

December 2010 – Volume 2, Issue 12

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"



**December 2010
VOLUME 2, ISSUE 12**

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

COMMENTARY

I can't believe 2 years have gone by since I started writing this monthly newsletter. This is the last issue of Volume #2!!

Two years of newsletters and I still find it relatively easy to come up with story ideas. Such is the scope of our amazing martial art – HUNG GAR KUNG FU AND KICKBOXING! Just when I think I've covered everything...along comes something else! All this really comes as no surprise considering that Kung Fu has been practiced since 527 AD!

Just think about that for a moment. How many other sports or recreational pursuits have been practiced and continually refined for a period of over 1,500 years? I'm thrilled to be able to introduce a whole new generation of Kung Fu students to the storied legends, histories and traditions of our ancient art through the publication of this newsletter!

It is my hope that you will continue to enjoy reading "The Dragon's Lair" as much as I enjoy preparing it for you every month! See you next year for volume #3!

Enjoy!
Karl, Sifu

'tis the Season.....



MERRY KICKMAS!!!
IRON DRAGON KUNG FU CLUB

Legendary Kickboxing Fights

Benny Urquidez vs. Narong Noi

Up until the early 1970's, North American martial artists had little competitive outlets besides the traditional non-contact, point style Karate and Taekwondo tournaments. In fact, their techniques were deemed far too "deadly" to engage in full contact matches. Despite many bouts that have shown this to be a fallacy, there continues to be a vast majority of stylists that still hold onto this viewpoint! LOL! Exposure to Oriental Kickboxing in the early 1970's changed North American martial arts forever. Here is the story of one of those early bouts!

Bruce Lee was one of the first (though not the only) martial artist's of the 1970's to proclaim non-contact sparring to be absolute nonsense! In Canada, Twins Mick and Martin McNamara had voiced this same opinion for many years. They created the hybrid art of Kung Fu Kickboxing and had their students spar full contact way before the rest of the martial arts community did.

The 1970's saw the beginning of Full Contact martial arts in North America. A pivotal event in this evolution was the 1977 bout which saw World Full Contact Karate Champion Benny Urquidez fight Thai Champion Narongnoi Kiatbandit. The bout was held in Los Angeles in 1977. Prior to Urquidez' bout another World Champion Full Contact Karate Champion, Ernie Hart had been knocked out cold in his bout with a Thai Boxer. Benny who saw Ernie Hart being carried into the change room on a stretcher would later comment that he had "never seen somebody so knocked out before"!

North American style kickboxers had never fought under Oriental kickboxing rules that allowed kicks to the legs and the use of the knee. There are many controversies as to the rules for the Benny's bout with the Thai Boxer. The leg kicks were legal but there is some question as to whether or not Knee attacks were. A review of the fight tape shows the referee warning Narongnoi after he throws a knee and drops Urquidez. That seems to indicate that the use of the

knee was in fact illegal. However, we also see that Narongnoi almost left the ring in protest after receiving several more warnings for the use of the knee.

As the fight wore on it was clear that the leg kicks of the Thai were very effective while Benny's boxing skills seemed to be superior to the Thai's.

There was a huge contingent of Thai's at the fight. As the referee warned the Thai for the knees the crowd became more and more belligerent. At the conclusion of the bout the judges scored the bout a draw at 125-125. It was later realized that the judges had not deducted points for illegal knee strikes prior to the 7th round!

The Thai knocked Benny down in the last seconds of the final round and whipped the Thai spectators into a frenzy! Given the confusion as to whether knees were allowed and the fact that the crowd was already pelting the ring with whatever they could get their hands on, the organizers decided to rule the bout a No-Contest in order to avoid a riot.

The fight can be found under these links:

<http://www.youtube.com/watch?v=kF6CcHEXWIM>,
<http://www.youtube.com/watch?v=ojfJJxAy1CM>,
<http://www.youtube.com/watch?v=6OwhhB3PVWo>

Frustratingly, I was unable to find any photographs of this historical bout on the Internet. The videos offered at the links above are grainy and out of focus at best!

The WKA (sanctioning body for this fight) records it as a No-Contest in 9 rounds. Other sources say Narongnoi won the fight, while Benny of course says that he won the fight.

It's unlikely that we will ever get the whole story some 33 years later! Regardless, it was an entertaining fight and brought kickboxing to a whole new level. North Americans were forced to adapt to the leg kicks, knees and elbows of oriental kickboxing while the oriental game had to adapt to the flashier North American high kick game! Overall, the sport became much more entertaining to fans all over the world!

Boxing Legends

Leon Spinks, World Heavyweight Champion

Few stories are more exhilarating and more heartbreaking than the "rags to riches to rags" story of Leon Spinks, former World Heavyweight Boxing Champion. Leon became the Heavyweight Champion of Professional Boxing when he defeated the Legendary Muhammed Ali one storied night in 1978!

This is a sporting event that I will never forget. I was working an evening shift in the McDonalds Restaurant at Adelaide and Yonge Street at the time of this bout. It was during a snowstorm on a blustery February 15, 1978 evening that the small group of employees and customers in the restaurant that night would witness a major upset in professional boxing! The evening manager (Aaron as I recall) was a major boxing fan and had set up a TV in the restaurant so he could watch the fight!

Back in those days we still got some of the professional boxing events on free television! Those were the days! LOL! In actual fact, Leon was taking on the legendary Muhammed Ali in only his 7th professional fight and was given little chance of winning. He was a relatively small challenger as he only weighed 197 ¼ against Ali's 224 ¼ lbs. Not much optimism for a major pay event there, so the show was put on free TV.

Ali himself had given Leon very little respect, hardly training for the bout as much as he talked the bout up!!! He was in for a big, big surprise!!!!



Leon lands a nice right against "The Greatest"

Leon had trained like an animal for this title bout against the man that was his hero growing up in an impoverished St. Louis housing project.

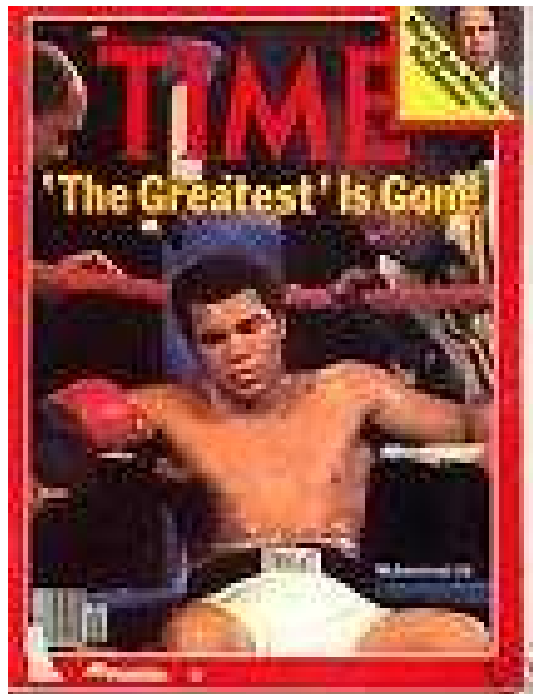
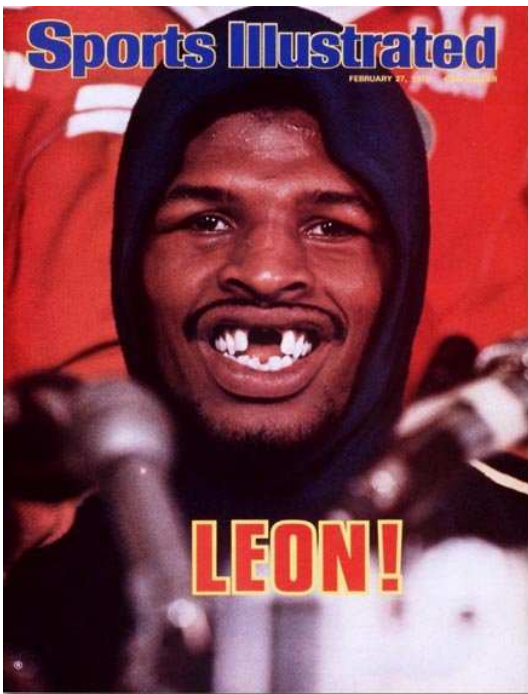
As the bout began it became very obvious who was in shape and who was there merely to survive with his title intact! The smaller Leon set an offensive pace that Ali did his best to thwart. In the later rounds Ali grew more and more tired. A look of despair crept on to his face as he tried desperately to knock out the young upstart that had won almost every round to that point.

The sparse group of people in the restaurant all stood transfixed as the last two rounds of the bout wound down. They cheered as the young challenger was deemed the split decision winner and new heavyweight champion!!!!

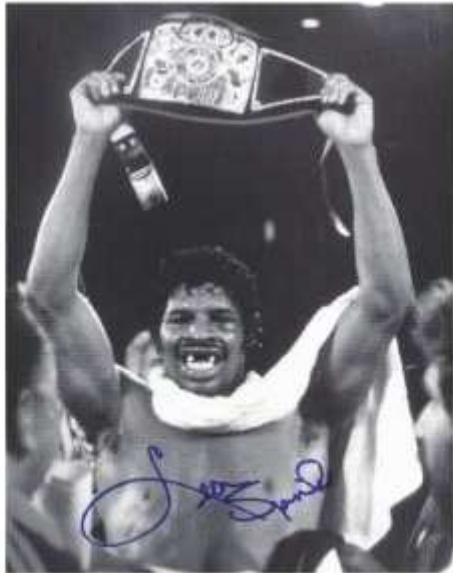
I will always remember the cover of Time Magazine that week. It had a picture of the beaten Ali sadly sitting on his corner stool at the end of the bout. The title header on the issue read "The Greatest is Gone". The television coverage continued as the former Champion sat beaten on his stool while the new Heavyweight Champion of the World sat next to him with his arm around his idol, clearly star struck and in much awe of the man. A more humble man than Leon (after such an amazing victory) would be hard to find. I will remember that moment forever!

Here is a clip Leons big win over Ali!

http://www.youtube.com/watch?v=hb5VHzX_qoA



Beating Muhammed Ali would prove to be Leon's crowning athletic achievement. A much more serious battle loomed as Leon's newfound success made him a millionaire overnight!



7 months after beating him, Leon was to fight a rematch with Ali. Unlike the first fight, (where Leon trained like a man possessed) the next time around he partied like a rock star with only intermittent training. He was immediately set upon by "hangers on" and an entourage that did little for Leon while making sure that they milked him of every dime!

As Leon entered the ring for his fight he had a young Mr. T. serving as his bodyguard! Predictably, he was beaten by Ali who went on to become the first 3 time Heavyweight Champion of the World!

While Leon received a multi-million dollar payday for his rematch with Ali, it would be all gone within a very short time, spent by the vast entourage and hangers on that he had collected along the way. A severe drug habit quickly resulted in Leon's spiral to oblivion during the 1980's. Leon's last legitimate attempt at the World Heavyweight Boxing Title came in 1981 when he fought Champion Larry Holmes. He was knocked out in Round number 3. After that fight Leon moved down to the Cruiserweight division and managed to put together a string of victories to earn a shot at the World Lighthweight champion Dwight Muhammed Qawi in 1986. Leon would lose by 6th round TKO. He would pull himself together long enough to win the unheralded WBC Continental America's Heavyweight Championship on April 28, 1987 by split decision.

After that Leon became increasingly desperate to make a quick buck and accepted low pay for quick one time bouts (with little training) that would pad his opponent's records and humiliate Leon even more. In Leon's last fight he would

face a childhood friend of mine, Tony Morrison. Tony knocked Leon out in the 3rd round. Leon's boxing license was suspended after that fight.

Growing up in a sprawling St. Louis housing project had done very little to prepare Leon for the trials and tribulations that come with instant celebrity.

"Depressed, broke and owing taxes Leon would experience homelessness, depression, alcoholism and bankruptcy" during the late 80's, Neil Aspen would say in a recent Facebook post. All this culminated in a ruthless mugging in which even his gold encrusted front dentures were taken from him!

With the help of concerned parties, Leon was able to claw his way back from the depths of despair. He currently works a weekend shift as a Janitor at the YMCA in Columbus, Nebraska and works nights as a custodian and truck unloader at a local McDonald's restaurant. Heartbreaking circumstances to be sure, but not for the lion of a man that is Leon. He describes his current life as comfortable, quiet and low profile.

Currently, Leon devotes a great deal of time working with charities that help the youth and homeless. It is a strong testament to a man who now has so little yet continues to give to his community. The man is determined to make it in life as much as he was determined to be the Heavyweight Champion of the world by beating his childhood idol Muhammed Ali!

Martial Arts in the Media

Chinese Connection aka Fists of Fury

With the success of Bruce Lee's first film "The Big Boss", far eastern film goes anxiously awaited his next film. That film, "Fists of Fury" aka "The Chinese Connection" would rocket Bruce to super stardom throughout the orient and indeed, the world!

The storyline for "Fists of Fury" begins with the death of famed martial arts master Huo Yuan Chia. It is based on the true historical incident that saw Huo Yuan Chia a co-founder of the Ching Wu Martial Arts School die an untimely death. No actual cause of death was ever found but rumours flew about that claimed he had been poisoned by Japanese nationals that occupied China at the time of his death. The occupation of China by a number of foreign powers was a period of deep humiliation to the Chinese and the film Fists of Fury played up to this feeling of resentment by having Bruce Lee kick the snot out of the Japanese that fictionally had been responsible for Huo Yuan Chia's death! The foreign nationals that occupied China in the early 1900's were racist to the extreme. There is a story (as yet unsubstantiated) that claimed a park actually had a sign posted that read "No Dogs or Chinese allowed"! To the delight of Chinese audiences all over the world Bruce Lee destroys the sign with a flying jump front kick early on in the film!!!

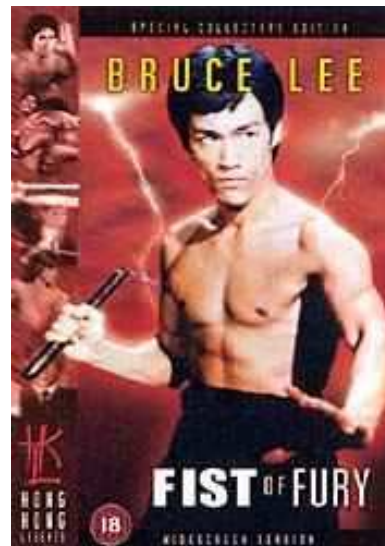
“Fists of Fury” featured martial arts fight scenes such as none that had ever been seen! Personally, I feel these are the best fight scenes ever filmed!

Here Bruce Lee shows up at the Japanese Karate school to return the insulting poster that they had delivered to his school that read “Sick Man Of Asia” – a derogatory reference to China insinuating that it’s populace was weak!

<http://www.youtube.com/watch?v=L8yokvEILFU>



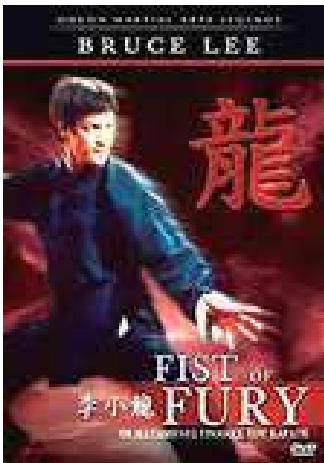
He then proceeds to take on and beat up the entire Karate school! At one point he takes out his Nunchaku (two stick handles connected by a chain) and thrashes the group in one of the most exciting (if delusional) fight scenes ever filmed!



Here he takes on the Russian strongman that is visiting the Japanese in China when he decides he should beat up Bruce Lee for them! LOL! Then afterwards,

Bruce takes on a swordwielding Samurai and destroys him as well! Again, out come the Nunchaku's in a brilliant fight scene!

<http://www.youtube.com/watch?v=LMUsa66JQc4>



ME FIRST FITNESS – GUEST COLUMNIST MARK ROBSON

The following article was graciously contributed by my former student and good friend Mark Robson. Mark is a Certified Personal Trainer with numerous certifications in multiple disciplines of physical training. If you have specific fitness goals that may need additional help, Mark is the man to consult. Mark's contact info follows the article. I highly recommend his services! His contact information follows the article.

TOP 10 REASONS TO STRENGTH TRAIN

Cardiovascular exercise and diet are the two things most overweight and out of shape people think they need to do in order to lose weight and tone up. They are wrong. The most important and integral part of weight loss and weight management is in fact strength training. The benefit of lifting weights doesn't just stop there. Here are 10 reasons why everybody should be strength training a minimum of once a week.

1. Weight Loss (Faster Metabolism) - Strength training causes an increase in lean muscle mass on the body. The more muscle mass a person has, the faster their metabolism becomes. The faster your metabolism of food and liquids, the easier weight loss is to achieve and manage.

2. More Energy - One of the quickest changes you will notice upon starting a weight training regimen is your increase in energy throughout a day. Once your body gets a taste for exercise it doesn't want to stop. The more energy you have, the more active you are and the more calories you will burn.

3. Healthy Eating Awareness - Mentally you are more inclined to make the right food choices if you are engaging in regular physical activity. Your body is like a sports car and the premium gas makes you run fast and efficient. Don't settle for the cheap and often unhealthy substitutes. Healthier eating means better performance from your body.

4. Improved Mood and Self Confidence - When you look good, you feel good. When you feel good you perform better. Better performance means better results. Lack of confidence is why most people turn to over-eating and drowning away sorrows behind closed doors in the first place. Build confidence through strength training and be prepared to take on the world.

5. Physical Appearance - An increase in muscle means a decrease in fat. Muscle is hard and defined whereas fat is soft and gooey. Now would you rather have a six pack or look like you drank one too many? The stronger you are physically, the easier it becomes to do your day to day tasks. Your work and sporting performances will improve and you will achieve far greater results in all walks of life.

6. Lower Heart Rate & Blood Pressure - Not only are you building lean muscle mass through strength training, you are also increasing the efficiency of your heart and the capacity of your lungs. The stronger the heart, the more efficiently

it will pump blood. The easier the blood travels through the body, the quicker oxygen and nutrients can be delivered to your working muscles.

7. Improved Posture - Rounded shoulders, tight hip flexors and stiff lower backs are common postural challenges in people who sit at a computer all day. Strengthening the often neglected opposite muscle groups and stretching out those stiff ones will lead to improved posture in no time.

8. Prevents Osteoporosis - An added benefit for the mature and motivated is that any type of resistance training will help strengthen bones and joint integrity. The stronger your bones are the less likely they will be to break and the lower the chances of osteoporosis in older adults.

9. Stronger Immune Function - Regular exercise and healthy eating is a proven way to help your immune system battle sickness and fight off disease.

10. No More Restless Nights - If you are having trouble sleeping at night just wait till you participate in your first full hour weight training session. Trust me when I say this, you will be sleeping like a baby come that night. Your body and mind will require more sound rest for a full and speedy recovery.

So whether you are a child, teenager, adult, or senior it is never too late or too early to start obtaining the many great benefits that come with strength training. Ask your doctor or contact a professional fitness/personal trainer and find out what kind of strength training program is right for you and your specific health needs.

Trainer

Choice

- Mark Robson, Certified Personal

One Body, One Mind, One Life, One

ME FIRST FITNESS

www.mefirstfitness.com



To contact Mark Robson:

Please call (905) 706-7781 or email mark@mefirstfitness.com

PROVERBS TO LIVE BY.....

All know the way, yet few actually walk it. **Bodhidharma circa 527 AD**

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.

Who is Bodhidharma?

Bodhidharma is the Indian Buddhist monk that founded Zen Buddhism. Bodhidharma was born into an Indian Royal family. He had forsaken his status to follow the teachings of Buddha. Bodhidharma travelled to China in 527 AD to further the Buddhist teachings at the Shaolin Temple. He was unhappy with the physical condition of the resident monks. The emaciated and weak monks often fell asleep during meditation!

Bodhidharma reasoned that a fit body would be more conducive to the spiritual development of the monks. He established a physical training regimen based on the Indian Martial Arts that he had learned in India as a youth. From these modest beginnings, generation after generation of Shaolin Monks improved upon and added to the training regimen that came to be known as Shaolin Kung Fu! The Hung Gar Kung Fu that is taught at Iron Dragon is a form of Shaolin Kung Fu that originated at the Southern Chinese Shaolin Temple.



**SPIRITUAL SUNDAY!
DEVELOP YOUR IRON SPIRIT
AT IRON DRAGON**
All know the way, yet few walk it....
Bodhidharma circa 520 AD
Do you?

PAST EVENTS

November 13/10 Annual Picture Day and Lunch

Thanks to all who attended, this years annual picture day was the most successful to date! We had so many people attend that we had to break our annual pictures into two distinct portraits in order to get everybody in! We put together one portrait for all adult members and a separate one for all Lil Dragons aged 4-8 and Young Dragons aged 9-13. I will be emailing everybody copies of their pictures over the next couple of days.





November 21/10 Twin Dragon Kickboxing Show

Iron Dragon's own Shawn "HammerTime" Nanay displayed amazing courage and spirit in his loss at Twin Dragon's fight show in Vaughan yesterday! A gutsier fighter you will never see!

Shawn gave it his all but was stopped in the 3rd round of his fight. Congratulations to Rob Hymans of Effective Kickboxing in Mississauga. He took the fight on short notice and walked away the winner of the bout! Shawn will now take a well deserved break. We will line up some good fights for him in 2011!

Special thanks to Arnold Kitson and Omar Ally for helping to get Shawn Nanay prepared for his bout. All the sparring and your help in the corner will always be remembered! Thank You!

I want also to thank all the Iron Dragon supporters that attended Shawn's fight yesterday. It was a tremendous pump up for Shawn when you cheered him on and we appreciate your support!

Thank you to Twin Dragon Kung Fu and Kickboxing Club for hosting such a great event! Mick and Martin McNamara have been putting on great Kickboxing shows for over 25 years!

It is always a homecoming for Iron Dragon as a club (given our Twin Dragon roots) and promoters Mick and Martin McNamara were extremely gracious hosts as they have always been.

It was my personal pleasure to see many of my former classmates (at Twin Dragon), some of whom I have known for over 37 years! Mike Renata, Lou Guiliani, Jack, Al and Tommy Burns - shout outs to you all!

I look forward to the next Twin Dragon show!



Team Iron Dragon!



Kim and Meredith supporting Shawn "Hammertime" Nanay!

UPCOMING EVENTS

Dec.4/10 – 14th Annual Iron Dragon Kids Christmas Party – 3 pm to 6 pm

Dec.11/10 – 3rd Annual Xmas Lunch at Sushi and Rolls – 11:30 am to 2 pm

Jan.8/11 Extreme Kickboxing and MMA Event – Peterborough, Ontario

HAVE A HAPPY AND SAFE HOLIDAY

We hope that you and all of your families have a great Christmas! I look forward to training with you all in 2011!



SEASON'S BEATINGS!!!
IRON DRAGON KUNG FU CLUB

UNTIL NEXT TIME.....

See you next year! Keep KUNG FU FIGHTIN'!

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



Karl, Sifu