



仙
蛟
Dr. Daniel K. Pai
Immortal Dragon
1934-1993



Grand Master
Bill Gregory
Pai Meng Hu
1944 -2001



Pai Lum Kajukenpo Federation News— Jan. 2010

Dragon's Voice-Grand Master Verigan

Working out the winter blues

Let's stay motivated during the winter. Our bodies are designed to move. We function better when our blood flows freely, keeping our muscles relaxed and our tendons and ligaments flexible. It is important to take extra steps during these cold months to avoid injury during martial arts training and other

DRESS IN LAYERS. AS YOU WARM UP YOU CAN REMOVE A LAYER

exercise programs. First, dress in layers. As you heat up, you can remove a layer. Start your walk/run into the wind. This will minimize sweating and the chance of cold invading the neck or head. Keep your extremities warm; wear gloves, a hat, and do not forget the ear muffs. Our muscles take longer to warm up in the cold weather; so take it slowly. If you are working out outside, you may want to do your warm up indoors. This will get your body ready and minimize the shock

.Inside...meet a very humble warrior...Lao Shr Hunter. A certified Master by Grand Master Pai, he has a fascinating history. A college professor in numerous subjects, he is unafraid to chase his dreams (he left all to live on a boat in Florida), he learned the martial arts the old way...he had to seek out a teacher, driving 140 miles a night in a 60's V.W. bug...meet this man inside page 2.

of the cold Walk, or do a light jog until you feel your heart rate rising and your body warms. Don't forget to stretch before and AFTER your workout to avoid cramping, stiffness, and injury.

STRETCH BEFORE AND AFTER YOUR WORKOUT

You may also find it more difficult to breathe in cold weather. Our breathing passageways narrow in the cold weather making it harder to take in that full breath. Practice your Qigong daily to insure proper oxygen for maximum body and mind function.

Remember, stay motivated during the winter months. Take extra time to warm-up before and cool down after your workout. This will help to insure you get the most out of your efforts and that your body mind and spirit stays healthy and active.

Low horse.....(Horse Form)

Grand Master Verigan Pai Zhong Hu, Loyal Tiger



Grand Master Georganne Verigan Pai Zong Ho— Loyal Tiger

Personally selected to take over and lead the Pai Lum Kajukenpo Federation by Grand Master Gregory, she holds a PhD. In Educational Psychology, holds national certifications in Massage Therapy and Acupuncture, has trained at the China Academy for acupuncture in Beijing, China, and has twice been inducted to the Martial Arts Hall of Fame (1998 and 2003), she is the founder of New England's longest running and most successful charity tournament (Kick for Cancer).



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Those of us who routinely attend summer camp have met and think we know this man...but I wanted to know him better. For instance, can anyone tell me what he did for a living? He was a college professor (in several subjects). Why doesn't he want to be called Sigung...but rather prefers Lao Shr...and what exactly does that mean? As a part of our series interviewing senior level teachers I called this man and he agreed to answer some questions

I know you only as Lao Shr, what is your rank?

A. Most true masters of Kung Fu do not talk about their rank. One, because it is your knowledge that is important, not your rank. Two, because you don't want a stranger who may become your opponent to know your skill level. Thirdly, one should be humble, not boastful. Ask a master what they know or how long they've been training and they'll probably tell you only a little while or they know a few things (after 30 years or so). But, because it is important to know our lineage and to pass on traditions I'll share this. I was appointed a master's 5th level by Grand Master Pai before his death. Goa Shr means senior teacher and the

title I prefer to use Lao Shr means older senior teacher.
Q. What drew you to the martial arts?

A. I never really excelled at any sport or other school activity. When I went to college, I saw a demonstration on campus and thought how neat that was. I wasn't naturally gifted but I didn't quit. I remember my first teacher pointing to everyone in the class and said that within 6 months half would drop out. By the next 6 months, all but one would be left. I was that one student left. I never quit.

Q. You started studying a hard Japanese style (Kyokushinkai), how did you end up studying Kung Fu?

A. I saw Grand Master Pai in a tournament and was immediately drawn to his movement... his gracefulness with power. I had to learn what it was he was practicing. Back then you couldn't learn Kung Fu. It was taught in back rooms, or upstairs to Chinese only. You would show up and ask to learn and they would say there were no classes...go away. So I went up to him at the tournament and told him I wanted to study under him. He



Who is...Lao Shr Hunter

When one receives the message, one hangs up the phone"

looked at me like ...yea sure...show up at the school and we'll see (as if he knew I would never show up). Well...I did show up. It was a 70 mile drive (one way) in a VW Beetle (this was in the 1960's), two times a week. The only classes I missed were when the nation was rationing gas in the 70's. I studied with Grand Master Pai until his death.

Q. Have you ever used your fighting skills on the street?
(con't page 3)



Jain Hu Ren Hu-- Loyal Tiger...Shr Fu Biaocchetti has been training in the martial arts for almost 40 years. He specializes in training police and military units.

.Your Surroundings What Not To Do When We Are Challenged by Sifu Vinnie Baiocchetti

Last article, I left you with the mantra of, train hard, train often and train PROPERLY and I promised that in this issue, we would talk about being aware of your surroundings.

As most know I have been a police officer for many years and have taught self defense and fighting techniques to many people, in many professions, including law enforcement, the military and civilians. The most important topic that I stress, regardless of who I teach, is that one must be aware of their surroundings in order to be effective. This is probably more important than technique and strength (which people find very difficult to believe).

I have been challenged about this before, mostly by younger people who believe that their impressive strength and their wonderful looking technique is the end all.

So, if I am better, stronger, faster and confident, what the heck are you talking about? How am I not good? How can I get beat?

There are several ways to become aware of your surroundings, the most obvious are through the use of your senses... sight, smell, touch, hearing...but I add Intuition and Balance to my fighting skills.

To simplify the issue, let me compare your

MORE IMPORTANT THAN SPEED, STRENGTH OR SKILL IS AWARENESS

Well, once you are good, or at least you think you are good, place a paper bag over your head or put a blindfold on and see how good you are then! Kind of tough when you don't know where you are or who's around you.

alertness level to a simple color code. This color code is nothing new, nor is it something that I can take credit for... I learned it more than 25 years ago and built (continued page 5)

A. Not physically. I have talked my way out of some fights. I remember two of my students had to defend themselves in a bar once. It was five on two (a female and male student). The female said she would take these three...you take those two. They both left the bar unscathed with five unconscious men on the floor. I guess that made me a good teacher. They did what they had to do. They fought like they trained.

Q. What advice would you give that green or purple sash student that reads this?

A. NEVER QUIT or stop training! It doesn't matter where you start. I was terrible as a beginner and it was only my determination to keep training that made me succeed. AND...don't change teachers unless you have a very good reason, like moving to another state, job etc.

Meet Luzbel Borges-Figuroa Blue Belt— Pai Lum Kung Fu

I first met Luzbel when he showed up for one of our back yard black belt work outs in Florida. He is one of Shr Gung Thorson's students and like all of Shr Gung Thorson's students... he is the real deal. I found him to be fun but very focused.

Q. How long have you been training in the martial arts?

A. I started training with Shrgung Thorson when I was about 10 years old...I'm 20 now... and the only time I took off was a few years at about 13 or so.

Q. I see you are a blue sash. Not many of those around. Where does that rank fall in the hierarchy of rank?

A. It is just below brown sash.

Q. Do you study any other forms of martial arts?

A. Yes, I work at the Florida Karate Center so I get to train with them. I have an orange belt in Wado Royu Karate. I do get to spar with their upper level students during lunch. They're usually traditional fighters so when I get frustrated, I revert back to Kung Fu and I really surprise them with some of our moves. They're like... wow, what did you just do and show it to me.



Q. What do you want to be when you grow up? (only a grand father would ask a twenty year old this question in this manner... right?)

A. I'm a sophomore in college and want to study to be a doctor in Chinese medicine. I plan to be degreed at the masters level here in the states and then complete my doctorate in China. It will include acupuncture, herbal remedies, pressure points, massage therapy, chigung etc.

Q. Who is your hero?

A. Wong Fei Hung.

Q. O.K., school me...who is Wong Fei Hung?

A. He too was an doctor of oriental medicine and martial arts practitioner. In fact, he developed the hung gar system.

Q. Have you ever used your martial arts on the street? (con't page 4)

Wise Tiger...Who's Your Master? Joshua: 24:15

Wise Tiger has finished the year focusing on theme "Who's your master". The bible teaches that God appointed Joshua to take to lead the children of Israel into the promised land. Israel had to conquer the giants of Palestine and the fierce warriors from the Amorites and other tribes. Joshua led them through battle after battle until finally they had conquered and possessed their land. Joshua relied on God, but the children of Israel relied on Joshua. As Joshua is dying, he calls all of Israel together and tells them... "Choose whom you will serve, be they the gods of your forefathers before the flood, the gods of the Amorites in whose land you are living. But as for me and my house, we will serve the Lord" (Joshua 24:15) He makes it clear to them the decision is theirs...but he's following God.

Aren't we all a little like the children of Israel and our parents like Joshua? Our parents lead us through the battles of life, we fol-

low (or rebel) and suddenly there comes a time when we're grown up and are about to be on our own. Then comes the time to decide...Who's our Master? I teach the girls that parents, teachers, even I can thump them over the head with a bible, plans, values etc., but in the end a time will come when they must made a decision. But... like Joshua, I also make it clear to them who my Master is, what my values are, and what direction I'm going in. They are free to join me or choose their own path. Choice is one of God's great gifts to us...and with it comes tremendous responsibility and accountability.

So I ask you...Who's your Master?



Shr Fu Mike Dolan
Wise Tiger
Tsr Hu

Wise Tiger—Immokalee, Fla.
We're not Bad...but the Bad won't mess with us!

News from White Tiger Karate

White Tiger has moved and is now operating out of two locations. Sensi Marianne runs an afterschool program at the Pines community center in Northfield which was our birth place! November marked our 6th birthday. Our primary location is at Run of the Mill Fitness in Franklin. We are looking to purchase a building to serve as a permanent location. WTK focuses on community service several times a year with such activities as raising food for hungry families, hosting our annual kick-a-thon for hospice and recently we held two fundraisers. They were our first punch-a-thon for St Jude's Children's hospital where we punched in \$1200. We look forward

Luzbel continued from page 3

.A. Every day I use it. I've never had to fight anyone but have either talked my way out of the fight or simply walked away. Having the confidence in my skills allows me to do that.

Q. What is your favorite Kata and why?

A. I have two. The first is a weapons kata "jian form", a straight sword form. I like it because the straight sword is a "gentlemen's" weapon. It is designed to immobilize without necessarily killing the opponent. My favorite empty hand kate is "lian juan", the first kata I ever learned. I still practice it daily. I've learned more from that form, balance, twisting or coiling power, structure...it was the hardest form I ever learned.

to adding this to our yearly calendar. The second was our 5th annual Halloween haunted hike. This year the weather played a negative effect but we still managed to raise \$400. This was shared by several local families. Thank you students, parents, friends and community for helping us help you.

On a personal note, Sensi Sharyl was nominated and will receive an award for being one of "the 20 outstanding Women you should know in N.H." She will donate her award to a non-profit charity. Congratulations Sharyl...I'm sure it's well deserved.

Go to www.whitetigerkarate.net for schedules and info.

Mass. and Rhode Island report in....

In November, Sigung Rick Mattioli and Sifu Mark Boniva trained with White Dragon on core forms...short form, movement, twist, prance of the panther...they plan to meet 4X's a year. If you're a little rusty, jump in their class. They have 4+ black belts there to teach and mentor you. This seminar had black belts from New Hampshire, Mass and Maine.

...and from CANADA...EH?

Guess who is being recruited to work the winter Olympic Games? Our own Shr Gung Tobin. He's waiting for the final word...but if selected, one of our members will be tasked with protecting world class athletes...quite an honor just to be considered....eh?



Students left to right: Kyle Adams, Cheryl Gardner, Vicki Eaton, Sensi Sharyl Geisert, Mikayla Sargent, Tyler Moore, Jamie Moore.

Cheryl Gardner- 1st-forms-Chinese Soft Fist ...**Kyle Adams**-1st Weapons-Performed Master staff, 2ndforms-Performed Bay Leaf, 3rd Sparring **Tyler Moore**-1st forms-Prance of the Panther and 2nd sparring **Vicki Eaton**-2nd sparring, 3rd forms Statue of the Crane **Mikayla Sargent**- 5th forms. Performed Prance of the Panther **Jamie Moore**- 4th forms-1 Pinion



Your Surroundings

What Not To Do When We Are Challenged (continued)

and refined it for my purposes, just like you should take all the information that you learn and build on it through your experiences.

White means that you are oblivious to your surroundings, you have no idea what is going on around you and nothing is happening in your brain, kind of like the "snow" on the television, You want to stay in white when

This is when an impending attack is upon you and you are immediately ready to respond.

We want to at red for the time **BEFORE** you are attacked or before the problem exists so that you can then act, not react.

And finally, black. **Black** is the most deadly, because you just freeze and do nothing, purely out of fear.

FEAR IS CAUSED BY LACK OF CONFIDENCE, LACK OF SKILL, LACK OF PREPARATION...AND CAN GET YOU HURT OR KILLED QUICKLY!

you are home in bed and asleep. When I teach self defense, I want people to always stay out of white. Because being at level white places you in a vulnerable position.

Next is **Yellow**, which is when you are on guard, aware of your surroundings, aware of your body (however you are not in a state of paranoia). This is when you are out and around, even in familiar places. Yellow is your continuous state, someplace that you should always be; always aware of your surroundings and who is around you.

Red is danger! Your senses are heightened to a level of attack or immediate defense.

Fear can be caused by lack of confidence, lack of skill, lack of preparation, or lack of motivation or desire and this gets people hurt or killed quickly. Your body literally shuts down from the command center, your brain. You want to train and prepare yourself so you don't go into black, causing yourself to not be able to react.

Remember...Train hard, train often and train PROPERLY and stay aware.

In the Spirit of the Mighty White Tiger

*Sifu Vinnie
Guardian Tiger
Jian Hu Ren Hu*

WHITE DRAGON NEWS



Students are preparing to test in the month of January. Si fu Vinnie is "tired of looking at all those yellow belts. I expect to see green and purple after the test" (Knowing Sifu Vinnie...I wonder if he means green and purple sashes or bruises...)



Master Gino Creotella...2004, teaching a seminar. His specialty... "Ghost Techniques"



Kick for Cancer 2010
Saturday, April 10th
Gilmanton N.H.
I'll be there...Will you?



*Pai Lum Kajukenpo
Federation News— Jan. 2010*

Edited by Shr Fu Mike Dolan
Wise Tiger School, Immokalee, Florida
Please e-mail comments or suggestions for the April
News Letter to him @ mikedolan05@comcast.net

**\$o...Were you “;marter than a
1st grader???**

Remember the riddle?

- 1. The word had 7 letters;**
- 2. Wa; more powerful than God**
- 3. Wa; more evil than the devil**
- 4. The poor have thi; in abun-
dance**
- 5. The rich want it**
- 6. If you eat thi;...you will
surely die and...**
- 7. If you fail to train, thi; i;
what you can expect when
you fight!**

What wa; it? N O T H I N G

**Pretty sobering when you think
about it.**

Will you be ready????

Train like you want to fight...you
.....will then fight like you trained.....

**Can you name these Black Belts and their style of mar-
tial arts? Clue...this photo was taken in a back yard
work out in Massachusetts in 2005.**

Sifu Vinnie Baiocchetti– Kajukenpo, Sigung Rick Mattioli– Kajukenpo, Mas-
ter Link Martin– Kenpo Ju Jitsu, Shihan Jim Speights– Karazenpo Goshin
Jitsu, and Sifu Mark Boniva- Kajukenpo



Federation News— Sigung Rick Mattioli



Pai Lum is my secret

I bear no arms

May the Lord help me

**If I should ever use my
hands**

Why join the Federation?

Are you a school owner trying to grow your school? Need more exposure? Want to set your school and students apart from the rest? As a Federation member one of your benefits is the availability of world class expert instructors. The Federation has a cache of instructors' expert in Kata, Self Defense, Sparring, Ground Fighting, weapons, Tai Chi and more. In a time where every student counts take advantage of this. Feed your students with a seminar. You set up the date and location, the Federation will send the instructor. It's that simple. Call Grand Master Verigan and tell her what you need. She will pull an instructor from her membership rolls and pay for them to travel to your school. In return all she asks is that you provide room and board for the instructor(s) and reimburse the travel expense from the fees earned via the seminar. No upfront expense on your part. It's just that easy.

Is your school not a member? What are you waiting for?

Come join us Now!!!

If you're not a member by
now...what are you waiting for?

Under black belt only \$25.00

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School membership only \$100.00

Forward a completed application
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Kajukenpo Pai Lum Federation

4589 W. Michibay Dr.

Manistique, Mi. 49854

Or e-mail Sigung Mattioli at
"fifty19@live.com"

