

September 2010 – Volume 2, Issue 9

THE DRAGON'S LAIR

NEWSLETTER OF THE IRON DRAGON KUNG FU AND KICKBOXING CLUB

91 STATION STREET, UNIT 8, AJAX, ONTARIO L1S 3H2



**September 2010
VOLUME 2, ISSUE 9**

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

COMMENTARY

IRON DRAGON'S 14TH SEASON STARTS SEPTEMBER 11, 2010!

As I sit here on a 30 degree August day, the signs that summer is almost over are all around me.

That annoying "it's the most wonderful time of the year" commercial advertising back to school specials, the CHIN Picnic, the start of the CNE.....

Yup, summer is almost over. A sad time for some but a very happy time for me! It means that we are heading into the 14th season at Iron Dragon Kung Fu and Kickboxing Club! Our classes will be full again and a very positive energy will come over the club as enthusiastic newcomers take their place alongside our hard training current members.

As you enter the Kwoon you will notice that we are in the process of redecorating the club for the 2010 / 2011 season. The club has a decidedly less "rough" feel to it! Do not be alarmed however, the training program will remain no nonsense and hardcore all the way! In fact I am working on some new surprises for the 2010 / 2011 Fall / Winter / Spring session! There will be improvements to some of our existing classes and I am going to be introducing some new and beneficial exercises and stretches.

Ahh....Fall, the start of a new season! Time to move on to even greater heights for Iron Dragon now in our 14th year!

I hope you enjoy this edition of the newsletter as much as I have enjoyed preparing it for you!

Karl Adhietty, Sifu

Kung Fu Techniques

The Hook Kick – Dragon whips its tail!

One of the most underestimated and aesthetically beautiful kicks is known as the Hook Kick. Similar in execution to the Sidekick (except for the circular delivery), the Hook Kick is used to get around an opponents guard.

The Hook Kick is very closely related to the traditional Sidekick in that it starts from the traditional sidekick “chambered” position. It then shoots out as though you were sidekicking around a corner. That is were the similarity ends.

As the leg extends it does not make contact with the target. Instead, the leg whips back towards the chambered position and strikes the target with the heel on the way back. Imagine a reverse roundhouse kick and you’ll understand the movement involved. As the leg extends however, it does not make contact. It merely whips back for the strike. Hence the name of the technique “Dragon whips its tail”!

At first glance this is not a powerful kick. In this case looks are deceiving. By quickly snapping the leg back to the chambered position a powerful whipping action propels the heel of the striking foot into the target. This type of power is similar to that generated by a bullwhip when it snaps into its target!

The Hook Kick is a difficult technique but once mastered it becomes a very powerful weapon. It is well worth the effort of learning. One of the most devastating Hook Kicks ever seen belonged to Bill “Superfoot” Wallace. His hook kick was once clocked at 50 miles per hour!! Bill injured his right leg early in his career. As a result he developed his left leg kicking skills to compensate for his inability to use his right. Because he only had the one leg (and all his opponents new that), Bill had to increase the variety of kicks that he could throw with the one leg. His highly developed hook kick proved to be a devastating weapon as he KO’d a number of his opponents with this Kick!



Kung Fu Training Regimens

Deep Breathing Exercises in Hung Gar Kung Fu

In traditional Chinese Kung Fu, proper breathing is essential to good health and martial arts training. At Iron Dragon we have incorporated several Shaolin deep breathing exercises into the start of every workout. I have noticed of late that many students simply go through the motions and do not seem to appreciate the

importance of these exercises. It is my hope that the following article will give my students a better understanding of and appreciation for these exercises.

In traditional Chinese Kung Fu, breathing not only brings Oxygen into the body but also the vital bodily energy known as Chi. Western science has been skeptical as to the existence of Chi although it has readily embraced the Chinese medical technique known as acupuncture – a practice based upon on the manipulation of this life force!! As martial artists and physical culturists, we would be prudent to include breathing exercises in our fitness regimens if only for the quantified benefits of enhanced breathing.

As natural as it should seem, the unfortunate reality is that we do not breathe properly. Often our everyday breathing has degenerated into shallow chest breathing. Over a long period of time the chest and lung tissue will atrophy. One of the most vital attributes of a healthy individual is lung capacity.

Chest and lung tissue atrophy will cause a corresponding loss of vital Oxygen flow to bodily tissue. It is my opinion that a loss of Lung capacity is a primary factor in the aging of the human body. Lung capacity naturally declines as we age so it seems obvious to me that it would decline to a greater extent in those individuals that did nothing to preserve it.

Aerobic activity would naturally increase ones lung capacity and for the duration that one exercised the oxygen levels throughout the body would remain correspondingly higher.

What about the rest of the day? If you do not train your body to breathe deeper, it will be deprived of oxygen for most of the day.

The only way to improve shallow breathing is through a specific regimen of deep breathing exercises such as those that we use at the start of every Iron Dragon class! Eventually your body will adapt a deeper breathing pattern that will increase the oxygenation of your body throughout the day, not just when you are doing an aerobic form of exercise.

Hung Gar Training

Meditation in Chinese Kung Fu

Experiment: forms training by visualization

For beginners it is often difficult to meditate without outside thoughts creeping into the mind when one is seeking the tranquility of a quiet mind. Traditional Meditation often uses a Mantra – a keyword or phrase that is repeated by the practitioner in an effort to keep ones thoughts from wandering while practicing meditation. Meditation is an effort to free the mind from thoughts.

I have found a method similar to the use of the Mantra to achieve this “quiet mind”. Visualization of the performance of individual Hung Gar forms can take the place of a Mantra. In fact, the traditional forms are often described as a form

of moving meditation. This form of moving meditation can be very easily changed into a stationary meditation.

Let's try an experiment. Sit on a chair or couch. Turn off the lights and close your eyes. Try to visualize yourself performing the form. Try to do this step by step, much as you would physically proceed through the form. You will find that you will not be able to do this at first because your mind will continually wander to the mundane day to day thoughts. "Who do I need to see later today?" "What do I need to do?" "Where do I need to go?" "Why do I have such trouble focusing on my meditation?" LOL! With repeated practice you will find that you will eventually be able to complete the simpler forms such as Siu Nam Kuen and Lau Gar Kuen.

Continue practicing until you are able to do either Fu Hok Sing Yeung Kuen or Gung Gee Fook Fu Kuen without any outside thoughts creeping into your mind. When you can do so, you will be well on your way to achieving a quiet mind!

The method I have described should take anywhere from 6 months to 1 year to achieve. I caution that you must maintain the skill once you have mastered it! I have achieved the skill many times over, only to fall out of practice and needing to start all over again on many occasions! Luckily, the calmness that you will be able to achieve does become fairly addictive! You will find that you will be able to regain the skill quicker once you have achieved it at least one time previously.

There is a method to my madness. It has been my experience that North Americans are generally dismissive of meditation. Meditative techniques have always been part of the martial arts due to its Buddhist origins. In the Far East meditation continues to be part of a martial artists training. In the West however, the practice has fallen out of favour. It is my hope that the modest results you achieve from the experiment I have proposed will lead you into a deeper exploration of Meditative techniques.

Western society tends to be dismissive of any practice that is largely of a spiritual nature. Meditation however has been shown to give measurable health benefits!

Some benefits are as follows:

Increased blood flow and decreased heart rate

Lowering of High Blood Pressure

Decrease of muscle tension and headaches

Increase Serotonin levels thus improving mood and behavior

Enhances the immune system

Can assist in the treatment of Phobias and other mental illnesses

Reduces stress and can bring about a deeper state of relaxation

Abdominal Training

Anybody who has trained at Iron Dragon will be aware that I am very much a proponent of abdominal training. The goal of such training is far beyond the narcissism that is involved in a quest for the "6 pack" sported by many pretty

boys and bodybuilders! LOL! For us there is a functional need for abdominal strength.

First and foremost, the purpose of developing a strong abdomen is to protect against strikes to the body. Less known is the fact that the abdominals come into play in almost every striking technique, particularly kicks!

Every time you lift your legs off the ground your lower abdominals come into play. Achieving the “cocked” position for a side kick depends on the ability to raise the knee high and to the side. High kicks to the head also require a fair degree of abdominal strength.

Every punch that involves rotation of the trunk is enhanced by a strong stomach. The abdominal muscles are involved in the speed of rotation and thus directly affect the power of every punch.

As martial artists we are after a strong functional stomach not just the aesthetic look of a 6 pack. A strong stomach is not built with the “Crunch”.

Many years ago, exercise physiologists and assorted “egg heads” decided that the basic Sit Up was not an effective stomach exercise. They decided that the involvement of the Hip Flexors in the movement took away from its effectiveness as a stomach exercise. Well guess which muscles come into play with any martial arts kick? The Hip Flexors!!!! The fact that the Hip Flexors are heavily involved in the traditional Sit Up does not take away from its amazing effectiveness for the development of the abdominals...it complements it!

Think I’m wrong? Try doing 100 crunches...not too hard. Now do 100 Sit Ups and you’ll immediately feel the burn in the abdomen that comes around rep number 40! Not an effective stomach exercise eh?! I recommend that you do at least 100 sit ups a day, 5 days per week. Break the total amount into smaller sessions until you are able to accomplish 100 at one sitting. It sounds a lot more difficult than it is. Once you have developed your abdominals you should be able to knock off 100 repetitions in about 2 minutes! 2 minutes per day!!!! The benefits to your martial arts techniques and overall fitness are well worth the effort!!

Martial Arts in the Media

1970’s Kung Fu Classics

The 1970’s spawned a number of classic Kung Fu movies. Many of these are unknown to the current crop of students. I hope you will seek these out so that you can see the complete films! Sadly, many of these cannot be found at the video store anymore. Most however, can be found on EBay at low, low prices! I recommend these titles for your personal collection!

Trailer for “5 Fingers of Death” the 1972 Martial Arts breakthrough film

<http://www.youtube.com/watch?v=dm-TgM0fAt4>

Trailer for “5 Deadly Venoms”

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

Trailer for “36th Chamber of Shaolin” aka “The Master Killer”

http://www.youtube.com/watch?v=RVx1LW4Ca_c

Trailer for “Master of the flying guillotine”

<http://www.youtube.com/watch?v=Mpkm7-tnWIE&feature=related>

Martial Arts in the Media

Bruce Lee “Famous Families” Documentary

I found this great documentary while researching this month’s newsletter! It is a unique biography about Bruce Lee, the undisputed King of Kung Fu. His ability as a fighter is often questioned but his impact on Kung Fu and the Martial Arts in general is undisputed!

Part 1

<http://www.youtube.com/watch?v=Y9L5HMSroh4&p=7F262F3B6E6D077B&playnext=1&index=40>

Part 2

<http://www.youtube.com/watch?v=unCkZSdnyP8&p=7F262F3B6E6D077B&playnext=1&index=41>

Part 3

<http://www.youtube.com/watch?v=NXSHaOG02ys&p=7F262F3B6E6D077B&playnext=1&index=42>

Part 4

<http://www.youtube.com/watch?v=aUCgpveqyBs&p=DBA1CB268474C549&playnext=1&index=26>

Part 5

<http://www.youtube.com/watch?v=bgErnVLPmXo&p=DBA1CB268474C549&playnext=1&index=25>

Martial Arts History

Early Toronto Martial Arts Pioneers

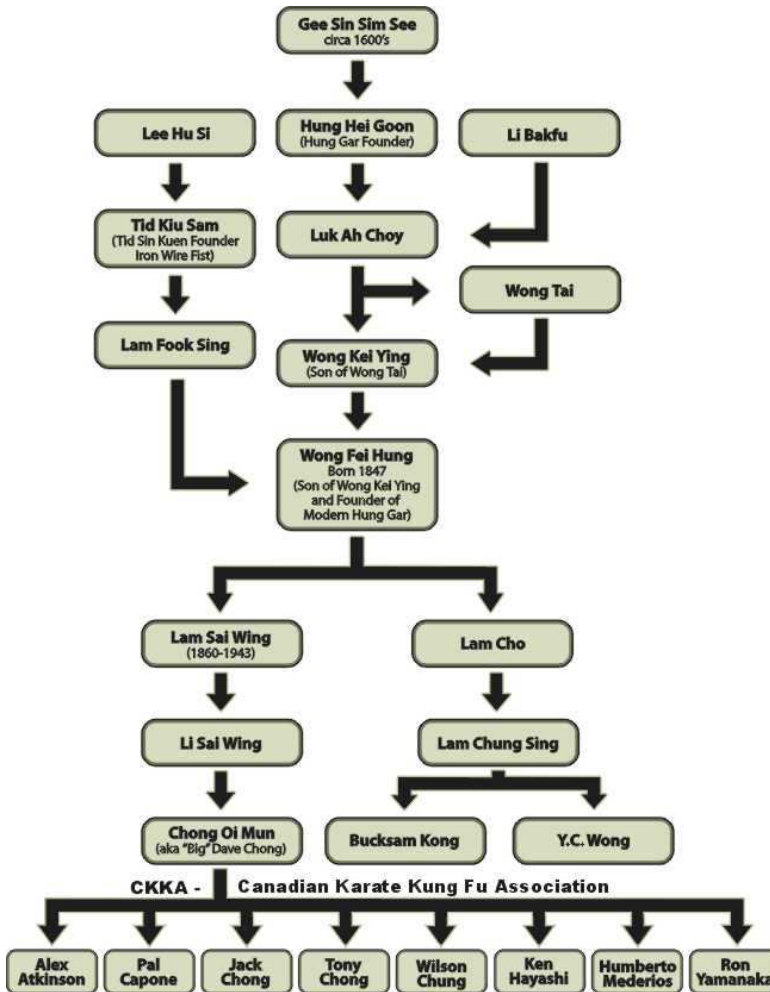
Toronto has a storied martial arts history. It is my pleasure to share this rich tradition with my students at Iron Dragon Kung Fu and Kickboxing Club. Here are the stories of “Big” Dave Chong and Wally Slocki.

DAVE CHONG – KARATE KUNG FU

Chong Oi Chun brought Ng Ying Kuen (5 Animal Forms) Kung Fu to Canada in the late 50’s/ early 60’s. His cousin “little” Dave Chong had a background in Karate. Together they opened a club in Toronto’s Chinatown and named it “The Canadian Karate Kung Fu Club”. For many years the cousins would drive Taxi’s in downtown Toronto while teaching at the club part-time. They taught there for many years. In fact my first Sensei, Alistair McNeilage had trained at the school for a number of years in the late 60’s / early 70’s. There are a number of

techniques that have their origins at that school and are now part of the Iron Dragon curriculum because of this tie!

I was excited to find recently, that the lineage chart for “Big” Dave Chong indicates that the 5 Animal Kung Fu that he taught actually originated from the Hung Gar Kung Fu that has made its way down into the Iron Dragon’s lineage via Lam Sai Wing ---→ Chiu Kau-→ Chiu Chi Ling--→ Dave Lee---→Karl Adhihetty. The lineage is exactly the same until it diverts after Lam Sai Wing!!



Interestingly, even our old nemesis Ken Hayashi (yes the same Ken Hayashi who has been responsible for holding up MMA and Kickboxing in Ontario) can trace his martial arts lineage to the same origins!!!

The Chong’s taught many martial artists in Canada and United States so it is not surprising that many martial artists in the Toronto area can trace their origins to the same family tree. The original school in Toronto’s Chinatown closed many years ago when the Chong cousins retired. A large group of senior former students of the Chong’s formed the Canadian Karate Kung Fu Association in the early 80’s. The organization continues to this day.



**“Big” Dave Chong
Chong Oi Mun**

Wally Slocki – Karate

Wally Slocki began martial arts training with Judo at the age of 6 under Sensei Frank Hatashita in 1953. In 1964 he trained in Kung Fu at the Hong Luk Kung Fu School under Master Paul Chan. There again - a tie to Iron Dragon! As many of you will recall my own Sifu's Mick and Martin McNamara trained at that same club in the late 1960's!

By 1965, Slocki moved on to train in Karate under Sensei Masami Tsuroka and later Benny Allen. At the height of the 1970's martial arts fad Slocki had opened a string of Wally Slocki Karate clubs. I remember Wally's impressive TV Commercial back in the early 70's where he destroyed a number of black clad thugs with his Karate technique. The guy had an amazing sidekick and roundhouse kick!

As the fad diminished so too did Slocki's schools. After severe financial difficulties and personal problems, Slocki closed down his chain of schools. Slocki went on to compete in Professional Kickboxing (then known as Full Contact Karate). His most memorable fight was probably his decision loss to World Professional Light Heavyweight Champion Jeff Smith around 1978.

I was unable to find much information about Wally on the internet and have thus had to rely on memory for many of the details I've mentioned here. I can't remember how many fights Wally had as a professional but I do recall that he was quite successful and gave Jeff Smith all he could handle for the duration of their bout.

One of Wally's signature techniques was the "Scissor Kick". When the opponent blocked a high Hook Kick, Wally would jump in with his supporting leg and scissor the opponent to the ground where he would then drive his heel into the

opponents face! This technique was legal back in the “Wild West” days of kickboxing in the early 1970’s!

Here is a clip of Slocki’s Light Heavyweight fight against Jeff Smith at the first PKA Full Contact Karate World Championships in 1974. Check out the Scissor kick at 5:29!

<http://www.youtube.com/watch?v=2qDbxdQ29os>

Here is Slocki’s rematch against World Light Heavyweight Champion Jeff Smith around 1978. Check out the ridiculously tiny “Point Karate” gloves that were used in Kickboxing fights back then prior to the introduction of standard Boxing Gloves!

<http://www.youtube.com/watch?v=uuGDSb9jIQM>



After retiring from fighting, Slocki went into a period of “hard living”. He became a bit of a partier and accumulated a few bad “habits” along the way. This “hard living” took a toll on Wally and aged him beyond his years.

By the early 1980’s however, Slocki had reclaimed his passion in life as he focused on teaching martial arts to children. In 1983 he started “Super Kids Karate” a franchise that has grown to 17 locations across the Greater Toronto Area.



Wally remains active in his business to this day and continues to have a positive impact on the young students that train at his club!

PROVERBS TO LIVE BY.....

**Over a long distance, you learn about the strength of your horse;
over a long period of time, you get to know what's in a person's heart.**

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.

UPCOMING EVENTS

September 4, 2010

Trentwinds International Centre, Peterborough, Ont.

Extreme Kickboxing Event

Iron Dragon's own Chris Martin will fight Extreme Kickboxing & MMA's Mike Jocko in a 5 round main event bout for the Eastern Ontario Fight League Championship belt!



Chris Martin



Mike Jocko

CHRIS MARTIN, IRON DRAGON VS MIKE JOCKO, EXTREME MMA FOR THE EASTERN ONTARIO TITLE SEPT.4/10 PETERBOROUGH

Unfortunately, Miguel Baptista had to withdraw from his 3 round preliminary bout due to a personal problem. We hope that all will turn out okay for you Miguel!



Miguel Baptista

Axe Kick Murderer Contest

September 23, 2010 - Young Dragons 7:50 pm

September 24, 2010 - Lil Dragons 7:50 pm

- Adults 9:00 pm



Come on out to Iron Dragon and throwdown your best Axe Kick Combinations at Iron Dragon's Axe Kick Murderer Contest! Contestants will be judged on the technical excellence of their kick plus "artistic' flair!!

LOL! A great time to be had by all and prizes will be awarded!

Email Sifu :

ajaxdragon@hotmail.com

to enter!!!!

UNTIL NEXT TIME.....

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

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

Karl, Sifu