



*The FONGline is a Cyber Newsletter
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THE ART OF RELAXOLOGY

In the 70's World Light Heavyweight boxing champion Archie Moore was defending his title against a Canadian fighter by the name of Yvon Durelle. Moore was a heavy favorite to win but in the first round Durelle surprised everyone by knocking Moore down three times and gave him a beating for three minutes. Durelle had Moore on the verge of a knockout. When Moore came back to his corner at the end of the round he said to his trainer, "I guess it's time to practice relax ology." For over eleven rounds the fighters gave each other a beating to the delight of the crowd. Finally in the eleventh round Moore knocked out Durelle to retain his crown.

Whether in sports or just daily living, the ability to keep a relaxed-focus is the key to peak performance. Even the best martial arts techniques will be impotent without the ability to stay relaxed in its execution. Keeping a relaxed state of emotions will help the fighter to maintain split second timing and pinpoint accuracy. Tension creates anxiety and consequently the fighter will end up swinging wildly. By the same token, when we live life in a tense state we say things we regret and do things we do not want to do. When we approach life and combat in a state of relaxed-focus our judgment is much more clearer than from a position of anger or fear.

How do we develop Relaxed-Focus?

A relaxed state of mind and emotion is an internal phenomenon. Relaxed-Focus begins with our belief system or faith. Faith is the ability to believe with deep conviction even when there is no scientific and concrete evidence to support a particular claim. When our belief system is intact and we have a sense of clarity about who we are and where we are; we can overcome some of the emotional baggage that causes us to react anxiously. When I was a college student in the 50's, one of my classmates had a pet raccoon he called "deacon." Deacon stay pretty much close to the house we lived in. Occasionally deacon would wander outside. One day while I was sitting on the porch of the house and deacon was on the lawn minding he own business when a neighborhood cat came on the scene. Deacon seems to care less about this cat. He kept doing what he was doing. When the cat saw deacon, he hissed and his hair began to stand up like boxing promoter Don King. Amazingly deacon looked at the frightened cat with a "relaxed-focus" or "I care less" attitude. The cat kept hissing and slowly creped up on deacon. Just when the cat was about six inches from deacon, deacon jumped on to the back of the cat and sunk his claws into the cat. The cat squealed and shook trying to get deacon off his back. I yelled at deacon and deacon let go and the cat took off down the street like greased lightning. Deacon acted like nothing really happened. As I recalled that little

incident, I said to myself ‘that is relaxed-focus’. Deacon showed me that his nonchalant, careless attitude was inborn; it was part of his raccoon personality.

My classmate had domesticated him as a baby. He had adapted to his environment, consequently other living beings was not a threat to him. What impressed me about “deacon” was his relaxed state of being. Deacon taught me a lesson about keeping calm even in combat.

There are many ways to develop a relaxed state of mind in the face of confrontation and chaos. We can approach it by “hissing and raising our hair” like the cat, or we can go calmly about our business like “deacon” the pet raccoon. The key to relaxed-focus is a conscious effort to control our emotions when we are challenged to react. I find meditation an excellent way to develop relaxed-focus and refine the art of relax logy, if you will. Meditation can mean many things to many people. I use meditation as a way to slow down and get into a relaxed state. It is a time to empty all the emotional garbage and mental hang-ups. Someone reminded us that, “We are not human beings trying to be spiritual. We are spiritual beings trying to be human.” Some point in time we lost that sense of spirituality and became far too human. As spiritual beings we do not grasp and hold on to things. In other words our mental closets is not cluttered. In his book “Zen Mind, Beginner’s Mind”, Suzuki Roshi writes, “If your mind is empty, it is ready for anything; it is open to everything. In the beginner’s mind there are many possibilities; in the expert’s mind there are few.” Meditation helps us to “empty the garbage” so we can be empty of impeding thoughts and emotions.

A book is forthcoming on this subject. Your opinions and comments are greatly appreciated.

Peace, Leo Fong

April 20th Seminar A Success

Our THANKS to Rev. Ken Fizer, Senior Minister of Otterbein United Methodist Church in Martinsburg, West Virginia for a very successful seminar. It was especially gratifying to have such a receptive group. The 35 plus attendees represented several different systems of martial arts; Wing Chun Kung Fu, Okinawan Karate, Tae Kwan Do, Tai Chi, Qigong, Jeet Kune Do and Shotokan Karate. It is also gratifying to see martial artists willing to cross traditional lines to “taste the other person’s tea”. It is only through exchanging of ideas do we expand our horizon and increase our knowledge. Thanks again, Sensei Ken.

Upcoming Seminars

Leo Fong will be at George Dillman’s Memorial Day Weekend Camp in Deer Lake, PA. The camp begins at 5:00 PM Friday, May 28 through 2:00 PM, May 30. Several outstanding instructors will share knowledge about pressure point fighting and other sophisticated form of martial arts. For information contact George Dillman at www.dillman.com

Christian Spitzer

Christian Spitzer, veteran Wing Chun Practitioner will represent Leo Fong's Wei Kuen Do system in Austria. Spitzer spend a week with Grandmaster Leo Fong in Woodland Hills, California recently where he went through intensive training in Wei Kuen Do angles of attack, circles of destruction and basic Wei Kuen Do concepts and combat physics. Wei Kuen Do is Leo Fong's personal approach to combat and life. It is a system based on developing the internal attributes such as emotion, mind, energy and spirit. In actual application, Wei Kuen Do focuses on the opponent's energy to guide the defender's counterattack. The primary targets are the many pressure points in the human body. The delivery system is the modified techniques of western boxing and the footwork of Serrada Escrima. Fong said, "Wei Kuen Do is an approach you can practice every minute of the day. In physical training, you go to a specific place to train, you train at a certain time of the day.

But in Wei Kuen Do training, you are constantly refining your emotional, mental, energy and spiritual tools as you encounter different situations in a course of the day. People who are inconsiderate, reminds you to be self-reliant. People who are obnoxious remind you to be patient. People who are angry remind you to stay calm. People who are anxious remind you to slow down. People who are aggressive remind you to harmonize." Our response to a variety of situations is the refining tools that will help develop combat skills as well as life skills. There is a close connection between fighting skills and life skills. When you practice one the other benefits and vice versa.

The FONGLINE

In the coming months the Fongline will cover a variety of subjects on the internal art of both combat and life skills. In the next issue Leo Fong will discuss the value of Sensitivity in combat and how the practice of this in daily life can make you a top combatant. A practitioner may have all the physical tools, big muscles, powerful punches and kicks, great grappling skills, but without the inner skills and inner attributes, he is merely a robot. If you have any comments and wish to contribute to this monthly cyber newsletter, check the website <http://leotfong.com>

RYKUYU Enterprises

Rykuyu Enterprises has entered into an exclusive agreement to distribute many of Leo Fong's books. Many of the old titles out of print can be found at Ryukyu Enterprises Website. Rykuyu is one of the oldest martial arts book company in operation. In addition to Leo Fong books, Ryukyu have thousands and thousands of titles in all forms of martial arts.

Health Tips

One of the key questions being asked in some martial arts circles; "Is intense training beneficial to ones health?" Many of us have lived with the common belief that "There is no gain without pain!" In recently research there is a belief that lightweights with high repetitions is much more beneficial for martial artists than lifting heavy weights. Steady walking is just as beneficial as intense running. The latter can create knee joint problems in later years. There are two kinds of strength, lifting strength and hitting strength. Lifting strength requires muscles and training with heavy poundage, whereas

hitting strength requires mental and emotional projection. In order to project energetically, one must be completely relaxed but focused. This requires a different kind of training. This is why a 90-year-old Tai Chi master can still perform his exercise and control an opponent much younger and physically stronger. Chi or inner strength is cultivated through slow and circular motion exercises. When we tense Chi is shut off, much like a water hose that is bent. Look for several volumes on this subject in coming months.