



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



Grand Master  
Bill Gregory  
Pai Meng Hu  
1944 -2001



*Pai Lum Kajukenpo Federation News— Oct. 2009*

# Dragon's Voice-Grand Master Verigan

The theme at this year's Summer Training was BALANCE and FOCUS. It was the thread seen time and time again throughout all the sessions. Many of you, for the first time, began to discover, practice and maintain your own balance, becoming more aware as you moved through each session. Through practice, this "awareness" will grow and you will begin to recognize not only your own balance or lack of it, but when your opponent is "off balance" or in transition. The more aware you are the more efficient and effective your techniques will become. To discover, improve

and maintain your balance it is essential that you focus. Pay attention to what you are doing and how you are doing it. Focus during basics, sparring and while practicing movement, as in Tai chi and kata. Let **nothing** interfere with the intent of your practice. Focus on the best punch, best kick, stances, fluid uninterrupted movement, and rootedness when needed. Focus on the structure of your basics and the result will most assuredly be the one you desire.

When you bow into class, "BE THERE" body, mind and spirit; Let **nothing** interfere.  
Deep Horse!!!



**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).

## BLACK BELT'S PROMOTED AT SUMMER CAMP!!!

Nick Dubiel 1st Degree Jr Black Belt Kajukenpo and Marianne Lamas 2nd degree Black Belt Kajukenpo were both promoted after a grueling week long series of tests and observations. In the past, a black belt test was administered at the end of the Black Belt weekend by the Grand Master and her advisors.

In this manner, those tested can then rest or "coast " the rest of the week knowing their testing and observations are done. Not this time! Both were closely observed by the Grand Master and her advisors the entire week...and then tested! Talk about stress. They had to perform at Black Belt levels all

week...no slacking off. Both excelled during the whole week and when it came to decision time...the vote was unanimous!

When you see them, please bow as a courtesy and congratulate them. Promotions well deserved!

(look inside for their bio's)

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# Meet the warriors First up...Shr Gung Gerald Tobin— 4th Level

**Rank**– 4th Level Black Belt

**Years Training:** 23 +

**School**– Kajukenpo Chuan Fa

**Instructor:** Gao Shi Larry McClellan

**Greatest martial arts achievement::**

I had awarded a student their 2nd level Black Belt. He had been my student since he was 8 years old. He didn't know he was receiving this promotion, but his parents did. His father asked if he could say something in front of the 170 + family, friends and students. I thought he would talk about how proud he was. Instead, he directs his comments to the parents and tell them "keep your child in class, it's a special place". He mentions that his son is a great son, training since he was 8 years old, graduated high school with incredible marks, has a job, played football, trains 4 times a week, instructs 2 times a week, never finds trouble and is the respectful kind. The father continued saying "and I can only take credit for half of my son, because Gerald raised the other half." It was a moment I will never forget. My eyes teared and I was left speechless.

**Hero:** I don't really have one, but if forced to choose, it would be either Shr Gung Larry or Grand Master Gregory because of the personal connection I had with them.

**Favorite martial artist and why:** I think my favorite martial artist is not a person but the people who make a difference in themselves through improving their quality of life. I can not direct my love for any one martial artist, as love has no limits, the direction should have no limits. ..."forgetting all categories and letting energy which wishes to exist, exist".

**My favorite proverb, song, common saying I identify with is:**

And...I would like to add a riddle or proverb for all those who get our news letter: "In a field full of flowers and one flower begins to bloom, what will that flower say?" Here's a hint...it has something to do with something you have said many times before in class...and it's one of the secrets to the power of our art.

Submit your answers to "geraldtobin@eastlink.ca" the correct answer will be published in the next news letter.



*"My life is like a circle of darkness with a speck of light. Light can travel throughout darkness and remain light. Yet darkness can not survive in a circle of light".*



## Master's Corner—Shr Fu Vinnie Biaocchetti Fight or Flight?

Fight or flight is a phenomenon that has existed before man first walked across the plains and was attacked by a Tyrannosaurus Rex. The caveman had to decide if he was smart enough to run away or foolish enough to stand and fight. Both had consequences and both, if you were lucky, were successful.

Now that I have put this scenario in your mind; what is wrong with the statement? Really, the only thing wrong is; T-Rex was long dead by the time the caveman got here, other than that... Everything else is quite accurate.

The "fight or flight response" is our body's primitive, automatic, inborn response that prepares the body to "fight" or "flee" from perceived attack, harm or threat to our survival. In other words, there is nothing that you can do to prevent this.... Or is there?

Today, we don't usually need to worry about a bear chasing us but we are still put in situations where we get scared, angry or have to do something that excites us in either a positive

(good) or negative (bad) fashion. This is the body's response to perceived the threat or danger. During this reaction, certain hormones like adrenalin and cortisol are released, speeding the heart rate, slowing digestion, shunting blood flow to major muscle groups, and changing various other autonomic nervous functions, giving the body a burst of energy and strength. Originally named for its ability to enable us to physically fight or run away when faced with danger, it's now activated in situations where neither response is appropriate, like in traffic or during a stressful day at work. When the perceived threat is gone, systems are designed to return to normal. In other words, this is going to happen to you whether you want it to or not.

**Can you stop this? No, it happens automatically. Can you deal with this... Oh, ABSOLUTELY!**

Now, don't confuse bravery for stupidity. I usually tell people that I don't run from anyone and I don't run after anyone. This is true, to a point. If I know that my opponent is going to easily make parts of my body go different ways, I have two options, one is to stay and have that happen, which is really foolish, or I don't make myself available for that to happen.

(continued on page 5)

**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.**



## Second up...Kyle Adams— Green Sash

**Name/ Rank**– Kyle Adams– Green Belt

**Years Training:** 2 1/2

**School**– White Tiger Karate

**Instructor:** Sensi Sharyl Geisert

**Greatest martial arts achievement:** My greatest achievement as a martial artist is the impact the martial arts has had on my life. I am now physically stronger and mentally focused. Plus...it turns me into quite the people person.

**Hero:** Unfortunately, I have to say I don't have a hero.

**Favorite martial artist and why:** My favorite would have to be Si- Fu Kyle Faucher. He's an outstanding martial artist and I really like watching him perform katas. He is also inspiring...in an odd way.

(Editors note...Kyle is the one often seen training in bare feet and blue jeans...talk about a free spirit!)



What was this technique...snake climbs the tree???

*“So that’s how it works, you just keep putting one foot in front of the other and when you look up...you’ve already reached your destination” - anonymous*

## Wise Tiger becomes a part of the high school curriculum

Wise Tiger started out as an after school program at the PACE Center for girls. Because of a lack of funding, the after school program was threatened. The school could no longer afford to fund a teacher to monitor the program. Director Howard and Shr Fu Dolan realized the value of this program and began to think outside of the box...something both are quite adept at. The result???

Wise Tiger is now a part of the official school curriculum. Students are allowed to take this self defense course during the normal course of school and receive credit high school as an elective.

It's a win-win for the girls and the community. No funding is needed for after school monitor's and Wise Tiger has a larger pool of students.

Wise Tiger is offered free to these girls and is funded solely on donations. Through cash donations, uniforms and T-shirts were provided to each and every student.

“Who’s YOUR Master” is the theme for summer 2009. Based on Joshua 24:15, we are learning about choice... perhaps God’s greatest gift to us.



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

### It's all about Friends and Life Long Relationships



# News from White Dragon Martial Arts of New Hampshire

White Dragon Martial Arts of New Hampshire has had quite an active summer. The students learned Pai Lum Bo #1 and now are practicing that and their other forms, getting ready for our tournament season.

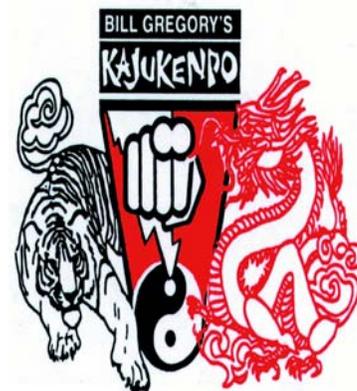
In May, Master Nick Spaltro and a couple of his students came to our school and after a quick cookout, we had a great workout. Students and instructors had a wonderful time and we learned some pretty cool stuff.

We held the first of two workout/cookouts where we had about 18 people attending and worked out for about 6 hours covering lots of good stuff. Our second one is planned for August 30. More techniques, forms and other

good stuff to come! (Notice how workouts and cookouts seem to go together??)

White Dragon participates in 5 tournaments annually representing the Family. We will be heading off in September and October to Claremont, Bennington and Manchester to finish off our tournament season. Everyone from White Sash to Black Belt participates, challenging themselves and helping out other schools by judging.

**In August, Jeff Stearns tested and received his 1<sup>st</sup> Level Yellow Sash. Patrick Shields tested and was awarded his 2<sup>nd</sup> Level Tiger. Congratulations to both of you!**



White Dragon Martial Arts

## Kick for Cancer— 20 Years and \$70,000.00 later

In 1990 Grandmaster Dr. Georganne Verigan started the annual Kick for Cancer Martial Arts Tournament. The purpose is to teach students how to give back to their community and to help them to realize that at sometime in our lives we all will know someone who will need the services provided by hospice.

Each year proceeds of this tournament go to support our local hospice programs such as Community Health & Hospice (CH&H) and the Concord Regional Visiting Nurse Association (CRVNA). This year marked the 20th year of the tournament, and we brought in \$5,500 for CH&H and \$1,500 for CRVNA.

**Over the last 20 years, Grandmaster Verigan and our Family, through Kick for Cancer, has raised an impressive amount totaling near \$70,000.**

Brian Winslow, Director of Development for Community Health & Hospice thought it was a great event and said, "I was lucky enough to attend the Kick for Cancer this year and was surprised not just by the number of participants but also by the fact that competitors were coming from all over the country to be a part of this event."



Hospice is a multi-faceted program and one that is well worth our continued support. On behalf of White Dragon Martial Arts, we would like to thank everyone for their continued support and hard work that continues to make this event so successful.

### TAI CHI



### HORSE STANCE



### SKIT NIGHT



## Fight of Flight (con't)

Then comes the decision... is this worth fighting for or not? If it is, I need to stay and do this or...if this is not worth fighting then I need to get out of this situation... hence the "fight or flight".

In the ring, you put yourself into this position to show off your talent or to try and win a medal, a trophy or a prize. You have trained for this, you have thought about all the "legal" things that your opponent could throw and how you could best beat them. This is not where the flight part should even enter your brain. Can you get hurt? Well of course you can. This is sparring and martial arts is a contact sport. Of course you can get hurt! But tournament sparring does not deal with Fight or Flight!

### The only rule is ...there are no rules.

The street fight is a whole different story. First and foremost, the ONLY rule is that there are no rules. This is not sparring, this is a FIGHT...sometimes life and death are at stake and there is a huge difference. This could result in more than your pride being hurt. You could hurt or kill someone or even worse, you could suffer the same fate.

Now you need to make those decisions instinctively, based on training, experience and what is actually happening right at that moment. We need to train and to **train realistically**.

### **Train like you fight...fight like you train!**

This obviously can't be done in a fashion that we will hurt our training partner but it needs to be done in such a fashion that you know that your techniques will work. We need to make sure that when someone strikes at you your block will really work. When someone attacks you, you will be physically and mentally prepared to counter your opponent.

If you don't sweat working your muscles, (building muscle and muscle memory), these things will not be an automatic response when the time really counts.

I want to leave you with this. You need to pre-plan before an encounter occurs. What would I do if someone punched at me, kicked at me, grabbed at me or attacked me? As soon as I walk into a room, I automatically identify threats and targets. You should do the same.

In the next article, I will talk about awareness to your surroundings.

Train hard, train often and train PROPERLY.

**Jain Hu Ren Hu– Loyal Tiger...Shr Fu Biaochetti**

## Nick Dubiel– 1st Degree Jr. Black Belt

### **OUR LATEST BLACK BELT PROMOTIONS! Congratulations Nick and Marianne!**

Do you remember your expression when the Grand Master announced you just made Black Belt? I do...I jumped for joy and let out a scream. Nick was a little more reserved, but as his photo indicates, he was very happy and relieved. Both of his parents were in attendance as Grand Master Verigan promoted Nick after a grueling week of intense training and testing at during the 2009 Summer Camp. Nick is a student of Sensi Sharyl Geisert, White Tiger School of Karate. He has been training for five years. In addition



**Nick Dubiel– 1st degree Jr. Black Belt**

to this black belt, he holds a green sash in Pai Lum Kung Fu. He is a select member of the SWAT team (Special Winning Attitude Team). Nick shows a remarkable ability to reach children. He teacher describes him as patient and



## Marianne Lamas– 2nd Degree Black Belt

Sifu Marianne Lamas is already an accomplished martial artist. Holding a 1st degree Black Belt in both Kenpo and Tae Kwon Do, she successfully tested for her second level Black Belt in Kajukenpo. She has been a student of the martial arts for approx. 10 years, the last two of which have been at the White Tiger Karate School, run by Sensi Sharyl Geisert. Sifu Marianne has been an assistant instructor for Sensi Sharyl and will be running her own after school program. She has proven herself in tournaments and teaching alike. Our congratulations and respect go out to Sifu Marianna Lamas.

## What happened to Sifu Tom Bernard?

There was a familiar face missing from summer camp this year...In the past, Sifu Tom Bernard has quit his job just so he could attend camp and prepare our meals for us. But he's no quitter. Tom made the wiser choice sacrificing his camp time to care for his ailing Grand Mother. He did make it a point to stop by and cook for campers all day Sunday.

"Honor your mother and father that your days may be full" (Deut 5:16). Tom knows about honor. We missed you



*Pai Lum Kajukenpo  
Federation News— Oct. 2009*

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



The Grand Master passes on healing techniques to Luzbel (Florida), who also plans to study Chinese Medicine. Sifu Pedro is treated for a back injury during summer camp down time.

**ARE YOU SMARTER THAN A 1ST GRADER?**

Believe it or not, only 17% of college graduates solved this riddle, while over 70% of elementary school children solved it right away. Which category do you fit in???

1. This word has 7 letters
2. It's more powerful than God
3. It's more evil than the devil
4. The poor have it in abundance
5. The rich want it
6. If you eat it...you will surely die and.....
7. If you fail to train, this is what you can expect this when you fight!

What is it? \_ \_ \_ \_ \_

(read the Grand Masters corner for a clue...look for the bold word)

**Federation News— Shr Gung Rick Mattioli and Si Fu Wendy Drake**



**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?**

If you were a doctor, an engineer or an attorney...wouldn't you join a professional organization or fraternity?

Some "black belt mills" take your money, make you a black belt and have nothing left to teach. You end up "searching" other styles for a satisfaction that is never filled.

Or...your school closes and you're not a black belt yet...what do you do...where do you go...everyone else wants you to start all over.

Kajukenpo is rich in history and has both material and qualified teachers to last you a life time.

We are a federation, a family of practitioners, real martial artists...we never abandon you...we are the real deal.

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

Under black belt only \$25.00

Black Belt only \$50.00

School membership only \$100.00

Forward a completed application with check payable to:

Kajukenpo Pai Lum Federation

c/o Wendy Drake

P.O. Box 574

Gilmanton, NH 03237

Or e-mail her at wenn79@yahoo.com

**Come join us**



**SUMMER CAMP – 2009**