



*The FONGline is a Cyber Newsletter
Published to Inform, Inspire and Instruct*

March 2004

RANDOM THOUGHTS

A belated Gung Hay Fut Choy to all of you in cyber land. We are happy to announce that Fong Line is back and running. After a busy year on the road doing seminars

and speaking engagements, yours truly is now able to get back to the computer and share ideas, thoughts and concepts about martial arts and life in general. In the last twelve months I have spend most of my days working on the Inner Art of Combat. What I have discovered is that “relaxed-focus” is the key to martial arts proficiency.

It is also the key to a stress-free life. Stress can kill by causing a person to develop hypertension, heart problems, cancer and scores of other health issues. Body builders pride themselves in developing hard bodies. But what we begin to realize now is that there is a distinction between functional muscles and lifting muscles. A body that looks buffed and impressive may not be proficient in martial arts or many sports that require coordination and a “relaxed focus”. My discovery in this area came by accident. When Ron Marchini and I wrote the Power Training books back in the 70's, I was a believer in lifting heavy poundage. I would spend four hours every other day in the gym. My progress was based on how much weight I could pile on to the barbell. I discovered; benching pressing over 230 pounds at a body weight of 150 pound did not help my fighting ability at all. When I injured my shoulder from trying to hold on to a barbell as the plates slipped off; I had to find another way to stay in shape. The shoulder injury forced me to go with lighter weights. It was during this period that I developed “Chi Fung”. After reading and talking to Tai Chi and Qigong experts, I developed a series of circular motion exercises with light dumbbells. It felt strange at first because I was used to pump up muscles when I lifted heavy poundage. The lightweights felt like lifting a feather.

If you every tried working out with a feather you will know that it doesn't feel like anything. What I discovered about “Chi Fung” is that I am more relaxed in everything I do. My punching and striking power is not physically stronger but it is much more lethal, especially when combined with a knowledge of pressure points. My hand speed has increased since I utilized relaxed focus. If you are interested in further discussion on this discovery send me e-mail. There will be tapes and books on this subject in the coming months.

Peace, Leo Fong

(The above excerpt is from an upcoming book titled “Lessons I learned from Bruce Lee” to be released in December 2003 from Koinonia Productions)

Hot Seminars

On Saturday, March 27, 2004, Datu Kelly S. Worden, will host THE REMY A. PRESAS MEMORIAL SEMINAR at the HOUSE OF CHAMPIONS in Van Nuys, CA. For information contact Kelly Worden at (253) 564-2867 or kellyswarden@comcast.net or visit www.houseofchampions.com or Special instructors will be Grandmaster Presas sons Punong Guro Remy Presas Jr., Kelly Worden, Leo Fong, and Special Guest Ted Sotelo. This 10 Hour Extravaganza will be worth your while.

On Tuesday evening, April 20, 2004, Leo Fong will conduct a seminar at the Otterbein United Methodist Church Tae Kwan Do Club in Martinsburg, West Virginia. For information contact Sensei Rev. Ken Fizer 304-263-0342. The emphasis in this seminar will be on the angles of attacks, circles of destruction, the fine art of trapping and faking. The concept of Chi Fung will also be emphasized.

On Wednesday evening, April 21, 2004, Leo Fong will conduct a seminar at Philip Ameris Choi's Tae Kwan Do School in New Kensington, PA. For details call 724-339-0254. The emphasis at this seminar will be on developing "Relaxed Focus" in combat and in life. Many of the training techniques of Chi Fung will be taught.

Transformed The Movie

TRANSFORMED the movie produced by Leo Fong is now at the American Film Market in Santa Monica, California. The AFM is an annual film festival that attracts over 20,000 buyers and sellers around the world.

TRANSFORMED is being represented by AMSELL ENTERTAINMENT of Studio City, California. The movie starring Fred Williamson, Leo Fong, Ken Moreno, Sherry Zerwin, Dustin Seales, Stack Pierce, George Dillman, Kim Dillman, Bill Burch, Ed Lake and many members of Dillman Karate International features pressure point fighting as the main martial arts in the movie.