

# *THE DRAGON'S LAIR*

**NEWSLETTER OF THE IRON DRAGON KUNG FU AND KICKBOXING CLUB**

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## **COMMENTARY**

Halloween is now over and I've noticed that some people's training has been scarier than anything I've seen at my door this evening!!!

Too many times people join our club and then train furiously for 3 weeks only to "Fall down" after one month. In Martial Arts training it is truly the "Turtle" that will win the race against the "Hare". Steady consistent training is the way to go.

Martial Arts training is built on a foundation of basic physical fitness. You must train consistently and maintain that basic level of fitness in order to progress and master more advanced techniques. Missing classes disrupts your training in many ways.



Training in Kung Fu requires a dedicated and consistent effort. It all starts with planning. Set aside 3 hours, 3 days a week for your training. Don't allow anything to thwart your workout plans. You must make working out a priority in much the same way as you eat or sleep. It will seem hard at first but after awhile it will become second nature. Make your workout a priority in life! Remember, nothing

else will receive adequate attention if you are not physically and mentally at your best. You can achieve that with martial arts training the Iron Dragon way!!!

### **IRON DRAGON – IRON SPIRIT, IRON WILLPOWER, IRON BODY**

*Many times I am asked about the origins of our club. Recounting the story always brings up very warm memories.*

Years ago, after my divorce I moved back in with my parents. I had toiled for years as an accountant and had allowed myself to get out of shape and overweight to the point where I weighed 225 lbs and was physically and mentally exhausted. In hindsight, I believe that I was probably at the point of a nervous and physical breakdown! LOL!

I began to realize that I had given up all the things I loved so that I could work long hours at my career. Type A personality? Yeah that was me! My self esteem, self confidence and personal fitness were at an all time low and I was only 34 at the time! After much self pitying and self-loathing (LOL!), I decided to return to the hard physical training that had always kept me healthy and out of trouble. I decided to “reinvent” myself both physically and mentally.

Realizing that my physical condition was holding me back from regaining my “zest” for life, I began an all out workout regimen to get back into shape. I would train 3 times per week at Twin Dragon (sometimes twice a day!) and then cross train on alternate days with weights. Most weekends I would train Hung Gar Kung Fu in downtown Toronto with David Lee, either at U of T’s Hart House or Hagerman’s Hall on Chestnut Street behind City Hall.

One of my fondest memories from this period in my life was the weight training in the home gym I shared with my brother at my mother’s house.

We had a basic free weight set up in the Basement and a Lat Machine set up in the Garage. I referred to the Basement as the “Interior Dungeon” while the Garage was referred to as the “Exterior Dungeon”! LOL!

In the summertime we would move all the weight equipment outside to the garage so we could train outside and in the winter everything but the Lat Machine would go to the basement so we could train in the warmth inside. We would freeze our asses off to go train our Backs and Triceps out in the “Exterior Dungeon”! LOL!

I completely lost myself in my training for approximately 4 years. I remember frequently coming out of the basement and getting bewildered looks from my Mom as she clearly worried about my mental well being! LOL! In fact, training had become a kind of “moving meditation” for me! Quite frankly, it was addictive to the point where I would have bouts of Tendinitis every couple of months due to overtraining!

By early 1997 I felt transformed! My weight was still around 200 lbs but my physique had changed considerably. I realized at that point that I may have overdone the weight training as evidenced by the fact that my thighs would rub together when I walked! LOL!

In early 1997 I began to ponder my future. I still worked as an accountant but absolutely hated it. It was the one piece of my life that I had not yet transformed. The thought crossed my mind one day while weight training..... When I was not working at the office I was always training. Why not make this my life's work and open a gym!!! "Eureka"!

I discussed the matter with my Sifu Mick McNamara. Since my ex-wife had moved my kids to Bowmanville, I reasoned that it would be the perfect place to start a new Twin Dragon club.

I was promptly shot down when Mick nixed the idea saying that the club would be too close to the existing Ajax location. I disagreed and decided to open a gym in Bowmanville without the formal blessings of my Sifu. That night, while weight training I came up with the perfect name for the gym – IRON DRAGON KUNG FU AND KICKBOXING CLUB! I remember sketching a logo and excitedly drafting up all kinds of plans to make my dream a reality.

I found a location in Bowmanville and was in the midst of the lease negotiation when I got a call from my Sifu. He was having business problems with the Ajax franchisee and he requested that I take the club over! I dropped everything immediately and by some miracle, managed to scrape together enough money for the 1<sup>st</sup> and Last months rent, Utility deposits and Insurance to take over the club! I will be forever grateful to my Sifu Mick McNamara for giving me some spare mirrors and tons of encouragement to start up!

After taking over the club and quickly culling all the trouble makers and non-payers, I realized that I would be starting almost from scratch. My kids and I spent our summer vacation of 1997 sitting in the front window of our club waiting for somebody...anybody to come and join! By September of 1997 we had a group of 20 students. With the TAE BO craze of 1998 / 1999 came many more students and our numbers swelled to around 125 students! Then, as quickly as the TAE BO craze swept in – it died. I had made a commitment to Twin Dragons to pay a franchise fee but quickly realized that I would be financially unable to continue to do so. I needed to either close the club or move forward on my own.

In early 2000 I decided to move on under the original name I had created in 1994 – Iron Dragon Kung Fu and Kickboxing Club! I had trained at Twin Dragon for over 24 years, so this was a very hard, painful decision to make. Thankfully, my Sifu's Mick and Martin McNamara have forgiven me and our clubs remain close to this day!

Initially (because of my fondness for weight training), I had come up with the name Iron Dragon to reflect the fact that weight training played a big part in my revitalized workout routine. Now as I sat reflecting upon my newly renamed club, I realized that there was much more significance to the name.

In fact, the name reflected many of the positive changes that I had made in my own life and now hoped to instill in the lives of my members. Our club motto was born! Iron Spirit, Iron Willpower and Iron Body!!!

### **Iron Spirit**

*The cultivation of an indomitable spirit.*

- to thrive despite life's obstacles.
- to continue on despite temporary setbacks.
- to remain positive in order to meet personal goals.
- to continue on despite life's obstacles.

Sticking to your Kung Fu training builds a level of self discipline that will carry over into all areas of your life. Where others give up after minor setbacks, you will learn to push forward and overcome life's obstacles! It is incredible how a seemingly easy task such as maintaining your Kung Fu training schedule can contribute such enormous strength to your character!

### **Iron Willpower**

*The ability to make one's own life decisions in accordance with what is right and wrong despite outside influences.*

Peer pressure is a very powerful motivator for good things and bad. Our students avoid following "the herd" by maintaining a strong sense of self determination in order to evaluate and choose their own paths in life. Gang affiliation and domination by "Cliques" is overcome by strong willpower.

### **Iron Body**

*Conditioning of the body through the intense physical training of Kung Fu.*

As the Shaolin monks discovered over 1,500 years ago, it is imperative to maintain a healthy and strong body in order to house and maintain a strong mind and intellect.

Building Iron Dragon Kung Fu and Kickboxing Club to be "the club where I would have wanted to train when I was coming up" has always been my vision. Now it is a vision that I share with my students. Let me know if there is anything I can do to continue to make Iron Dragon the club that you want to continue to train at!

### ***Martial Arts in the Media***

#### **Kung Fu – 1970’s Television Cult Classic**

*In 1972 a television show came on the air that would bring the Chinese martial art of Kung Fu to the attention of mainstream North America. That Television show was Kung Fu starring David Carradine. Here is the story of the shows origins!*

David Carradine plays the part of a half Chinese half American Shaolin monk. He kills a high ranking Chinese official in an altercation and flees China. Being half American, he escapes to the USA in the mid 1800’s old west. He must rely on his instincts and martial arts techniques to fend off bounty hunters that have been dispatched to hunt him down while dealing with the degradation and prejudice that is leveled at him at every turn! While he attempts to stay hidden, he is repeatedly drawn out of hiding by his need to resolve the injustices he finds all around him.



David Carradine plays Kwai Chang Caine

There is a great deal of controversy regarding the origins of the show concept. Warner Brothers has always insisted that their studio came up with the idea for the show. Linda Lee (Bruce’s wife) on the other hand, has always asserted that Bruce came up with the original idea only to have it stolen from him by Warner Brothers. This seems credible given that Bruce briefly discussed a very similar series idea (at that time entitled “The Warrior”) in an interview with Pierre Berton almost 2 years earlier!

As the series came to fruition, David Carradine was selected to play the main character Kwai Chang Caine. Warner Brothers had briefly considered Bruce Lee for the role but decided against that because the title character was Half Chinese and Half American - Bruce Lee was deemed “too Chinese”. A little known fact is that Bruce’s mother Grace was 25% German!

The selection of David Carradine outraged oriental actors who felt a Chinese American should have played the part. This initial anger was quelled by the fact that many oriental actors found work on the series in lesser roles.

David Carradine was not a martial artist and was never formally trained in Kung Fu other than the techniques he learned on set while preparing for his role. To

get past his obvious lack of skill the studio decided to film all of his fight scenes in slow motion. When a more exuberant show of skills was required, Kam Yuen his on set instructor would stand in for Carradine!

Hong Kong Kung Fu movies broke into the North American market in the summer of 1972 and had proven wildly successful. Kung Fu fighting skills were being seen for the first time on the big screen and the audiences loved it! Kung Fu the television series rode this wave of popularity from the summer of 1972 and presented the first authentic look at the history and philosophy that is an integral part of Kung Fu training. This one television series was responsible for launch

The opening credits of the show give a pretty good overview of the Shaolin Temple:

<http://www.youtube.com/watch?v=gEtKj6keoYU>

The following clips will give you an idea of the important philosophical lessons that were taught throughout the series:

**The Tao of Kung Fu #1 - "Fear is the only darkness."**

<http://www.youtube.com/watch?v=J5kBqrHphjo&feature=related>

**The Tao of Kung Fu #19 - "Let tears and joy come unplanned."**

<http://www.youtube.com/watch?v=FtPRI-5D8Go&p=69B370F51AA233D7&playnext=1&index=15>

**The Tao of Kung Fu #3- "Chi always lasts."**

[http://www.youtube.com/watch?v=4IyS56\\_BeVA&feature=related](http://www.youtube.com/watch?v=4IyS56_BeVA&feature=related)

**The Tao of Kung Fu #7 - "All creatures have virtues."**

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

**The Tao of Kung Fu #9- "Seek not to contend."**

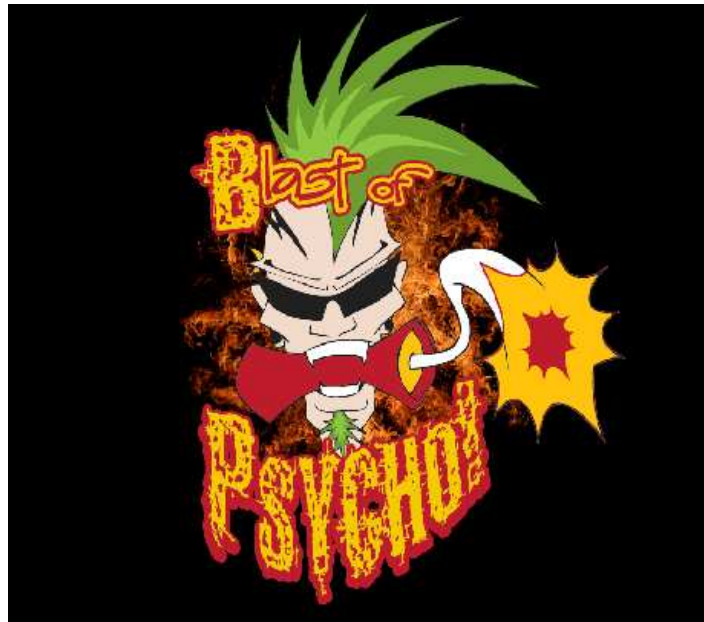
<http://www.youtube.com/watch?v=-SVzzhN-hQI&feature=related>

The 1970's spawned Disco music, Rayon Leisure Suits and a number of violent political movements. Paradoxical as it may seem, it also spawned one of the most thought provoking series to ever hit the small screen. Kung Fu the original television series had an incredible impact on North American culture albeit for a very short 3 year span. Martial artists of that era however, have been impacted for a lifetime!

***Training at Iron Dragon***  
**PSYCHO BLAST 2011**

**Blasting Kung Fu Kickboxing Training into the new decade!**

*Psycho Blast 2011 begins Monday, November 1/10 at 8 pm! With the popularity of Boot Camp style training and MMA style training at an all time high it is obvious to me that people are looking for hard training that will yield quick results. Too many programs in Durham are trying to emulate the stupidity of all the Boot Camp TV shows. Psycho Blast 2011 is Iron Dragon's new Boot Camp style class that will be based on groundbreaking new exercise science not 1920's style boxing conditioning!!!*



**Psycho Blast 2011**  
**Is here at Iron Dragon!**  
**IRON DRAGON KUNG FU CLUB**  
**8 pm – 9:15 pm**

*So what is Psycho Blast exactly?*

Psycho Blast is a Boot Camp style workout regimen that will continue to use Kung Fu Kickboxing techniques along with cardio and exercise drills that will take your body to a whole new level of fitness!

*Why is traditional cardio not recommended?*

There have been groundbreaking new studies that indicate long distance running and boringly long cardio sessions are not as good for the heart as previously thought. How many times have we heard of outwardly healthy individuals going for a long distance run only to die of a heart attack shortly upon completion of the run? While the training effect has been well documented there have been many less documented cases of sudden death upon completion of such training.

New studies have shown that alternating short bursts of high intensity with longer intervals of moderate intensity will have much the same training effect as long distance cardio but with a much more beneficial effect on the heart. Such training will teach your heart to recover quickly between short bursts of high intensity and will more closely approximate the natural design of the heart.

By taking the heart to new levels of exertion and then allowing recovery time in between such bursts the body will learn to recover faster. You will be less likely to keel over from a heart attack after running for the next bus!!! LOL!

In addition to this, you will not subject your body to the rigors of having your feet pound the pavement for miles and miles. Think of the effect on your joints!!! I laugh when I see the local boxing club putting its "Boxing Boot Camp" participants through runs around our building on paved concrete in all manner of inclement weather. Short term results will be beneficial but the long term effects on your joints are not so thrilling!

*What about all those Boot Camp and MMA training TV Shows?*

Dude please! These are shows designed to entertain the viewers. The viewers are entertained by other people performing ridiculous exercises with questionable benefits and long term consequences. I laugh when I see all these idiots pounding truck tires with mallets to "build strength". Ever hear of that modern equipment known as the Barbell? Please!

*So who should attend the new PSYCHO BLAST 2011 classes?*

It is important that all who attend have at least 3-6 months training in the beginner Kung Fu Kickboxing class so that they have familiarity with basic techniques. Remember, the emphasis will be on continual movement so it is important that the rest of the class is not held up too frequently for instruction on basic techniques.

*Will any time be spent on technique instruction or introduction of new techniques?*

Yes, the last 15 minutes of the 1 hour 15 minute class will be allocated to the teaching of new techniques. This period is mostly for intermediate and advanced students but all are allowed to attend.

### ***Martial Arts in the Media***

#### **Way of the Dragon – Bruce Lee's pet project**

*After the success of Bruce Lee's first two films "The Big Boss" aka Fists of Fury and "Fists of Fury" aka "Chinese Connection", Bruce approached his studio about putting together a film where he would write, direct and star. Bruce had felt constricted in his previous films and now with his enhanced star power he sought to make a film where he had full control of all aspects of the film. "The Way of the Dragon" aka Return of the Dragon was that film.*

Bruce Lee always dreamed of being an American movie star. In the America of the early 1970's there was little chance of such a film (featuring a Chinese American in the lead role) succeeding. Reluctantly, Bruce went to Hong Kong where he was quickly snapped up to star in the film "The Big Boss". The film was released in the Orient in 1972 and smashed box office records wherever it played. Bruce then went on to film another Hong Kong film "Fist of Fury". This film again broke box office records all over the orient and secured Bruce's position as the number one box office draw in the orient. With the confidence and new found celebrity, came film studio clout. Bruce quickly negotiated a deal that would allow him to write, star, direct and produce his own film.

In late 1972 Bruce wrote a story about Tang Lung a Chinese villager who flies to Rome to help run a family restaurant. He suddenly finds himself in a major metropolis and must deal with things he never experienced as a country bumpkin from China.

The story Bruce wrote brought out a heretofore unknown comedic element in his makeup! His cousin tells him that when he is in a foreign country he must do as the locals do. When a local prostitute see's Bruce and puts her arm around him he promptly returns the favour. Much to the disgust of his cousin, he then heads off to a hotel room with the prostitute!

As a first effort, the film is decidedly rough. The fight scenes on the other hand were some of the best in Chinese cinematic history. Bruce was able to secure Chuck Norris as the main villain in his film. At the time Chuck was known only in martial arts circles as an American and World Point Sparring Champion. His role in "Return of the Dragon" would introduce him to a world wide audience!



**Chuck Norris vs Bruce Lee**



**Movie Poster**

The climatic final fight to the death between Chuck and Bruce is probably one of the top cinematic fights in history. It was filmed in the Roman Colosseum!

<http://www.youtube.com/watch?v=TYHZEu7Y7DU>

The film unit that was dispatched to Rome in late 1972 to film “The way of the Dragon” aka “Return of the Dragon” would be the first ever to travel outside of Hong Kong to film a Chinese film!

Another great fight scene involved his beating of several thugs with his Nunchaku's! Nunchaku's are a weapon made of Two Small rounded sticks with a chain connecting the two ends.

Have a look at how menacing Ol' Brucey could be with these “Bad Boys”! LOL! The fight scene is amazing yet strangely funny at the same time! One of my all time favourite fight scenes!

<http://www.youtube.com/watch?v=HSjXkc0D1uo>



Bruce was at his physical peak during the filming of “Way of the Dragon”! By the time he returned to America to film his dream role in an American film - Warner Brothers “Enter the Dragon” he was so overworked that he had difficulty maintaining his weight and his physique was already showing signs of atrophy.

By the time he began filming “Game of Death” (his last film before his death) Bruce had lost so much weight that I suspect he kept his shirt on for much of the film because he was self conscious of his atrophied physique!

If you get a chance, pick up this all time classic martial arts movie! I'm sure you will enjoy it as much as I did some 37 years ago!

### **PROVERBS TO LIVE BY.....**

Men should worry about fame just as pigs about being fat.  
**Chinese Proverb – Author Unkwown**

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.*

### **Dragon Laughs**

Here is Iron Dragon member Gary MacDonald getting ready for his next Bodybuilding Contest!!!! You go Gary!



### **UPCOMING EVENTS**

**Nov.13/10 – 14<sup>th</sup> Annual Iron Dragon Annual Picture Day and Lunch**

**Picture Day – 12 pm – 1:30 pm**

Iron Dragon is at an all time membership high of 142 students. Come on out on Saturday Nov.13/10 and be a part of club history as we hope to take our most successful group picture ever!



### **Nov.21/10 Twin Dragon Kickboxing Event - Concord, Ontario**

Iron Dragon Shawn "HammerTime" Nanay returns to the same venue to fight the very same Twin Dragon Woodbridge opponent that he so brutally KO'd at the last event!!!

<http://www.youtube.com/watch?v=WJ2ZfVx6A4Q&feature=related>

**HAMMERTIME!!!!**

Shawn has started his training camp early to ensure that his victim err.... I mean opponent will have an opportunity to remember this fight from the same vantage point as last time....the canvas, while laying flat on his back!!! LOL!

Iron Dragon Chris "Mouse" Martin will fight Bill Graat from Joslin's Karate & MMA. This fight will help Chris prepare for his Canadian Light Heavyweight rematch on Jan.8/11 with Champion Mike Jocko.

Omar Ally has been sidelined by an eye injury and as luck would have it, his opponent was also sidelined with a broken nose that was suffered in training. We hope them both a speedy recovery! We look forward to seeing Omar's debut at a future event!

Let me know if you would like tickets! Email to reserve tickets!!!

[info@iron-dragon.ca](mailto:info@iron-dragon.ca)

Tickets prices are \$30 general admission. Tickets should be available at Iron Dragon as of Tuesday November 2/10.

Come on out and let's give our fighters the support they deserve! Twin Dragons has a reputation for putting on great kickboxing shows and this one is not to be missed!!!!

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

Chris Martin returns to the ring to settle the score and take the Canadian Title away from Mike Jocko! Let's get a huge turnout of Iron Dragons to the show and cheer our future champ on!!!

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

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

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



Karl, Sifu