



*The **FONGline** is a Cyber Newsletter
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The P's to Success

2005 is the Year of the Rooster in the Chinese Lunar calendar. If you were born in the Year of the Rooster, you are a person who is a deep thinker, always busy and devoted to your work. Such gifts equate success in life

choices, which is the basis of the Fongline this month – Success. What does it take to be a success in all you do? Coincident? Luck? Circumstance? Education? Talent? Connection? I think all of those aspects play a part in achieving success. However, the key ingredient for success is YOU!

Success can come to you on a “silver platter” and it may not go anywhere. How many people have you read about who inherited fortunes, only to end up destitute and in tragic circumstance? They squander away gifts that come to them.

You see naturally gifted athletes self-destruct through drug addiction, shoddy work habits and bad attitude. There are others who are less gifted, yet they reach the pinnacle of success. In studying successful people I notice three common denominators: PURPOSE, PASSION and PERSEVERANCE.

Success has more to do with the 3 P's than it has to do with “luck.” Someone said the harder you work the luckier you get. Often we blame outside forces for our failures. When we see other people succeed we say, “Oh, how lucky!” After 76 years of living I am convinced that we can be anything we want to be and do anything we choose to do and succeed at it.

To stay with it until we reach our goal we must have a deep Purpose, we must love what we do with Passion and we must be so committed that we will not give up no matter what, we will persevere until we achieve. 2004 was one of my best years. In 2004 I was diagnosed with prostate cancer, an irregular heartbeat, diabetes and a hernia. How can you say having those serious illnesses is good time? Simple! There are no guarantees in life. Especially immunity from tragedies. How we react or respond to what happens to us is the key to successful transcendent.

2004 was my best year because it gave me an opportunity to test the 3 P's of Success. When the news came that I had prostate cancer there was a momentary reaction but as I gathered my thoughts I realized cancer like any other challenges in life can be dealt with in a positive way. With all the options on the table, my doctor and I choose surgery. He would not recommend surgery as an option for many 75 year olds, but in my case years of training finally paid off. Because of my physical condition he felt surgery is a very good option. I immediately put the 3 P's into practice. I also added a 4th P, Prayer.

I dealt with the other health issues in the same way. Although I injured my back in January, I am able to pursue a complete workout everyday. I never felt better. It is important to take responsibility for your own success whether it is health, wealth or achievement in all areas of life. Again, a belated Gung Hay Fat Choy.

For Boxing Fans

The FONG Line will profile an outstanding boxer or trainer from the past in each of its bi-monthly issue. Although many traditional martial artists do not consider boxing martial arts and therefore ignore the tremendous contribution it can make in the combat zone. No other martial arts are more effective than Western boxing when it comes to spontaneity and self-expression in a combat situation. Western boxing is devoid of the pre-arranged mind-set. One-step sparring has its values but ineffective in a reality combat situation. Western boxing teaches us from the Zen Zone. It offers endless strategy for winning and terminating a fight as efficient as possible. If trained seriously, boxing can teach us instinct and natural reflex action. In this issue we pay tribute to MAX SCHMELING, who died recently at the age of 99.

Max Schmeling was best known for his knockout of Joe Louis when Louis was undefeated and considered by many in the middle 30's as unbeatable. When Louis was matched with Schmeling, Schmeling's fighting skills were questionable. He had become World Heavyweight Champion on the canvas in pain from a low blow by reigning champion Jack Sharkey. The referee awarded the bout to Schmeling. Two years later Schmeling lost the championship to Sharkey in a rematch. In 1936, Schmeling, at 30 years old, was the last legitimate heavyweight who had not tested the undefeated 23-year-old Joe Louis. After studying many films of Louis' fights and his 23 knockouts out of 27 fights, Schmeling said, "I think I see something." What he saw; when Louis would throw a left jab, he dropped his retracting jab, leaving the left side of his face and head unprotected. He exploited this weakness in that first fight. The opportunity came in the fourth round when Louis jabbed Schmeling and let the jab lingered just a split second too long and Schmeling shot a short overhand right to Louis' unprotect left side. Louis staggered backward and Schmeling rushed in and threw a series of punches, knocking Louis down for the first time in his short career. For the next eight rounds Louis kept repeating the mistake and Schmeling kept countering with the overhand right. Schmeling ended the fight with a thunderous overhand right in the 12th round and referee Arthur Donovan counted Louis out as he rolled over on his stomach. This particular fight teaches us several lessons in life and martial arts.

Every practitioner of martial arts at some stage in their development has a chance to overcome the odds and win. Max Schmeling was an 8-1 underdog. Buster Douglas was 20-1 against Mike Tyson.

Timing and feinting is the key to transcending an opponent's skills
Belief in self and a strong commitment to training is the key to overcoming the odds
Never take anything for granted. Living on past laurels is the prelude to defeat. In a rematch Schmeling was brutally knocked out in the first round by Joe Louis.

Every day is a new day. The past is gone forever, what happens in the present moment is what count. To win the future you must be creative and innovative.
Finally, everything that happens to us, good, bad or terrible is a lesson in success if we learn form our mistakes. Joe Louis learned his lesson. What worked in 1936 for

Schmeling did not work in 1938. Keen awareness of the small nuances can mean the difference between winning and losing.

SEMINARS

Martinsburg, West Virginia

Leo Fong will conduct a Wei Kuen Do seminar in Otterbein United Methodist Church, Martinsburg, West Virginia on Tuesday evening May 24th, from 6:00 PM to 9:00 PM. For details contact Rev. Ken Fizer at [304] 263-0342. Subject to be covered: Angles of Attack, Trap Fighting, Sensitivity Training, Pressure Point Boxing and The Art of Hitting without Getting Hit.

Nyack, New York

This will be the first Annual Meeting of the United World Martial Arts Federation. The objective of UWMAF is to bring together martial artists of all styles and systems to share information and knowledge. Leo Fong will share recent discoveries in combat approaches and total fitness through his powerful mind-body exercise program he calls Chi Fung. Dr. Thomas J. Nardi a Clinical Psychologist will teach a course in Mind in the Martial Arts. The seminar will be held in July 9-10, 2005. For details contact Dr. Thomas J. Nardi [845] 623-6400.

SPECIAL THANKS

A belated Thank You to two outstanding Martial Artists, Master Rollins Alleyne of Barbados and Sifu Tommy Carruthers of Glasgow, Scotland. In September of 2004 Leo Fong had an opportunity to conduct a seminar at Mr. Carruthers Jeet Kune Do School. Mr. Carruthers dedication to Jeet Kune Do and his skill in this art would make the late Bruce Lee proud. Master Rollins Alleyne's dedication to martial arts, especially working with children and youth is to be commended. Leo Fong and wife Minnie had an opportunity to spend ten days on the island in November of 2004. Leo and Minnie visited all the schools and locations where Master Alleyne had a karate program. Master Alleyne's emphasis moral values and life skills as well karate proficiency is worth emulating. Thank You Sifu Carruthers and Master Alleyne for the opportunity to share and observe. We are all forever students. Even the youngest of students can teach us "old folks" valuable life lessons.

CONGRATULATIONS

To Master Philip Ameris of New Kensington on his recent election as President of his Union. In addition to his work in his union, he owns the Ameris Choi's Tae Kwan Do School. Master Ameris is the epitome of what a true teacher should be. A world-class competitor in kickboxing, boxing and Tae Kwan Do, as well as a deeply spiritual person who is active in his church.

Soul Food for the Journey

It is said that what the mind can conceive and believe and do, it can achieve. The mind is a powerful organ. What we think can determine our destiny. Therefore what we feed into that mind can determine the quality of our life. So what are you thinking?

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