

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

The days are getting longer and I can feel the anticipation.....Spring workouts with the big door open at the back of the gym will soon give way to full outdoor workouts in the parking lot behind Iron Dragon!!!

Our Hung Gar Kung Fu students are already working on their Lau Gar Stick Form in anticipation of the roominess afforded by our outdoor training!!! As I gazed out across our parking lot I was a little distressed by the gaping holes in the parking lot. I'm concerned that one of our Dragons will step into one of those potholes and reappear in China during one of our workouts! LOL!

I will notify the landlord, but suspect that I will have to take the matter into my own hands. Anyone with knowledge as to how to fill the holes cheaply and efficiently is invited to enlighten me!

I'm so much looking forward to training with all of you for another year! As summer rolls in we will be entering into our 15th year of operations in Ajax!!



Karl, Sifu

Kickboxing Fundamentals**THE SIDEKICK - MORE THAN JUST A MOVIE KICK!**

The Sidekick is a vastly underrated kicking technique. It is a nice looking technique that is featured frequently in Television shows and Films but is rarely used in full contact kickboxing and MMA bouts.



At one time, I too believed that the Sidekick was nothing more than a fancy technique primarily used as a non-contact point sparring technique. I had never really been bothered by it in any full contact match or sparring matches. My opinion changed dramatically when I fought Muzammal Nawaz in the Super Middleweight Final at the 1999 Canadian National Championships!



World Super Middleweight Kickboxing Champion
Muzamal Nawaz

As Nawaz warmed up I noticed that he would repeatedly throw the lead leg Sidekick. At the time, I remember thinking that the fight would be a piece of cake since Nawaz was obviously a point fighter. Boy was I ever wrong!

After a close first 2 rounds, Nawaz started opening up with his lead leg Sidekick. I found out very quickly that I could not get past that lead leg no matter how hard I tried. The man had an astonishing reach with that kick! In addition to this, Nawaz was able to generate surprising power in the kick. He used a unique technique that I had never come across before. He literally picks up his leg, cocks it and then throws it at you with his whole body behind the kick!

I remember being knocked off my feet by a lead Sidekick just as I was about to land a hard left Roundhouse kick. I had put every ounce of energy into that kick, so when Nawaz reached me with his own kick first I literally did a somersault as I was knocked off my supporting leg. I crashed hard into the canvas! As I picked myself up I remember being more embarrassed than hurt. The audience and judges loved it however!!!

Up until that fight I had always been known for my kicks. I had never run into an opponent or sparring partner that I could not land my kicks on. Muzammal's Sidekick so successfully stifled my kicking techniques that I resorted to boxing techniques instead. This change of tactic did not work for me either since he still had the reach advantage with his legs!

As the fight wore on I became increasingly desperate to get around that stupid Sidekick. I was finally successful when I ducked low under the kick and headbutted Nawaz in the groin by accident! Needless to say, this technique was frowned upon by the referee and Nawaz! LOL!

Nawaz continued to use his Sidekick successfully throughout the bout and went on to win the Canadian Super Middleweight Championship Belt. I spoke with him a few months later and he mentioned that he began to concentrate on his Sidekick after finding that he would constantly stub his toes while using his Front Kick in competition. The Sidekick worked especially well for Nawaz because he had exceptionally long legs (as I found out)!

The lessons I learned from Muzammal that day made me re-evaluate the value of the Sidekick and my technique when throwing it. I realized that raising the kicking leg and cocking it at the highest possible angle would make it much more difficult for an opponent to get around it. The leg must be lifted to the front of your own body first (not sideways towards your target) in order to cock the leg for a powerful kick.

Once cocked, releasing the kicking leg is done by thrusting the kicking leg out sideways while keeping the knee high in order to maximize power and to avoid your opponent from jamming your kicking leg.

It is important to gather all your energy and throw your whole bodyweight into the leg instead of just flicking the leg out at the target. There are different variations of the Sidekick but these basic enhancing principals are common to all types.



The Standing Side Stretch is very useful for developing your Sidekick Flexibility

The Sidekick is definitely a useful weapon in the Kickboxing ring but beyond that it is also a valuable self defense technique. The key to the successful use of this kick in self defense is to avoid throwing the kick higher than your waist. This will maximize your balance and power and make it be less likely for you to fall when executing the kick!

The late Bruce Lee advocated the use of the Sidekick as a long range technique to keep your opponent from closing the distance between you. Bruce always believed in using the lead leg first in a self defense situation since it was closest to the opponent and would thus be quicker. He favoured throwing the Lead Sidekick to the opponent's knee for maximum damage and speed! I agree that this is probably the best use of this technique in a self defense situation.

Here Bruce throws his sidekick in the film Return of the Dragon. Sure this was only a movie but the power of the kick is seen to be very real!

<http://www.youtube.com/watch?v=DtnSwm6ajsk>



At Iron Dragon we throw the technique high primarily because of the physical conditioning that is achieved through the use of high kicks in the workout. Clearly if you train the more difficult high Sidekick you will easily be able to use it at waist height or less! We advocate throwing all kicks below the waist for self defense and above the waist in all sporting applications!

KICKBOXING LEGENDS

CURTIS BUSH – The “Explosive Thin Man”

I first met Curtis Bush on the set of the film “Dragon Hunt” around 1989. Curtis played the part of a poacher in the film while I was a member of a rogue military group! At the time I only knew that he was a respected Kickboxer. I recently reconnected with him on Facebook and decided to write an article on this amazing fighter. He was such a humble and quiet man that I never learned the full extent of his exploits in the ring until I started researching this article!!

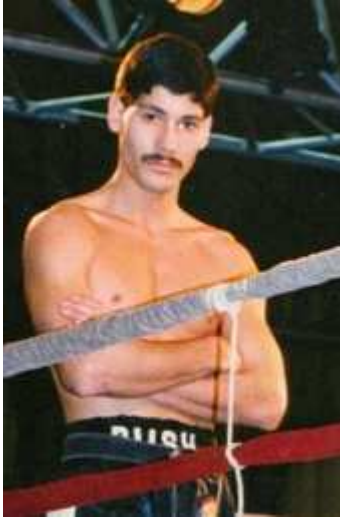
The cast of the film “Dragon Hunt” was pulled from a very diverse pool. Paid Actors, Twin Dragon Kung Fu Club students, McNamara family members and friends of the McNamara brothers were all included!!! In fact, I’m not quite sure how Curtis got his part in the film. I assume it was because he fought Twin Dragon’s Paul Biafore in Rhode Island 2 years before and had befriended the Twins - I’m not certain.

Recently I had to go on EBAY (for like the fifth time) to buy another copy of “Dragon Hunt” after I foolishly “lent” out my last copy to once again never see it again!! LOL! I was surprised when I received the DVD and noticed the film had been reissued by a Greek company and featured Curtis Bush on the cover!

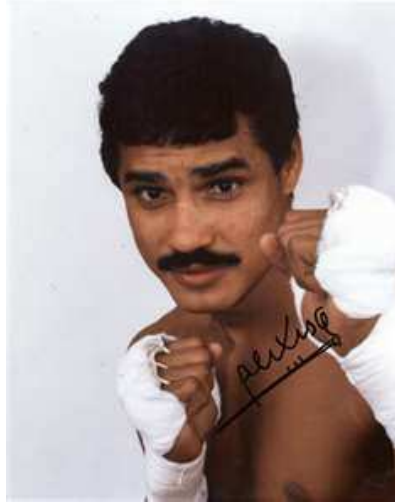


Curtis is the guy holding the crossbow!

When I first met Curtis I was struck by his resemblance to Champion lightweight boxer Alexis Arguello! I commented on this resemblance in talking to Curtis and he mentioned that he had in fact been called “The explosive thin man” (the nickname for Alexis) because of his resemblance to the boxing legend!



Curtis Bush – 1987



Alexis Arguello - 1984

The resemblance was uncanny!



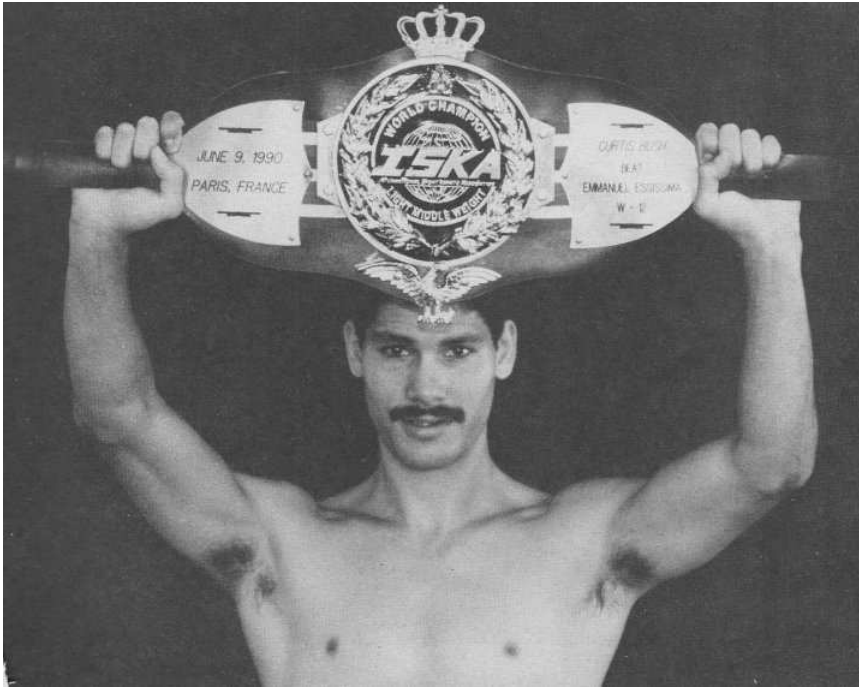
In researching this article I was stunned at how accomplished Curtis turned out to be!!! He was such a humble dude when I met him that I had absolutely no idea as to his successful fighting career!!!

Curtis began his training in Karate around 1976 at the age of 13. He moved on to Kickboxing at age 17. Curtis fought successfully in amateur kickboxing from 1979 to 1983.

On June 11, 1983 Curtis began his Professional Kickboxing Career with a second round knockout of Jackie “Hollywood” Dixon (8-0-5 KO’s). This was an impressive victory considering the experience and talent of his first opponent!!! Curtis continued to work his way up through the Pro Kickboxing Rankings with victories over notable opponents #5 ranked Ken Comer, #4 ranked Cliff “Magic”

Thomas and #1 ranked Paul Biafore (Twin Dragon) on the way to his first world title fight.

In 1990, Curtis defeated African fighter Emanuel Essissima by 12 round unanimous decision in Paris, France to win the ISKA World Light-Middleweight Kickboxing Title.



Curtis holding his 1st World Title Belt June 9, 1990

Curtis went on to hold the ISKA World Welterweight, World Super Welterweight and WKKO World Middleweight Titles.



Curtis also competed quite successfully in boxing, winning the USBA Jr. Middleweight and USBA Middleweight Titles in a pro boxing career that spanned 1983-1999! He was selected to be on Muhammed Ali's Champion Sports Pro Boxing Team in the Cayman Islands after Ali saw him knock out George Morrissey with a kick to the head in their televised battle! He signed a 6 fight contract with Muhammed Ali but would only actually fight once - a 4th round knockout of his opponent. Ali's company was devastated by a stock fraud shortly after the first fight and the company became insolvent shortly thereafter.

Unfortunately the only footage of a Curtis Bush fight that is available on YouTube is his loss in 1999 to Tom Kimber for the IKF World Middleweight Title.

Here is a clip from that fight:

<http://www.youtube.com/watch?v=wwsMkb20bZ0&playnext=1&list=PLF6607DA937267580>

Tom and his brother Dick Kimber were two very dominant fighters in their day, so this in no way should reflect badly on Curtis! It is interesting to note that Tom seems to be a Kung Fu stylist as evidenced by his Red Sash! If I recollect correctly I believe my friend World Super Middleweight Kickboxing Champ Muzammal Nawaz fought Tom Kimber for the World Title and lost as well. Clearly, this brotherly duo was a force to be reckoned with in their day!!!

Curtis parlayed his first film role in Twin Dragon's "Dragon Hunt" into a modestly successful film career. In 1989 and 1990, he played the character "Foot" in "Teenage Mutant Ninja Turtles" and "Teenage Mutant Ninja Turtles II: The secret of the ooze". In 1992 he co-starred in the locally produced UPN television series "464 Roadhouse" in 1992. The series was based on the film "Roadhouse" starring Patrick Swayze. Curtis played Swayze's character in the TV series. Unfortunately, the series lasted only 4 episodes before being cancelled. Then, in 1995 Curtis got a part as a terrorist in "Major Payne starring Damon Wayans. After that, Curtis starred in 1997's "Psycho Kickboxer".

Here's the official trailer:

http://www.youtube.com/watch?v=67uSsK3P5-U&has_verified=1

***note: you need a youtube account to confirm you are over 18 to view. Apparently the film is deemed too gory and violent for those under 18! LOL!!!**

Curtis and his ex-wife Bette (a 3rd degree Black Belt in Tang Soo Do Karate) are featured (via motion capture and face scannings) as the characters "Cobra" and "Tsuki" in the Xbox video game "Bruce Lee: Quest of the Dragon" which was released in 2002.



Curtis wearing the motion-capture suit while working with Terrence and Michelle Masson on the "Bruce Lee - Quest of the Dragon" video game

The last media credit that I was able to find for Curtis was his part as an army Sargeant in the ABC series "Lost" in 2006. He updated me recently by email.

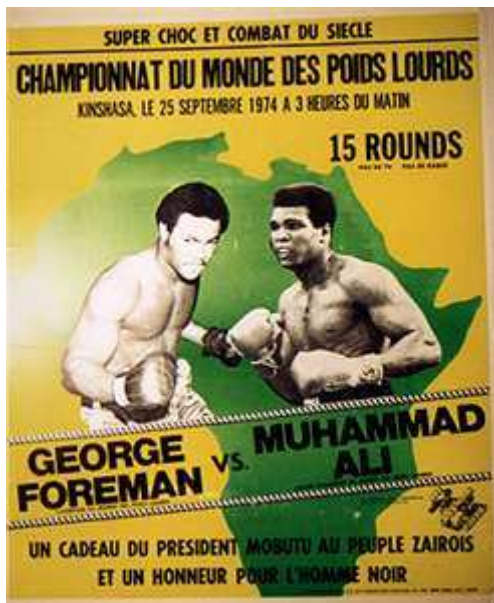
These days, Curtis says he is divorced from his wife Bette but the two remain close friends. He now resides in Honolulu, Hawaii a long way from his modest beginnings in Virginia Beach, Virginia!!! Curtis has been working with Autistic people for the last 5 years as a behaviour counselor. He says he continues to act on the side and in fact, played a Naval Officer in the upcoming film "Battleship" with Liam Neeson and pop singer Rhianna. The film will be released in 2012. Curtis warns not to blink because you might miss him! LOL!

I asked Curtis who his toughest opponent was and he mentioned that he had the utmost respect for Twin Dragon's Paul Biafore. Paul had a difficult "broken" rhythm that made it very confusing for Curtis to fight him during their three fights. Curtis won the 1st by Decision, 2nd by Knockout and lost the 3rd and Final meeting with Biafore by decision.

Kickboxing's "Explosive thin man" is a Kickboxing legend and one of the most humble southern gentlemen I have ever met! I am happy to have had the chance to pass on his story to you, my students at Iron Dragon!

LEGENDARY BOXING FIGHTS
MUHAMMED ALI VS GEORGE FOREMAN
"THE RUMBLE IN THE JUNGLE"

On October 30, 1974 Muhammed Ali fought George Foreman in what is arguably the greatest World Championship Boxing fight of all time! George Foreman had become World Champion by destroying some of the greatest heavyweight fighters of the time while Muhammed Ali worked his way through by outpointing the top ten contenders to get his title shot. This was the fight that essentially started Don King's career in Boxing Promotion. It would permanently raise the pay scale for all championship fights from that point on.



The fight itself is probably the greatest fight of all time but there were a number of undercurrents that made this a very special event. First of all, this bout would result in Don King's rise to prominence as Boxing's all time greatest promoter!

Don engineered a plan that would have both Muhammed Ali and George Foreman agree to a 5 million dollar fight against one another. One problem though....he did not have the money!!! He bluffed his way through to get the fighters signatures on their respective contracts first and then sought desperately to find somebody to underwrite the fight.

He got the brilliant idea of seeking a foreign nation that would sponsor the fight in exchange for the vast publicity the event would bring to that nation. King found this sponsor when he approached African President Mobutu of Zaire! In typical Don King fashion, the bout was promoted as not just a fight but an event. The fight was to be preceded by a 3 day R & B musical festival headlined by some of the hottest musical artists of the day!

With the money now secured, Don King went back to Ali and Foreman and confirmed the fight! The fight was a go and eagerly anticipated by boxing fans all over the world!

The early 1970's marked the emergence of the Black Power movement and surging Black pride. The music festival that was to precede the fight was promoted as a celebration of Black pride and the unity of African Americans and the African people.

The festival was to run September 22-24, 1974 with the fight itself scheduled for September 25, 1974. The promoter was banking heavily on drawing attendance from the fight fans that would be flocking to Zaire for the fight. Suddenly a problem....Foreman was cut while in training and the fight had to be delayed for a month! The events were now out of sync.

The promoter of the music festival decided to run the event as scheduled and by some miracle managed to draw the attendance of some 80,000 people! Top U.S. acts such as The Spinners, James Brown, B.B. King and Bill Withers performed along with several top African acts. The concert was filmed and was to become the underlying theme of the Academy Award winning film "When we were Kings". I was able to find the whole film on YouTube. Check this film out and add it to your collection. It is an awe inspiring film!

PART 1:

http://www.youtube.com/watch?v=nUSxWiW9is&feature=mfu_in_order&list=UL

PART 2:

http://www.youtube.com/watch?v=6T_42Pk-cgA

PART 3:

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

PART 4:

<http://www.youtube.com/watch?v=F0IHypwXldw>

PART 5:

<http://www.youtube.com/watch?v=-7NbmCqZ-J8>

PART 6:

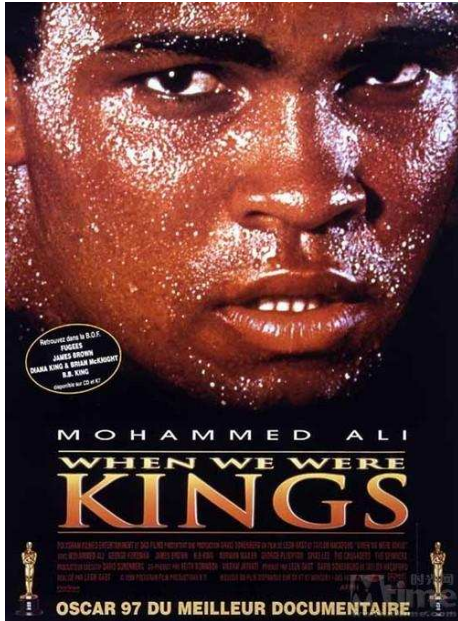
<http://www.youtube.com/watch?v=TH9b-ADkKpo>

PART 7:

<http://www.youtube.com/watch?v=VxYuhd9zuBQ>

PART 8/9:

<http://www.youtube.com/watch?v=esvH67NySig>



1997 Oscar winning documentary
“When we were Kings”

The build up to the fight itself was amazing. George Foreman had won the World Heavyweight Title with the destruction of Champion Joe Frazier on Jan.22, 1973 in Kingston, Jamaica. It only lasted 2 rounds! Frazier barely survived the 1st round and Foreman finished him off easily in the 2nd. Here is that complete fight.

<http://www.youtube.com/watch?v=UI8EQTa1cbM>



Foreman destroys Frazier

Ali and Frazier had gone 12 rounds as undefeated fighters in their first bout in 1971. Frazier won by a unanimous decision. Highlights of Ali vs Frazier 1:

<http://www.youtube.com/watch?v=jQhFhdmW6Vs>



Frazier Defeats Ali

George Foreman went on to fight Ken Norton in a World Heavyweight Title defense on March 26, 1974. Norton (who had also defeated Muhammed Ali) was destroyed in the 2nd round by KO!

Here is the complete fight:

http://www.youtube.com/watch?v=e4_VCVI-KIc



Foreman KO's Norton

With the destruction of 2 credible opponents who had both defeated Muhammed Ali, Foreman was an overwhelming favourite to win his fight with Ali.

The historic fight finally took place on October 30, 1974.

As the fight began, Ali started to throw an unconventional lead right hand that caught George on several occasions. This was not what George had anticipated. Ali was known for his jab yet he did not use it as much as expected in the first round. Towards the end of the round however, Foreman was starting to catch up with the fleet footed Ali.

In the second round Ali was to begin another unconventional strategy that he come to call "the rope a dope"! LOL! He simply laid back on the ropes and allowed Foreman to punch away in the hope that he would tire himself out as the fight progressed. Everybody (including Ali's corner) thought he was crazy to lay

there and absorb punishment. In hindsight, I believe a lot of Ali's debilitating Parkinson's disease can be attributed to the beating he took in that fight. By the start of the 8th round it became apparent that Ali's strategy was starting to work as George looked more and more exhausted. Suddenly from nowhere Ali unleashed a punching barrage that KO'd George! Here is that 8th round:

<http://www.youtube.com/watch?v=ALtuXNH22fA>



Ali KO's Foreman

Don't just look at this one round. Take a look at the whole fight and you will see that round 8 came to a miraculous conclusion considering Foreman's tremendous offense prior to that round!

PART 1:

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

PART 2:

<http://www.youtube.com/watch?v=ppv-pLSyUG4>

PART 3:

<http://www.youtube.com/watch?v=CarqKFM9HQo>

PART 4:

<http://www.youtube.com/watch?v=eWkTUWEQp4U>

"The Rumble in the Jungle" would prove to be Muhammed Ali's defining moment in Boxing. To this day I believe this fight remains the greatest fight in Boxing history!

FIGHTING SPIRIT

THE TRANSFORMATION OF GEORGE FOREMAN

Prior to "The Rumble in the Jungle" George Foreman was a surly and unhappy character. A bully by nature, he had been humbled by Ali in Kinshasha, Zaire. After a subsequent loss to lightly regarded Jimmy Young, Foreman had a religious experience and devoted his life to the church.

Many years later, in search of a way to make money for his religious projects, George returned to boxing. During a scintillating comeback George worked his way up through the Heavyweight ranks to earn a title fight against Evander Holyfield on April 19, 1991.

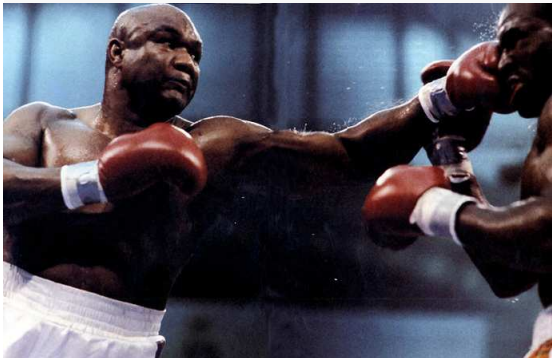
At age 42 Foreman gave as good as took in the early rounds. By round 7 however, the age was beginning to take its toll on Foreman as Holyfield began to take charge of the fight. Still, Foreman landed some punches that could have turned the fight around at any time! He continued to fight with a gusto till the 12th round but lost the decision to Holyfield.



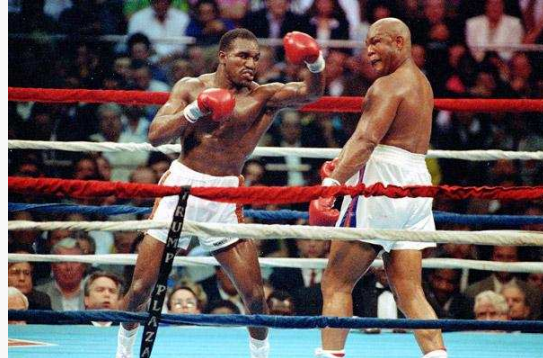
Holyfield vs Foreman – “The Battle of the Ages” April 14, 1991

Here are some highlights from that historic bout:

<http://www.youtube.com/watch?v=A5ZHfzaQMpM>

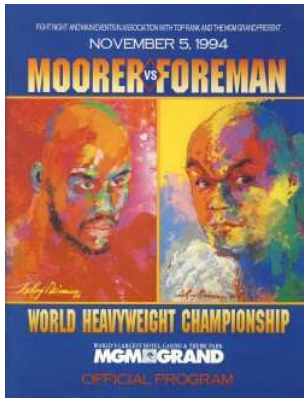


Foreman landed frequently throughout the bout!



Holyfield took control in the later rounds

Nobody would have faulted George had he retired again after his loss to Holyfield. George was not a quitter...instead, he continued his boxing career and worked his way back to title contention against Michael Moorer at age 45!



On November 5, 1994 George Foreman took on reigning Heavyweight Champion Michael Moorer. This bout was nowhere near as closely contested as Foreman's earlier run at the title against Evander Holyfield. Moorer was winning the fight on all cards going into the 10th round. The only way that Foreman could win the fight at this point was with a knockout. Only a review of the 10th round would truly do this historic event in Boxing history justice!

Take a look for yourself:

http://www.youtube.com/watch?v=u7lf_T98kxU

Incredibly, Foreman knocked out Michael Moorer in the 10th round of their Heavyweight Title fight!



Foreman KO's Moorer to Regain the Heavyweight Title

Foreman boxed well into his 50's prior to retiring again. In the process he totally reinvented his character, becoming a gregarious, affable and outgoing man that everybody was instantly drawn to. In fact, he is a popular pitchman for many products that are sold on late night TV shopping ads! He is best known for the product that was named after him. The George Foreman Grill! LOL!



Here's George hawking the George Foreman Grill!

“Big” George Foreman has secured his place in Boxing history and his story once again shows how participation in the fighting arts can bring about a remarkable change of character through the discipline of training!

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. I highly recommend his services! His contact information follows the article.

THE ROADMAP TO PHYSICAL SUCCESS

Before engaging in any Physical Fitness Routine you should sit back and ask yourself the following 10 questions. These questions will help pave the path to success when it comes to all of your Health and Fitness goals and prevent you from stumbling along the way.

1. **What do you want?** Determine your number one fitness goal as well as short, mid and long terms goals. Use these goals as a measuring tool, to help track progress throughout your workout regimen.
2. **Why do you want it?** Ask yourself deep down why these goals you have set out are important and how they will help you better yourself and your life? Set goals for the right reasons.
3. **Where do you want it?** Determine your target areas that may require extra attention or specific training. This could be a specific body part you aren't happy with due to amount of body fat or injury.

4. **When do you want it by?** Set a dead line to achieve your overall goal. Make it an important and realistic date. This will help keep you focused while staying disciplined, to meet your goal in a timely manner.
5. **How will you feel when you get it?** Paint a vivid picture of yourself. Think of a few words to describe your picture and use these words as a constant reminder of what you are striving towards.
6. **How will you feel if you don't?** Understand the consequences if you continue to do nothing. Obtain a few words to describe it and understand that you never want to use these words again.
7. **What will happen if you keep doing what you are doing now?** Look ahead one, five and finally 10 years. If you continue on your current path, where will it lead you? If what you are doing right now isn't working, you need to fix it.
8. **What do you need help with?** Identify what you can't do on your own or need assistance with and seek help or guidance from friends, family, loved ones or **fitness professionals**.
9. **What are you prepared to do about it?** What type of commitment are you willing to make in order to achieve your goal? There will be sacrifices and you might have to make some big life changes.
10. **What has stopped you in the past?** What barriers to change are there? What habits have prevented success? How can we stop them from happening this time? These are all important questions we must ask ourselves to help identify and overcome all of lifes obstacles that stand in our way.

Now take a pen and paper and answer the above questions as they pertain to you. Answer them honestly and realistically before setting off on your journey to a happier and healthier lifestyle. Keep the paper in your gym bag and if you ever find yourself veering off course, use it as a road map to get you back on the right track!

Mark Robson, Certified Personal Trainer

ME FIRST FITNESS 905-619-1FIT
889 Westney Rd. South, Ajax, Ontario.
Put Yourself First, For a Change!



CONTACT INFO:

Mark Robson

mark@mefirstfitness.com

TRAINING AT IRON DRAGON KUNG FU KICKBOXING CLUB

YOGA CLASSES AT IRON DRAGON!

Nancy Edwards kicked off her Beginner Hatha-Power Yoga class at Iron Dragon on Saturday, Feb 19th! Yoga is complementary to the martial arts training at Iron Dragon and I highly recommend it!

A great mixture of flowing movement with some longer poses (asanas). Yoga can help reduce the risk of sports related injuries, improve performance in sport, and increase flexibility, while promoting a reduction in stress. Students should bring their own Yoga Mat.



Nancy Edwards RYT200 completed her Yoga and Pilates training with Sheree Nicholson.

Nancy has practiced Hatha and Power Yoga, and Pilates for many years, she has recently been practicing a slower more contemplative style of Hatha called Agama Yoga. Nancy is teaching Hatha Yoga and Yoga-Pilates Fusion at St. Mark's in Whitby, also at a private studio in Brooklin, for Kids' Groups and to a small group of kids in the Park during summer.

A walking enthusiast, Nancy completed the 32 km Walk for the Cure in 2010. Nancy has also been a Reiki practitioner for over 20 years and is a Block Parent in her community.

Hatha Yoga benefits your body and mind. Yoga provides Stress relief, increased strength and flexibility, and a meditative pause for your mind through an active yet peaceful practice.

Blessed are the flexible – for they will not be bent out of shape.

Peace Love Yoga

**Dharana Yoga
905-666-3682**

PROVERBS TO LIVE BY.....

Only when all contribute their firewood can they build up a strong fire.

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.

PAST EVENTS**March 27/11 – Sunday - Twin Dragon Kung Fu Kickboxing Club Event – Concord, Ontario**

Pat "Trainwrecker" Rhodes knocked out his game opponent from Twin Dragon North Bay in the Third round of their Super Heavyweight bout!



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

The 1st round was fairly even with Pat, I believe winning by points just ever so slightly.

In the 2nd round however, his opponent seemed to tire and Pat was able to connect with a few roundhouse kicks to the body that sapped the strength of his opponent. Pat showed a remarkable improvement in his footwork and conditioning as he methodically attacked his increasingly tired opponent.

In the 3rd round Pat went on full offense (as we planned) and he landed a solid uppercut that stunned his opponent enough to land a solid right hand that knocked him down for the count!



Pat "Trainwrecker" Rhodes is congratulated on his win by Mick McNamara (one half of the famed Twin Dragons)

Congratulations on your win Pat! Iron Dragon Kung Fu and Kickboxing Club is proud of your accomplishment! We look forward to your next fight in Peterborough on April 23, 2011!

UPCOMING EVENTS

April 23/11 Extreme Kickboxing and MMA Event – Peterborough, Ontario
Iron Dragon's Pat Rhodes will fight Peter Baquero from Twin Dragon Kung Fu Kickboxing Club at this event. I saw Peter at the March 27, 2011 event and the guy is looking to be in tremendous shape!



Peter Baquero is on the far left

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! Train hard and let's have a great fight!

UNTIL NEXT TIME.....

Summer's commmmmmiiiiiiiiinnnnngggggg!

I look forward to defending my WATER GUN FIGHT CHAMPIONSHIP against our Young Dragons and Li' Dragons for the 15th consecutive year!!!
Muhaha!!!

Until next time.....keep KUNG FU FIGHTIN'!
<http://www.youtube.com/watch?v=ITiSzFp4arg>



Karl, Sifu