



*The FONGline is a Cyber Newsletter
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A CASE FOR CHARACTER

The late Cus A'mato, mentor to former world heavyweight champion Floyd Patterson, Jose Torres and Mike Tyson, whom I consider a sage in the world of boxing; said many things that made a lot of sense. He once said to the effect that you cannot have total boxing skills without character. The Mike Tyson of today and the Mike Tyson of yesteryears is the epitome of Cus' wisdom. When Lennox Lewis knocked out Iron Mike, you almost felt sorry for him. He was further humiliated by an unknown last week by the name of Danny Williams. Some asked me the other day, "What happened to Mike Tyson? Has age caught up with him?" My answer, "I don't think age has anything to do with Iron Mike's deterioration. His erosion of skill has more to do with the turmoil within himself." Mike Tyson has not lost his physical skills. His body, although at 38, still look awesome. Yet as one sports writer said, "He moves around the ring as if he has gum on the bottom of his shoes, his head movement akin to that of a statue. His once-menacing scowl, the one that caused opponent to mutter prayers and look for the least painful route to the canvas has been replaced by the face of a clown, a tattoo covering the entire left side." It is my deep belief that an athlete or martial artists can keep the body fit, supple, flexible and strong well into the seventies and eighties. The key to athletic longevity is the ability to keep the inner space secure and strong. I have always been an advocate for the mental, emotional and spiritual side of life. Without inner attributes such as character, integrity, honesty, faith, confidence and love you become an automobile with a deficient and dysfunctional driver. Mike Tyson has the body, his muscles are ripped and his punches are dynamite, but the driver inside is inebriated. Is there hope for Mike Tyson the fighter? I say yes! If Mike Tyson the person gets his internal house in order. As old Cus said, "You cannot have boxing skills without character." It is important to do roadwork for stamina, spar for timing and speed, hit the heavy punching bag for power and fluidity of movement, skip the rope for coordination, lift weight for muscle tone and etc.. Yet, emotion is the single cohesive element that determines the efficiency of your implementation in combat. If you do not have control of your emotion, anger and fear will be your driver. Character is the one attribute that will help to control runaway emotions.

Peace, Leo Fong

HAPPENINGS

Leo Fong will be honored at the 2004 Golden State Karate League's World Championships in Stockton, California on Saturday, August 14, 2004. Leo Fong and Former National Karate Champion Ron Marchini were pioneers in tournament karate. The first karate tournament to be held in Northern California was promoted by Leo Fong. The year was 1965. The tournament, Central Valley Karate Championships. The Grand

Champion was Chuck Norris. He won a very close decision over Ron Marchini for the Grand Championship. For the next 30 years the Leo Fong and Ron Marchini promotions attracted some of the giants in tournament karate. Names like Steve Sanders, Pat Johnson, Billy Blanks, Steve "Nasty" Anderson, Ernie Reyes, Sr., Ernie Reyes, Jr., Cynthia Rothrock, George Chung, John Chung, Simon Rhee, Howard Jackson, Darnell Garcia, Joe Lewis, and many others who became legends in the sport were participants in tournaments promoted by Leo Fong and Ron Marchini. For information about the Golden State World Championships contact Master Robin Taberna at 209-239-8064.

"AMERICAN MASTERS AND CHAMPIONS OF THE M.A." is now available through Rising Sun Productions (<http://www.risingsunproductions.net>) The DVD/VHS has footages and interviews of some of the legends of American martial arts. Names like Yamashita, Lewis, Norris, Wall, Matteson, Urban, Slocki, Urquidez, Tegner, Bruno, Marchini and many others who helped shape American karate.

CHECK OUT THIS NEW WEBSITE: <http://www.realfighting.com> there some very exciting interviews.

IF MARTIAL ARTS IS ABOUT DEDICATION VINCENT ROSARIO is the epitome of that attribute. Vincent Rosario of Goa, India worked and saved for over a year so he could take a trip to New Kensington, PA to train with Tae Kwan Do Master Philip Ameris. Rosario worked seven consecutive months on a Carnival cruise ship at \$100 a month to have enough money to make the trip to the United States. He stashed away \$10 a week until he had enough money to travel to train with Master Ameris. Married with a wife and two children who waited anxiously for his return. Congratulations to Master Ameris for living the Martial Arts spirit and serving as a model for such a dedicated young man.

LEO FONG WILL CONDUCT A SEMINAR IN GLASGOW, SCOTLAND on Saturday, Sept. 25 and Sunday Sept. 26, 2004. Leo Fong will share his Wei Kuen Do concepts and techniques for the first time ever in Scotland.
Contact: Thomas Carruther, 26 Duffus Terrace, Carmyve Glasgow, Scotland, UK.

SKY DRAGON ENTERTAINMENT CORPORATION in pre-production for two projects to be filmed in October 2004 and February 2005 respectively. 'BOARD AND CARE' an action-adventure film will feature three specific styles of martial arts. THE LAST MUSKETEER by Writer Art Zapata will go into production in February 2005. The Last Musketeer is an intense drama based on a true story of alcoholism, recovery, failure and success. Headshots (8X10 Photos) are welcome for those who are interested.

TRANSFORMED the movie produced in 2003 will finally be available to consumers by October 2004. For information contact Leo Fong [[Click Here](#)]