



*The FONGline is a Cyber Newsletter  
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**March 2003**

## **PEACE & MARTIAL ARTS SKILLS**

### **ATTRIBUTES**

Webster's dictionary defines the word "attribute," "to think of as belonging to: ascribe to, a characteristic or quality of a person or thing." I might also add that attributes are those qualities that contribute to one's character and inner depth. It is what makes an athlete a champion or a person a success in living. All of us focus in on certain attributes, and some of us fail to concentrate on those that may very well give us the results we desire but are unwilling to embrace them because it might play into our fears of what will happen. No one can say boxer Mike Tyson is not an awesome fighter. His physical demeanor has destroyed the psychological edge of many good boxers he faced. Yet, how much greater he would be if he had certain attributes such as character, self control and self respect. Each of the three boxers he faced who knocked him out had certain attributes that motivated them to be the best they could be under that particular circumstance. Buster Douglas was at his best when he knocked out Tyson. His mother had just died and he wanted to win this one for her. Surely, a reason for being is an attribute that one must have to stay on the course. Evander Holyfield was deeply religious. When sports writers and newscasters gave him very little chance to win against Tyson's power, Holyfield said to the effect, "My faith in God will see me through." Larry Merchant and many others in the media gave a very skeptical smile. When Holyfield prevailed over Tyson, I could just see Holyfield say, "I told you so." When Lennox Lewis gave Tyson a "whooping" he did so with confidence in his own skills. The Tyson look did not affect him when the bell rang. Unlike his fellow Briton, Bruno, who looked across the ring at Tyson as if he were facing the firing squad, Lewis was not intimidated at all by Tyson. Every great warrior in the history of mankind exhibited traits and attributes that helped them overcome odds and scaled the mountain of success. The story of David and Goliath in the Bible is legend. David went against a seasoned warrior in Goliath with no more than a slingshot and a few smooth pebbles. Dwarfed by the enormous size of Goliath, David got up in his face and said, "You come to me with a sword, a javelin and spear. But I come to you in the name of God." That last statement said it all. No person can expect to be on top of his game, whether it be in the arena of competition or in the larger arena of life, without support from above and from within. I prefer to all this force God. Perhaps you have another name for this powerful spiritual presence. The longer I remain and practice the martial arts, the more I am convinced that skill and proficiency is based on the depth of one's character and inner life. It is easy to understand why great athletes on the field and in the ring often do not fare well outside of the arena of competition. It is not enough just to train for peak physical condition. The championship edge requires the training of the mind, the spirit and the emotions as well as the body. Gung Hay Fat Choy!

**Breaking News**

Did you know that the typical American diet contains ever-increasing levels of pesticides, herbicides, and other industrial chemicals? Research suggests a link between body toxins and some forms of cancer. Many of us have parasites that secrete toxins into our bodies. Sources: Journal of the National Cancer Institute, Herb Research Foundation, and National Academy of Science.

It is time to detoxify your body? How do you do that? Where do you start? You can start by changing your diet, if you have not already done so. Drinking plenty of water each day. Eating more fruits, vegetables, whole grains, legumes, nuts, and seeds. Foods that are best to avoid during detoxification include red meats, cured meats, organ meats, canned foods, refined sugar, saturated fats, coffee and other caffeine drinks and alcohol. Nutritional supplements are important in building the body against free radicals. Vitamins A, E and C are essential for detoxification.

A second thing that will help the body to stay healthy is exercise. There are literally hundreds of ways to keep fit. It is a matter of choice. One of the best ways is a new program designed by Martial Arts Master Leo Fong called Chi Fung. A life long exercise buff, Leo Fong's Chi Fung is a total approach to fitness for all ages. It is low impact with maximum results. Chi Fung is designed to maximize flexibility, agility, and stamina and muscle tone all in 45 minutes. A Video Tape is Available for \$24.95.

For more information on Chi Fung contact Leo Fong at:

Koinonia Productions  
P.O. Box 7  
Woodland Hills, CA. 91365-0007 or **Email**

A third party thing that will sustain a detoxify and a healthy fit body is what we put into our heads. From time to time it is important to detoxify our minds because we have a tendency to fill out minds with toxic thoughts that create stress, anger and resentment. Psychological toxins can impede a fully functioning body. Our reaction to some of life's tough issues can put us into an emotional downward spiral. Scores of people suffer from depression because of finances, loss of jobs, broken relationships and negative addictions. A new book by Leo Fong "I, Myself and God: The Spiritual Odyssey of a life Warrior" can be of great help detoxifying the mind and live life abundantly and positively. Many martial artists, who have read the book, give it a "Thumb up 10."

For information or a copy of the book send a donation of \$14.00 [tax deductible] to:

Holy Cross Canoga Park  
P.O. Box 7  
Woodland Hills, CA. 91365-0007.



Leo Fong visiting the "Wailing Wall" in Jerusalem

### **Product Review**

**TRANSFORMED** – a feature movie set to go before the camera in April 2003. Transformed is about the power of the Holy Spirit to change a powerful drug dealer who lost his own son to the very chemicals he is selling to other people. Devastated by the death of his beloved son, he turned to God for help and God responded by transforming him into a crusader. Supporting actors are needed.

If you have an 8x10 photo [headshot and resume] send to:

Sky Dragon Entertainment Corporation

P.O. Box 7

Woodland Hills, CA 91365-0007.

### **New KOINONIA Catalog**

The new 2003 Koinonia Production Catalog is now available.

For your copy send \$3.00 to cover cost of mailing to:

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