

THE DRAGON'S LAIR

NEWSLETTER OF THE IRON DRAGON KUNG FU AND KICKBOXING CLUB

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COMMENTARY

We are well into Fall now. Already it is cold enough at night to prompt the wearing of a warm jacket as we go outside! Despite the change in the weather, things are getting exciting at Iron Dragon as many new students are exploring our club for the first time!

With new faces and training partners come many new friendships. Old and new members pursue a common interest in the Martial Arts. At the same time many former members are returning after many years absence. Anantha Sawh is one such student. She trained with us when she was just 7 years old! Now she has returned many years later as a University student! Whole families now train at Iron Dragon!

Fall brings back special memories for me. I fondly recall when as a boy of 14, I first walked up the creek steps to the Twin Dragon Kung Fu and Kickboxing Club on Willowdale Avenue in North York way back in the fall of 1973.

My first club had suddenly closed down due to financial difficulties in the summer of 1973. I had seen an article on the Twin Dragons Mick and Martin McNamara while looking through a magazine at my old training facility. I was highly impressed by the article and had asked my teacher about the Twin Dragons. He told me that they were highly regarded. I noted that the club was located within reach of local transit. With the folding of my original club and my loyalty no longer bound, I jumped at the chance to join Twin Dragons!

I wonder how many similar stories will be told in the future as some of our current students go on to open schools of their own!

Self Defense Techniques

Defense against hand held weapons

One of the most dangerous situations you may encounter will be an attacker who is armed with a hand held weapon such as a knife, screwdriver, pencil or stick.

Here are a few scenarios and suggested ways to deal with such attacks.

*****WARNING – a fight with an armed attacker must be avoided. By suggesting ways to deal with such encounters I do not in any way condone fighting with armed assailants.**

First let's look at the psychology of such an encounter from both the attacker and victim's point of view.

The attacker feels that he has the advantage because his weapon will overcome any physical disparity there might be between himself and his victim. Even if he is certain that the victim is physically weaker than himself, he is emboldened by the fear he knows that the weapon will impart upon his victim.

The thing to remember is that by arming himself, the attacker will put all his efforts into using the weapon in his hands. He has in fact mentally limited his attack simply by having decided to use the weapon. He will single mindedly try to use the weapon to the exclusion of everything else. It is very unlikely that he will use his fists, feet, elbows or knees once he has armed himself and decided to use the weapon.

The defender on the other hand is struck with fear due to the danger of the weapon and the likelihood of injury.

Now let us look at how we can deal with an assailant who has armed himself with a weapon.

First and foremost, do not try to fight anybody that is armed with a weapon. Put your pride aside! If you can escape, do so immediately.

Attempt to defuse the situation. If the violence was prompted by anger, this will often work. Simply say whatever the attacker wants to hear or agree with any defamatory remarks. Just get out of the situation and leave your pride out of the picture. Nothing you say or do under duress should be allowed to affect your own self esteem.

If you are being robbed simply give over your possessions or cash and let the insurance company and the police deal with the consequences. Risking your life over material possessions is foolish.

If you are being sexually assaulted, remember that many studies have shown that in instances where the victim fights back with a great deal of resistance the sexual attack will stop and the injuries to the victim will not be as great as if no resistance was given.

If you can avoid the confrontation by escaping, then do so! The likelihood of being injured in such an altercation is very high regardless of your skills! If you have absolutely no alternative, then and only then, should you follow the following strategies and techniques.

1. Immediately create distance between you and your assailant. Get far enough away so that you can easily evade the weapon the assailant is holding and also to avoid being held with the opposite hand.
2. Look around you for anything that you can use to shield yourself from the weapon the assailant is wielding. A chair, a coat, a jacket...anything that would minimize injury to you should be placed between the attacker's weapon and yourself.
3. Look around for anything you can use as a weapon in response to the attack. A stick or other item you can poke at the attacker to keep him back. Something you can throw at the attacker to allow you an opportunity to escape.
4. If you have no shield or weapon remember that your longest and most powerful limbs are your legs. Your legs will give you more reach than most short weapons such as knives, bottles, screwdrivers. Although there is a risk of being cut or stabbed on your legs, these injuries are seldom fatal. Use your legs to kick at the attacker and keep him at bay until help arrives. If there is little likelihood of help then kick furiously at your attacker using linear kicks such as front and sidekicks to create room for escape or at least damage the attacker enough to make him reconsider his attack.
5. If you have absolutely no way to escape you will have to make an all out commitment to defeating your opponent with kicks. Punish him with a rapid succession of kicks till he decides to abort the attack or till you debilitate him to the point where he is unable to continue the attack. Immediately remove yourself from the situation and alert the authorities.

Remember that your attacker is psychologically restricted to using his weapon. You have all your appendages available to fight the attack. Use your legs as much as possible and throw kicks with full power for maximum damage!

6. Target your opponents legs to minimize his mobility. Aim for vital points. The groin, the knees, the abdomen and keep all kicks to a height that is no more than waist high to minimize the possibility of slipping and falling.

7. The use of the Jump Front Kick is highly recommended since it can be executed from a greater distance and generates more power and might catch your opponent by surprise.

It is my hope that none of my students will ever be put in the position of having to defend themselves against an armed assailant. That said it is also my hope that the tips above will be studied and retained by everybody that reads this article. One of my favourite quotations (from a now long forgotten source) is “**Better to have and not need than to need and not have**” – how appropriate in this instance!

Martial Arts History

Early Toronto Martial Arts Pioneers

Toronto has a storied martial arts history. It is my pleasure to share this rich tradition with my students at Iron Dragon Kung Fu and Kickboxing Club. Here are the stories of Masami Tsuroka and Quai Wong.

MAS TSUROKA – KARATE

The introduction of Japanese Karate to the masses in Canada can almost single handedly be attributed to the efforts of Masami Tsuroka. Almost every major Canadian Karate Champion or Teacher can trace their lineage to Masami Tsuroka. Here is his story.

Masami Tsuroka was born in Cumberland, British Columbia on January 12, 1929. The Tsuroka's were placed in an internment camp during World War 2. The family moved to Kumamoto, Japan after being released.

It was there that Masami began his Karate training. There are 2 versions as to how he became fascinated with Karate. The first story indicates that he was severely beaten by a gang of thugs in Kumamoto and the lust for revenge inspired him to take up Karate. LOL! Where have I heard that story before....Sshhh! I resemble that remark!! LOL!

The second story indicates that it was his enthrallment with a public demonstration of Karate that was his motivator.

In either case, he began training with Tsuyoshi Chitose, 10th Dan founder of the Chito-Ryu school of Karate.



Tsuyoshi Chitose, 10th Dan

By 1949, Tsuroka was promoted to Black Belt under Tsuyoshi Chitose. He went on to obtain his 3rd degree Black Belt prior to returning to Canada in 1956. In 1957 Tsuroka began a small Karate class at Mac's Gym, a hardcore bodybuilding establishment operated by his friend Mac Mia in East York.

Encouraged by the growth of his student roster, Tsuroka went on to establish Canada's first Karate club in Canada when he secured a space over the Lakeside Bowling Alley at Queen St. and Lansdowne Ave.

Over the years Tsuroka trained many of the top martial artists in Canada. Several of his students went on to found clubs of their own in Toronto including Dave Chong, Quai Wong, Benny Allen and Monty Guest.

By late 1962 Tsuroka was appointed the Chief Representative of the Chito-Ryu Karate System in Canada. Later that year he promoted the 1st Canadian Open Karate tournament! Tsuroka's tournament grew to be one of the most prestigious martial art tournaments in all of North America.

When the National Karate Association of Canada was formed as the official sports governing body for Karate in Canada, Tsuroka was designated as its first president.

In 1974 Tsuroka was instrumental to the formation of the Karate Ontario Association, the Provincial Sports Association governing all forms of Karate in Ontario.



During the late 1970's Tsuroka became more and more disillusioned with direction being taken by the Chito-Ryu System under its founder Tsuyoshi Chitose. In 1979 he created his own organization calling it simply, Tsuroka Karate Do. His student Monty Guest took over the Canadian organization of Chito Ryu.

Mas Tsuroka passionately taught his students for many years and was awarded the Order of Ontario from Ontario Lieutenant Governor Hilary Weston on May 28, 1997 in recognition of his achievement.

Mas Tsuroka continues teaching to this day at over 70 years old and inspires his many students at home and abroad!

QUAI WONG – KARATE AND KUNG FU

One of the early pioneers in the history of Toronto martial arts was Quai Wong. His Karate studio, Wongs Karate Kung Fu Society (established in 1962) turned out many prominent Toronto martial artists. Here is his story.

Quai Wong began his martial arts training with Kung Fu while living in rural mainland China. He continued his Kung Fu training when he left mainland China for Hong Kong in 1950 under Sifu Wong Hon Fan, a famous Northern Praying Mantis Kung Fu Stylist.



Quai Wong while training
In Northern Praying Mantis
Kung Fu



With his Sifu
Wong Hon Fan
Kung Fu

Wong migrated to Manitoba, Canada in the mid 1950's to join his adoptive father. Shortly after his arrival, his father died. Wong joined the Manitoba Judo Institute and studied under Sensei Tommy Mitani. In 1959, Wong moved to Toronto and began training in Karate under Mas Tsuroka. After several years training, Wong opened a school with Benny Allen in Toronto's "Old" Chinatown. The location was Hagerman's Hall. This is the same Hagerman's Hall where I would learn Hung Gar Kung Fu from Sifu David Lee in the mid to late 1980's!

In 1962, Wang moved his Karate School to Toronto's east end at Gerrard St. and Main St. By now the school had grown and classes were consistently filled to capacity as Wong's students began to pile up the tournament trophies. In the mid-1960's Wong returned to Japan in an effort to further his knowledge of Karate. He visited various dojo's and trained with their masters. In Okinawa he was introduced to and began training with Shoshin Nagamine a leading martial artist on the island. On July 4, 1967 Wong achieved his teaching certification and a rank of 4th Dan in Matubayashi Shorin Ryu under Sensei Nagamine.

Wong returned to his school in Toronto shortly thereafter. For over three decades he has integrated the fluid circular flow of Kung Fu with the devastating striking of Karate, creating a style that is instantly recognizable as Wong's Karate. Wong's Karate School is one of the most successful and prominent martial arts establishments in all of Toronto.

The more than 40,000 students Quai Wong has taught (both domestically and internationally) will ensure his legacy as one of Toronto's martial arts legends!



Quai Wong circa 2009

PROVERBS TO LIVE BY.....**Wheresoever you go, go with all your heart.****Chinese Proverb – Confucius**

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.

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 TEN REASONS TO HIRE A PERSONAL TRAINER

Contemplating between purchasing a gym membership and hiring a personal trainer? Well here are 10 reasons why one may be better for you than the other.

1. **Privacy and Comfort:** Intimidation and fear are two common feelings among many gym members who may happen to be new to exercise, insecure, or out of shape. Personal training studios often allow for a one on one environment with your trainer, allowing you to stay focused, relaxed and confident.
2. **Optimize Exercise:** To get the best results from your workouts, personal trainers will combine the right exercises and stretches with specific work/rest intervals and proper fuelling (nutrition) to ensure you reach your health and fitness goals in a quick and timely manner.
3. **Cost Effectiveness:** Many of us can go the gym for months without seeing results because we just don't understand how our body is reacting and responding to exercise and food. Hiring a personal trainer is a better way to ensure results and that you are getting the best bang for your buck.

4. **Supervision and Safety:** Making sure you are safe at all times is the number one priority of a personal trainer. Knowing your surroundings, what exercises to do and how to do them correctly, what amount of weight to lift and how hard to push yourself, are all things that can easily lead to bodily harm if done incorrectly.
5. **Accountability:** How many of us have purchased a yearly membership at the local gym, only to use it for the first three weeks and never go again? A trainer keeps you on schedule by booking weekly workout sessions with you. If you decide to miss one, you will surely work extra hard at the next.
6. **Time Efficiency:** Wasting time wandering the gym floor with no real plan or routine in place is a common mistake made by many. Get the most out of your time exercising by having someone at your side planning the workout for you and tailoring it to your specific goals and availability.
7. **Staying Disciplined:** With all the distractions out there at home and at work, it is easy to become stressed and unfocused. Real life can definitely make you want to put your workouts on the back burner. Receiving a text message or call from your trainer can help you refocus and get right back on track. If that doesn't work, well a swift kick in the butt may be in order.
8. **Professional Instruction:** Just because you go to the gym doesn't mean you know what you are doing there. With a certified trainer by your side obtaining your goals has never been easier. We look for and teach technique, form and proper breathing. We also choose the right exercises to match your goals and customize your own at home workout routines.
9. **Access to Equipment:** During peak hours gyms can be very crowded and it's likely that a piece of equipment you may enjoy using is occupied. A personal trainer can give you alternative exercises, take you outside or even come right to your home.
10. **Friendship:** One of the other added benefits of having a personal trainer is gaining a friendship and someone who you can really trust and count on to be there for you. We may not be licensed shrinks but sometimes we sure do feel like it and let me tell you, we are a whole lot more affordable.

In closing, if you are new to exercise or needing a good kick in the butt, trust me when I say that you will experience quicker results and enjoy exercise a whole lot more when working with a personal trainer as oppose to working out alone at a gym.

- Mark Robson, Certified Personal Trainer
One Body, One Mind, One Life, One Choice

ME FIRST FITNESS

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PAST EVENTS**September 4, 2010****Trentwinds International Centre, Peterborough, Ont.****Extreme Kickboxing Event**

Iron Dragon's Chris Martin fought Extreme Kickboxing & MMA's Mike Jocko for the Vacant Canadian Light Heavyweight Title but came up short in a decision loss to the more experienced Jocko. The fight was definitely a crowd pleaser as Chris came out fast with a front kick to Jocko's chest. As the fight went on Chris' early aggressiveness waned as he got tired and Jocko was able to tie him up and earn enough points to take the title.

**Chris "Mouse" Martin****Decision time Martin vs Jocko****Mike Jocko E.O.F.L. Canadian
Light Heavy Weight Champ**

A rematch has been scheduled and Chris Martin will take on Jocko in his first title defense on Jan.8/11 in Peterborough!

Axe Kick Murderer Contest Results:**September 23, 2010 - Young Dragons****Matthew Kostrzewa****September 24, 2010 - Lil Dragons****Chelsea Chung**

The Adult Axe Kick Contest was cancelled due to a lack of participants! Shame on you!!! LOL! Being a patient man, I will give you guys another Chance at this contest in December!!!

UPCOMING EVENTS

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

Iron Dragon Shawn 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!!!

His opponent has been very boisterously promoting this fight and letting all within hearing distance know that he will beat Shawn this time! Shawn has started his training camp early to ensure that his 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!!!

Chris Martin will fight an as yet unassigned opponent in preparation for his Canadian Light Heavyweight rematch on Jan.8/11 with Champion Mike Jocko.

Omar Ally and Scott Wyatt are looking to make their kickboxing debut at this event!

Tickets go on sale in October. Let me know if you would like tickets! Email me at: info@iron-dragon.ca to reserve tickets!!!

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