of witnesses who left the scene and possibly two suspects.*

Turns out that the young guy that was murdered was a of the student at Kombat Arts and Effective Kickboxing - two of the clubs we run into at all the local amateur kickboxing events!





I am so fed up of these little punks who arm themselves with guns and wreak havoc in our communities! These lazy, undisciplined little thugs are so cowardly that they need to take up arms to get "street cred" so they'll be admired and respected by other thugs and feared by law abiding citizens!

I question the "manliness" of any little street punk that needs to arm himself. You want "street cred" then get your lazy ass into a gym and develop your body so you can defend yourself the old fashioned way! Need to fight? Yeah, well then go ahead and take on any one of the other experienced fighters and you will be in for a big surprise! They will not be as easy as the little old lady who's purse you snatched or the guy that you swarmed with your gang and killed. You will soon find out who has true "cred"!

I am told that Kearn Nedd was killed while trying to help the victims of a robbery. For such a selfless act he was killed by these cowards. Kearn, I never knew you but you have my respect. You confronted these little punks and paid the ultimate price. To all the members of Effective Kickboxing and your coach Steve as well as Kombat Arts and your coach Joey, we at Iron Dragon give you our heartfelt condolences and our undying respect for your student Kearn!

Someone will inevitably say that it is foolhardy to confront these dangerous punks. Personally I would rather die fighting injustice than live whilst kowtowing to it!

Your death will not be in vain Kearn!

**LEGENDARY BOXING FIGHTS**  
**MUHAMMED ALI VS JOE FRAZIER**  
**"THE THRILLA IN MANILLA"**

*Joe Frazier and Muhammed Ali will forever be linked in boxing history. The trilogy of fights these two warriors had in the 1970's will be forever remembered by those that were fortunate enough to have viewed them. The hatred and ferocity with which these two men fought one another brought their fight games to a whole new level.*

The combination of Muhammed Ali's boxing skills and Joe Frazier's ferocity made "The Thrilla in Manilla" one of the most violent bouts in boxing history! Joe's hatred for Ali was obvious throughout the bout. Now, almost 37 years later Joe has still not found it in his heart to forgive Ali! In fact he very proudly claims that he is the one that damaged Ali so badly that he is now afflicted with Parkinson's!

Little known is the fact that Joe Frazier and Muhammed Ali started out as friends. Joe did his best to help out Ali when he was stripped of his title and banned from boxing due to his refusal to be drafted into the US army during the Vietnam War. Ali, a devout Muslim was a conscientious objector to the war. He refused to go based on his religious convictions. In fact, I remember promoter Butch Lewis mentioned that Joe Frazier once gave Muhammed Ali money to help him out when he was unable to earn money from Boxing.

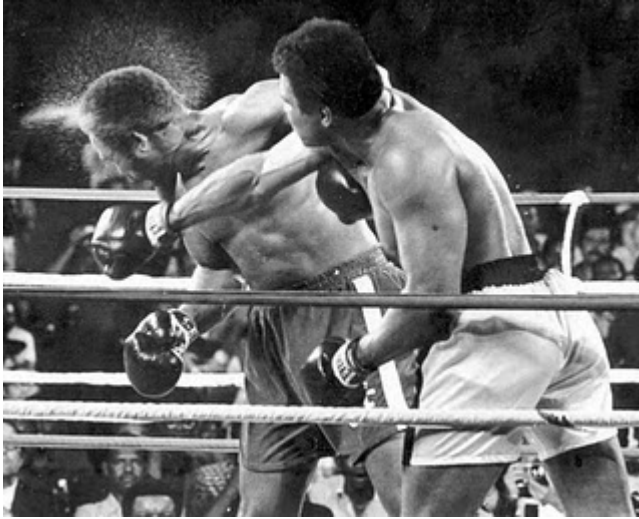
The friendship began to disintegrate after Frazier and Ali met in their first bout in 1972. Frazier won a decision victory and knocked Ali down in the final round of their 15 round bout for Joe Frazier's Heavyweight Boxing Title. This first fight was so brutal that both men wound up in the hospital afterwards.



Frazier knocks down Ali in the 1<sup>st</sup> fight

After the first bout, Ali continued working his way through the Heavyweight ranks while Joe Frazier lost his title when he was KO'd by George Foreman. By the time of their 2<sup>nd</sup> bout in January 1974 Joe Frazier seemed a shadow of his former self. Ali earned a one sided unanimous decision. Joe was nearly stopped in round 2 and was thoroughly out boxed throughout the fight.

Muhammed Ali went on to upset George Foreman in October of 1974 and the stage seemed set for him to easily defeat Joe Frazier in their 3<sup>rd</sup> bout which became known as "The Thrilla in Manilla".



Ali knocks out Foreman to regain the Heavyweight Title

Ali took his promotional efforts for this bout to new heights which many have deemed unsavory. He purchased a rubber gorilla and taunted Joe Frazier unmercifully, calling him a gorilla. Given the racism of the day this was a little much! Ali proceeded to escalate the matter by telling all within listening range that "it will be a killa and a chilla when I get the gorilla in Manilla"! Ali went over the top when he referred to Joe as an "Uncle Tom".

Here is an excerpt from a great Time Life documentary about "The Thrilla In Manilla". This clip shows some of Ali's over the top antics prior to the fight.

<http://www.youtube.com/watch?v=CKpbiVqC89U&feature=related>

Joe Frazier was deeply hurt by these taunts. He had helped the man when Ali was stripped of his title. The hurt slowly turned to hate and Joe trained like a man possessed. He wanted badly to settle the score in Manilla. Ali on the other hand, deemed Frazier to be washed up. He expected an easy fight. Boy was he ever wrong!

Ali vs. Frazier III, aka The Thrilla in Manila took place on October 1, 1975.



The bout is widely acclaimed as the most brutal bout in boxing history! Here is a great tribute video I found on YouTube:

Enemies: A Love Story

<http://www.youtube.com/watch?v=VkOQW-Y-PYA>

You see now why Joe Frazier hated Ali some much?!

Here is the whole fight as provided by You Tube! Have a look and I'm sure you will agree with Ali when he said the fight was "the closest that I will ever get to death"!

Ali vs. Frazier III aka "The Thrilla in Manila"

Part 1:

[http://www.youtube.com/watch?v=D\\_y7FiCryb8](http://www.youtube.com/watch?v=D_y7FiCryb8)

Part 2:

<http://www.youtube.com/watch?v=QpYsvh5QqQk>

Part 3:

<http://www.youtube.com/watch?v=Tq7SNI2PEcl>

Part 4:

<http://www.youtube.com/watch?v=TJB0R-4V5DI>

Part 5:

<http://www.youtube.com/watch?v=3Ybj0XyZiug>

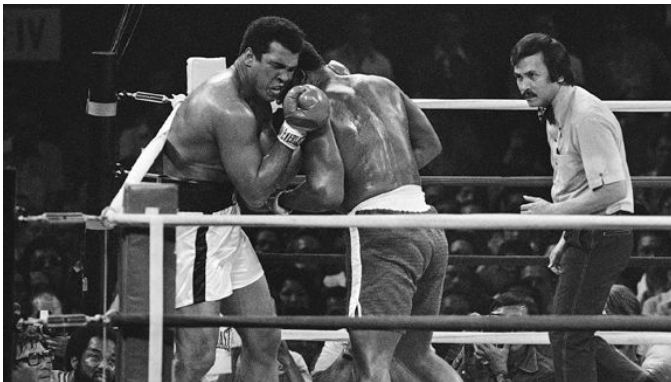
Part 6:

<http://www.youtube.com/watch?v=yRth-5w0Lt8&feature=related>

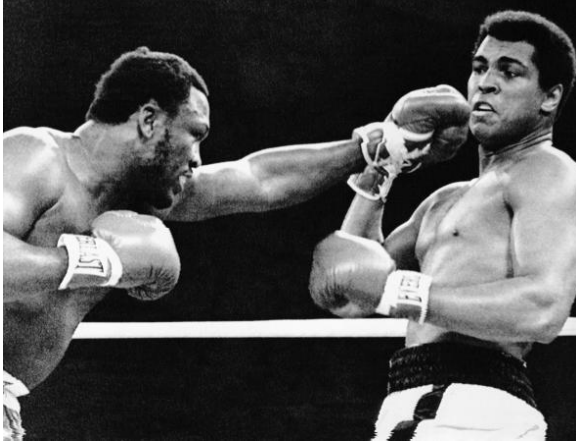
Joe Frazier was a man possessed as he absorbed all the punishment Ali could muster and continued to go after him. The man was a whirling dervish.



With both eyes closing, Joe continued on and on. Many years later he would admit that he was blind in one eye throughout most of his career! Imagine being blind in one eye and then having both eyes almost shut from the punishment he absorbed throughout the fight!



**Joe's body attack is legendary**



**Joe's attack was relentless**

In round 14 Joe's trainer Eddie Futch had seen enough. He knew Joe would never quit this fight short of dying in the ring, so he humanely stepped in and stopped the bout after the round despite Joe's protests. Ali promptly stood up from his stool to celebrate but then fell to the canvas in exhaustion!



**Joe's left eye was completely shut by the end of the bout**

Ali claims that all his trash talk was done merely to promote his 3 fights with Frazier. Decades later however, Joe Frazier still has not found it in his heart to forgive Ali. In fact he proudly declares that Ali's current sad physical state is due to the punishment he dealt to him in their 3 bouts!

It saddens me that Joe Frazier is still so bitter all these years after the fight. It is undisputable that Ali's rhetoric before the fight was far out of the bounds of good taste! It is undisputable too, that the hatred Frazier felt for Ali brought his fight game to a whole new level many years beyond his prime even if only for one fight!

Neither of these fighters were physically ever the same after this fight! As a spectator (via closed circuit TV) I remain in awe of both these gladiators!

**PROVERBS TO LIVE BY.....****Better a diamond with a flaw than a pebble without one.****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.*

**IRON DRAGONS LATEST FAMILY ADDITION****"THE PUCKSTER" AKA "CISCO" Kid**

By now I'm sure many of you have met Iron Dragon's newest Mascot. His name as given to him by the animal rescue agency that brought him to Canada is Puck. Not as in Hockey Puck but the Shakespearean character Puck!

I quickly found out that he does not respond to that name at all! After two weeks of trying to come up with a name, my old friend Max proposed Cisco! At first I thought that was sort of dumb but Max said it was Cisco as in the old WAR song "The Cisco Kid"...LOL! "The Cisco Kid was a...Dog of mine!!!"

<http://www.youtube.com/watch?v=GMIrl6IkQv0>

So here he is....Presenting.....CISCO!

**CISCO aka PUCK****Check out his little white "Mohawk"!**

Believe it or not this little guy was rescued from a pound in Taiwan and imported to Canada by an animal rescue agency named TUAPA. He probably only understood Chinese commands all this time and I guess we'll never know what his name was in Chinese. Regardless, the little fella seems to have come from a loving home as he is not in the least bit afraid of human contact. What the circumstances were that left him homeless will never be known but rest assured that he will be well loved by all of us at Iron Dragon!

### **PAST EVENTS**

#### **April 23/11 – Saturday - Extreme Kickboxing Event Peterborough, Ontario**

Pat "Trainwrecker" Rhodes won a split decision victory over his Twin Dragon (North) opponent Peter Baquero.



**Team Iron Dragon - L to R Jeff Pearce, Karl Adhietty,  
Pat "Trainwrecker" Rhodes, Arnold Kitson and Omar Ally**

The first round was extremely close and could have been scored either way. In rounds 2 and 3 Pat turned on the offense I would have scored both those rounds for Pat. In my opinion the fight should have been a unanimous decision for Pat. I'm not sure what the 3<sup>rd</sup> judge was drinking when he scored the bout for Peter! No matter. It goes down as a win for Pat! In the big scheme of things it goes down as a win within the family given Iron Dragon and Twin Dragon's close connection. Good fight Peter!



What a classic! April 23/11...  
Team Iron Dragon vs Team Twin Dragon!  
Pat Rhodes vs Peter Baquero  
2 great guys, 2 great teams and 1 great fight!  
Good luck everybody! Let's have a great fight!  
"We'll show them... Chinnneeessee Boxing!"

**UNTIL NEXT TIME.....**

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

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



Karl, Sifu