

# 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**

Well everybody, with the preparation for my knee surgery and an unprecedented volume of tax consulting work, for the first time in 3 years I was simply too overwhelmed to get the February 2011 issue of our newsletter completed on time! My apologies for that....I guess you will all have to settle for a much bigger than usual newsletter for March 2011!!!!

I have a ton of stories and info that I want to share with you this month!  
Enjoy!

### ***Training at Iron Dragon***

#### **SIFU SLOWED DOWN BUT NOT STOPPED!**

*As most of you know by now, I had to finally have surgery on my left knee to repair a torn meniscus. I now face further surgery to fix my right knee and then perhaps a further operation to replace my right hip. This after almost 38 years of training with nothing more than a broken nose and fractured sternum! LOL!*

I've given all this much thought over the last year that I have been forced to the sidelines. Many of the prominent martial artists over the last 30 years have had to undergo hip replacements. Bill Wallace and Chuck Norris come to mind. My own Sifu's Mick and Martin McNamara also had hip replacements a few years ago. I began to wonder if this was the ultimate fate of all martial artists. In fact some of my students even expressed concern that their training may result in them requiring the procedure in future as a consequence of martial arts training! Our goal after all is promote greater health and well being!

Nothing could be further from the truth! We have to realize that those who are involved as professionals in the martial arts will subject their body to much more wear and tear than the average student.

Where the average student will train 3 times per week I realized that I was training an average of 6-7 times per day! Schedule that out over a week and you will see that training 48 times per week vs the average 3 times per week by students would result in a great deal more wear and tear on my body!

Funny thing is that I can remember thinking this to myself as I added more and more classes to the schedule at Iron Dragon. I knew I had to cut back on my physical involvement in the classes but was relying on my body to provide the feedback that would encourage me to slowdown. Unfortunately that feedback did not come gradually. One day my knee suddenly ceased functioning completely as if overnight! Within days I could barely walk!

As luck would have it a young Tai Chi Master happened to visit our Kwoon while looking for a place to train and perhaps find a "Push Hands" partner. Shao Chen saw that I was struggling to teach the class and offered to help me with Accupuncture. I accepted his invitation and sure enough he was able to help me enough that I was able to regain some mobility. Unfortunately the injury was too severe to be corrected by Accupuncture alone. While I was able to teach I was still unable to perform kicks and many complicated techniques.

Fortunately, my lack of mobility forced me to look into other ways of transmitting techniques to my students. My inability to perform the movements forced me to re-examine all techniques from the ground up. I had to learn to verbally communicate them to my students. In time this method has proved more successful than the old method in which I would simply perform a technique and have my students emulate me!!! Students that have never Jump Spinning Heel Kicked in their life have been able to do so after a verbal explanation from me! Years ago this would have been unheard of!!!!

My teaching method has been improved by what I initially considered very dire circumstances! Now, even once I am able to perform the techniques again (after all surgery is complete) I plan to continue many of the new methods I have learned to teach and transmit techniques to my students. After all these years training with seasoned masters, I continue to learn new things from my students! Kung Fu is a discipline where the student is often the teacher! Thank you all!

### **TRADITIONAL HUNG GAR TRAINING**

#### **FU HOK SEUNG YING KUEN – THE TIGER CRANE FIST SET (FORM)**

*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. Because Kung Fu was banned at various times throughout Chinese History, training was often conducted in secret. The fighting*

*techniques and applications of complete Kung Fu styles and systems were thus preserved and taught through memorization of forms. This month we discuss Hung Gar Kung Fu's Fu Hok Seung Ying Kuen - The Tiger Crane Double Shape Fist Set.*

The Tiger Crane form is probably the most famous Kung Fu form of all time! The form was developed by Hung Hei Koon during the early 1800's when he combined the Tiger techniques he learned from the Abbott of the Southern Chinese Shaolin temple with the Crane techniques he learned from his wife. Later, the form was re-choreographed by the legendary Kung Fu master Wong Fei Hung – circa late 1800's.



The origins of this form go back several hundred years further than that however. Legend has it that a Shaolin monk witnessed a Crane being attacked by a hungry Tiger. Surprisingly, the Crane was able to fend for itself through skillful fighting technique and eventually poked the Tiger in the eye with its beak thus ending the battle! Astonished, the monk then set about creating a set of fighting techniques based on the skilled Crane he had witnessed battling the Tiger. This technique became known as Crane Style of which there are several variations still extant today.

The Tiger Crane form as re-choreographed by Wong Fei Hung has become one of 4 pillar forms in Hung Gar. These 4 pillar forms are said to contain every empty hand technique in the Hung Gar System. Tiger Crane is such an important form in Hung Gar that it is frequently referred to as the "Heart and Soul" of Hung Gar! In fact, Hung Gar itself is frequently referred to as the "Tiger Crane" system of Kung Fu.

Nowadays, there are many versions of this original form. Here are a few samples that I found on YouTube.

Here is our Hung Gar Grandmaster (ie my Sifu's Sifu) performing Tiger Crane:  
<http://www.youtube.com/watch?v=QQsNgQPgfo>

Surprisingly the form is performed differently from the way I remember David Lee teaching it to me. I was always taught to perform the movements in a smooth rythmical manner but here we see Chiu Chi Ling performing a very rigid, albeit

very powerful looking version of the form. Personally I find Dave's version more aesthetic.

Here is an abbreviated version that is performed more like the one I learned from David Lee:

<http://www.youtube.com/watch?v=Y2M8Ew0hlsA>

The modern Wu Shu form Nan Kune – Southern Boxing draws approximately 85% of its moves from Hung Gar. It is supposed to be a representation of all Southern Chinese forms and is the standard form of the art as represented by the modern art of Wu Shu.

<http://www.youtube.com/watch?v=AcANYDDOv78&feature=related>

I very much prefer the traditional version of Tiger Crane as taught by David Lee. Attend a Traditional Hung Gar class and you will see this form performed by one of our students. Si Hing John Kewell and Randy Carter both represent the form very well and most of the senior students have already mastered this form!

#### **IRON DRAGON KUNG FU KICKBOXING LINEAGE**

#### **MICK & MARTIN McNAMARA TO BE INDUCTED INTO CANADIAN BLACK BELT HALL OF FAME**

*I was thrilled to find out that Mick and Martin McNamara the Sifu's I trained with at Twin Dragon from 1973-1997 will be inducted into the Canadian Black Belt Hall of Fame on May 14, 2011!*



The Twin Dragons have been responsible for the rebirth of kickboxing in Ontario! Back in the mid – 1980's they promoted the biggest kickboxing shows that Ontario has ever seen!

Top professional kickboxers were imported to highlight the Twin Dragon shows. Popular PKA Full Contact Kickboxers Cliff Thomas, Thomas Chesterfield, Rich Lopes and Joe Ancona were all featured on Twin Dragon cards!

Twin Dragon fighters quickly came to prominence on Twin Dragon shows in the Mid 80's to late 90's. Paul Biafore, Chantal Nadon (McNamara), Rob Borden, Rico Tatangelo and Mike Reid all became World Champions during this time!

All this, despite a ban on Amateur Kickboxing in Ontario that almost killed the sport in this province! Ontario fighters had to go out of the province to gain experience so that they could turn professional. The Twins footed the bill to import US fighters to Ontario and were frequently held ransom to the increasing demands of the Ontario Athletic Commission!

Amateur Kickboxing had been banned in Ontario beginning in 1980 after the Ontario put a moratorium on Kickboxing due to the hysteria caused by the death of professional boxer Cleveland Denny on the undercard of the "Sugar" Ray Leonard vs Roberto Duran bout in Montreal.

Kickboxing was deemed "far too dangerous" in comparison to Boxing by the Ontario Athletic Commission! This despite the fact that the death occurred in a Professional Boxing bout not a Kickboxing bout!

Twin's Mick and Martin fought relentlessly to reinstate kickboxing in Ontario and were the first to promote a professional card of kickboxing upon its reinstatement. They have fought tirelessly to gain recognition for amateur kickboxing as well.

They were quick to get involved when amateur kickboxing achieved Ontario sanctioning through the official sanctioning body - CASK. They were, however quick to pull out of the sanctioning body when it became obvious that the overbearing rules of the organization took away from the entertainment value of the sport rendering it "unpromotable"!

After much consultation with their legal counsel, the Twins took the bold step of promoting Amateur Kickboxing bouts without sanctioning by the provincial sanctioning body. The police were dispatched and the Twin's were charged with promoting an "illegal prize fight". This matter went to court and after a lengthy period of time the Twin's defeated the province in court! Because of the Twin's determination, amateur kickboxing may be promoted by anyone as long as all safety considerations and insurance have been provided for!

Clearly the Twin's have made a historical contribution to the sport of amateur and professional kickboxing! They will be recognized on May 14/11 when they are inducted into the Canadian Black Belt Hall of fame!

### **LEGENDARY BOXING FIGHTS**

#### **ROBERTO DURAN VS "SUGAR" RAY LEONARD "THE BRAWL IN MONTREAL"**

*On June 20, 1980 the world witnessed what was truly the greatest Welterweight Boxing Match of all time! Roberto Duran vs "Sugar" Ray Leonard was one of the*

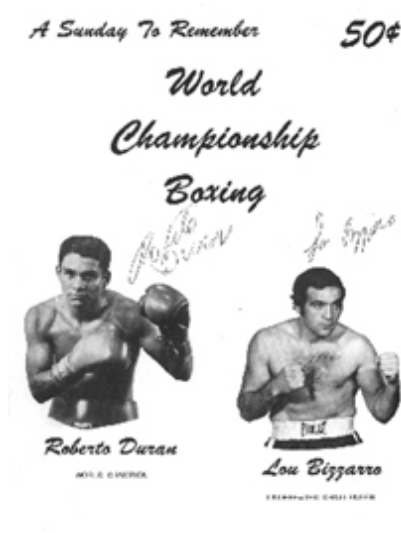
*most action packed fights ever seen. It remains one of my personal top 5 fights of all time! This is the story of that great fight!*

What was so intriguing going into this bout was the fact that these men genuinely disliked one another! They had not just very different fighting styles but personalities and lifestyles as well.

Roberto Duran was a fierce puncher and a consummate bully! He grew up in the tough “barrios” of Panama and was no stranger to the occasional streetfight! Often as he fought, I remember fight commentators noticing that his knee would twitch as if to come up into his opponents face (as it no doubt had many times in his street encounters)! LOL!

He had won the Lightweight Title on June 26, 1972 by beating Lightweight Champion Ken Buchanan in a dirty bout that ended when his opponent was felled by a low blow and could not continue!!! The low blow was landed at the end of the 13<sup>th</sup> round and I have no idea why Duran was not disqualified!!!! Here’s that 13<sup>th</sup> round:

<http://www.youtube.com/watch?v=0RzLqn9Uqto>

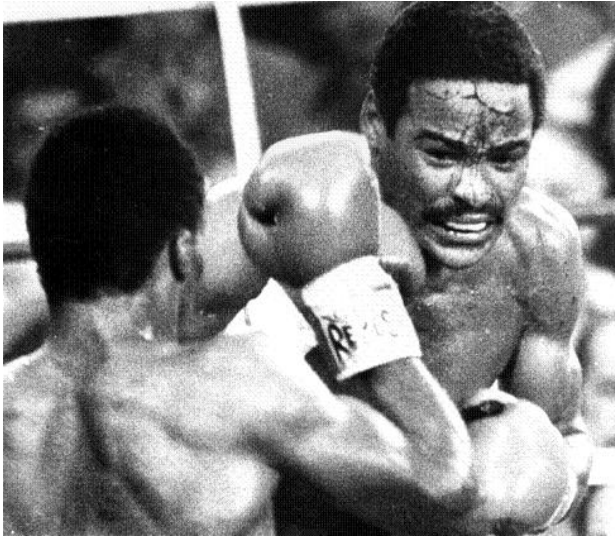


Duran wins the World Lightweight Championship from Ken Buchanan 1972



What a brutal finish to the fight!!!! Ouch!!!! LOL!

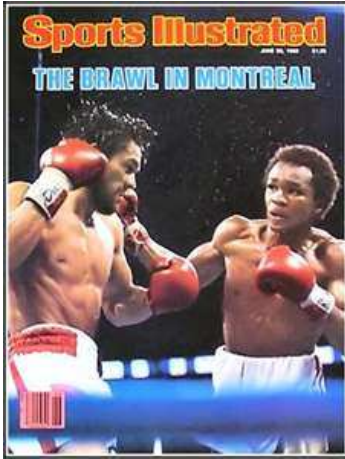
“Sugar” Ray Leonard on the other hand, was the proverbial “Golden Boy”. His stellar amateur career had culminated in a Gold Medal as part of the US “Dream Team” boxing squad at the 1976 Olympics. Once he turned professional, his handlers carefully selected progressively more difficult opponents for him to guarantee his success in the Welterweight division. Leonard won the World Welterweight Title from the legendary Wilfred Benitez on November 30, 1979. Here is the 15th and final round of that great fight:  
<http://www.youtube.com/watch?v=sBXTa1qvOLM>



“Sugar” Ray Leonard defeats Wilfred Benitez  
For the World Welterweight Title

Duran was the consummate brawler/puncher while Leonard was an amazing boxer. Duran carried himself with a thug like demeanor and could care less what the world thought of him while Leonard exhibited a carefully crafted publicity conscious image that many in the boxing world (not just Duran) considered phoney!

On June 20, 1980 the two fighters collided in what became known as “The Brawl in Montreal”. Regardless of the personalities involved, this was truly a magnificent battle! Duran had taunted Leonard for months, saying he would run from him and could never withstand a direct confrontation with him! He ridiculed Leonard’s power and claimed he could not be hurt by him! The buildup to the fight was tremendous. I can remember the palpable excitement in the air as I entered Maple Leaf Gardens along with my posse of Leonard supporters.



The fight lived up to all expectations! What a brawl! Leonard came into the fight with a completely different game plan than was expected. In an apparent effort to repudiate all Duran's taunts about his power and toughness, Leonard chose to slug and brawl with him! It appeared for a moment in the 2<sup>nd</sup> round that he had made a terrible mistake when Duran caught him with a Left hook that staggered him briefly.



The early rounds saw a very aggressive Duran giving Leonard all he had while Leonard showed that he could brawl surprisingly well too! As the fight edged into the 8<sup>th</sup> round Leonard staggered Duran several times! He also displayed a brutal body shot campaign that had never been seen from him before!

In the final 2 rounds Duran slowed his offensive as he clearly felt he had nothing left to do to win the fight. This allowed Leonard some brilliantly quick combination punches such as those that he had become famous for – we were all up in our seats thinking that he was going to finally shut Duran up! Duran weathered the final storm and won a decision victory over Leonard. Duran won by a unanimous decision. The scores were 148-147, 145-144, and 146-144 for Duran.



Even in victory Duran remained a sore winner walking around the ring, mocking Leonard and even refusing to touch gloves to acknowledge a great fight! The bully had won the fight and continued to exhibit the sneering and disrespectful countenance with which he had begun the fight!



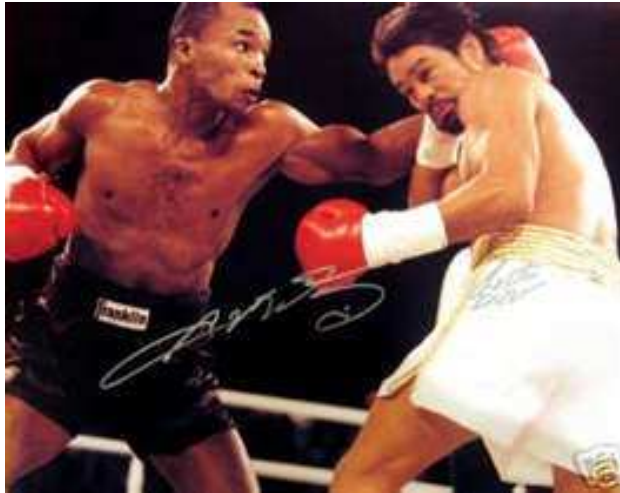
Here are some highlights from their electrifying first fight! I still get goosebumps watching it now – almost 31 years later!

<http://www.youtube.com/watch?v=ydUVVT2DPjs>

Sadly, this was the event that saw the death of Cleveland Denny at the hands of Gaetan Hart in an undercard fight. This event would ultimately provide the impetus for the banning of Amateur and Professional Kickboxing by the Ontario Athletic Commission. To this day that logic defies all reason. Death in boxing = ban in kickboxing which is “far more dangerous”! LOL!

After his victory, Duran partied like a rock star while Leonard trained like an animal to avenge his defeat!

The rematch was held in the Louisiana, Superdome on November 25, 1980. Leonard was determined to destroy Duran while Duran's fire had been quelled somewhat by the hard partying that followed their first fight.



To be fair, Duran was far from the condition he was in for their first fight. Leonard decided to box this time around - boy did he ever! He was winning on all cards and had Duran thoroughly befuddled. In round 7 Leonard began to taunt Duran. Late in the round he twirled his right hand in a "bolo" punch and caught Duran flush with a left jab to the face. Duran was humiliated and near the end of the 8<sup>th</sup> round he disdainfully turned his back on Leonard and walked away in mid round uttering the words that would go down in boxing infamy – "No Mas" (no more in Spanish). It was a sad scene. I remember feeling badly for Duran (although I was a Leonard fan at the time).

The complete 2<sup>nd</sup> fight is available on YouTube!

Here is Sugar Ray Leonard vs Roberto Duran 2

Part 1:

<http://www.youtube.com/watch?v=Hc-3vaSlwsc>

Part 2:

<http://www.youtube.com/watch?v=IVPMKGN-vZ0>

Part 3:

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

Here is a great documentary about their first fight and the rematch which claims to shed some light on the reason that Duran quit during the “No Mas” fight. The reason is obvious to any fighter....He did not train!!!! Hmmm....Where have I seen that before? Exhibited by fighters of far less accomplishment at Iron Dragon, that’s where! Ahh..but that is another story in and of itself!!! LOL!

[http://www.youtube.com/watch?v=yDYnO9gGwlQ&feature=watch\\_response](http://www.youtube.com/watch?v=yDYnO9gGwlQ&feature=watch_response)

Surprisingly this documentary appears to show that the fighters have made amends. I hope that is the case as two prouder and greater fighters would be hard to find.

Roberto Duran came back to redeem himself many times over in the following years. There were scintillating victories over Davey Moore and Iran Barkley! Ray Leonard also had several stellar bouts in the following years. Big fights with Tommy Hearns and Marvin Hagler remain among my favourites! I will recount these great battles in upcoming issues of “The Dragon’s Lair”!

The 3rd bout between Leonard and Duran took place on Dec 7th 1989. The bout proved to be a disappointment with Leonard cautiously boxing and Duran following him around the ring with no idea of how to catch him! He did cut Leonard badly in the 11 th round but this had no outcome on the unanimous decision for Leonard.

Leonard vs Duran will go down in boxing history as a Trilogy but the bouts will always be defined by the fierceness of the first two battles when both were in their primes!

### **LEGENDARY KICKBOXING FIGHTS**

#### **ERNESTO HOOST VS ANDY HUG**

#### **1996 K1 GRAND PRIX FINAL FIGHT**

*Ernesto Hoost and Andy “Axe Kick Murderer” Hug are two of the most entertaining kickboxers of all time. A legendary fight took place when they collided in the semi finals of the 1996 K1 Grand Prix!*

K1 is an elimination style tournament where an 8 man bracket fights off against each other until 2 competitors are left to fight in the final bout. A series of such regional tournaments are held worldwide until the champions of each region are

matched up against one another in Japan at the K1 Grand Prix final elimination tournament held annually in Japan.

This is a grueling event since each fighter must fight up to three times to win the title after fighting multiple opponents on the same night! The fights are so hard on the body that the bouts are limited to 3 rounds!

At the time of the 1996 K1 Grand Prix, both Andy Hug and Ernesto Hoost sported winning records against some of the all time greats of kickboxing.

Ernesto had amazing boxing abilities that he combined effectively with deadly leg kicks and a relentless knee attack. Andy on the other hand was well known for his Axe Kick and Spinning Heel leg kick attack. Both fighters were known for their toughness and heart. Outside of the ring they truly exemplified the virtues of Martial Arts training unlike some of the trash talking miscreants that we see so frequently in MMA bouts these days!

The fight took place on May 6, 1996 at the Yokohama Arena in Japan. K1 fighting is huge in Japan as is obvious by the huge crowd that attended the event. The stadium held thousands of fans anxious to see the top 8 finalists fight off against one another until 2 warriors remained for the final.

The eight men that were to face off at the K1 Grand Prix were Andy Hug, Peter Aerts, Sam Greco, Mirko "Crocop" Filipovic, Ernesto Hoost, Duane Van Der Merwe, Musashi and Mike Bernardo. All but Duane Van Der Merwe (who replaced an injured Stan Longinidis) had fought at a previous event in order to qualify for the 1996 K1 Grand Prix.

In the first round Mike Bernardo upset a much more experienced Peter Aerts by KO! Sam Greco was TKO'd by Musashi. Mirko Filipovic was KO'd By Ernesto Hoost and Duane Van Der Merwe was KO'd by Andy Hug.

The second round saw Mike Bernardo decisioning Musashi while Andy Hug Decisioned Ernesto Hoost in what was the most exciting bout of the tournament. The fight was ruled a draw after three rounds. K1 rules permit overtime rounds to determine a winner, so the game combatants had to bear down and go in for more! At the end of another brutal round, the fight was still ruled a draw and a 2<sup>nd</sup> overtime round was needed! Hug was ruled to be the winner by the narrowest of margins and went on to fight Mike Bernardo in the final.

Here is that great fight with Ernesto Hoost!

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



In the anti-climactic final, Andy Hug went on to KO Mike Bernardo to win the 1996 K1 Grand Prix. Take a look at the brutal leg kicks he uses to demolish Bernardo!

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



Tragically, Andy Hug died of Leukemia on August 24, 2000 just weeks after his last fight. His unbelievably destructive Axe Kick is legendary and he is deemed an Axe Kick Murderer! LOL! Here is a highlight film celebrating Andy Hug, Axe Kick Murderer. Enjoy!

<http://www.youtube.com/watch?v=6bhfPU8v64s&feature=fvsr>

Fortunately there is a huge treasure trove of Andy Hug footage on YouTube. This was truly an amazing martial artist. He was respected both in and out of the ring. Andy's grave is in Japan. It was his great wish to be buried in Japan, the country which admired him most.

Rest in Peace Andy!

#### **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 19<sup>th</sup>! 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.

Nancy is a walking enthusiast. She 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.....**

***One should be just as careful in choosing one's pleasures as in avoiding calamities.***

**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.*

### **TRAINING AT IRON DRAGON**

#### **THE INCOMPARABLE GARY MAC – CLUB JOKER!**

So Gary MacDonald cuts himself at work...instead of running off to the Walk In clinic for stitches (like most normal individuals would), this joker draws a happy face around the gash in his arm so it becomes a mouth. Gary then manipulates the “mouth” so that it actually moves as it “talks” to any innocent bystanders that are unlucky enough to be victimized by Gary’s outlandish sense of humour!!!!

LOL!



### **PAST EVENTS**

#### **2011 AXE KICK MURDERER CONTEST**

Our second annual Axe Kick Murderer Contest was held on January 28, 2011. As usual there were lots of knuckle dragging Axe Kick Murderers available for the contest! LOL!

K. A. \* won the 2011 Lil' Dragon Axe Kick Murderer Title by narrowly outpointing 2 other great Axe Kickers!

Young Dragon M. K. \* won the 2011 Young Dragon Axe Kick Murderer Title with a dominating performance.

**\*To protect our Young Dragons and Lil Dragons we use only their Initials on the Internet.**

Mike Hasson was the winner of the Adult division. He beat two close rivals as Arnold Kitson took second place and Ryan Yu took third place.



M.K. Young Dragon Axe Kick Murderer



K.A. Lil Dragon Axe Kick Murderer



Mike Hasson, 2011 Axe Kick Murderer!

Congratulations you guys! All participants of the contest received a certificate recognizing them as "Registered Axe Kick Murderer's"! LOL!

### **UPCOMING EVENTS**

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

Iron Dragon's Pat "Trainwrecker" Rhodes returns to the ring to battle a tough competitor from North Bay!



Pat "Trainwrecker" Rhodes (left)

**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.



Peter 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  
1 great fight! Good luck everybody! Train hard and let's have a great fight!

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

The sun has just risen as I sit here finishing this month's newsletter and I can hear birds chirping! It is getting warmer and it is obvious that we are clearly near the end of winter. Pretty soon we will be out in the back lot enjoying our annual outdoor workouts again!

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

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



Karl, Sifu