



*The **FONGline** is a Cyber Newsletter
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The Art and Science of Being

One of the recurring questions asked everywhere I go is the question, “What is the best style of martial arts?” In the “old days” the most common question is, “Can a karate guy beat a boxer? A wrestler beat a karate guy? And on and on.” With the popularity of mixed martial arts today, the question is much more academic. I said years ago and I say it today, “It is not the style but rather the person.” The key to winning or losing is not whether you practice Brazilian Jiu Jitsu, which many believed was the ultimate system when Royce Gracie won the first two Ultimate Fighting Championships; rather the answer lies in the question, “Has the person transcended from doing techniques to the state of being.” Fighting is much like acting. You can just mouth the dialogue and look wooden or you can become the character and the dialogue emerges from the depth of your heart and soul. Martial arts skills are no different. We can just do the techniques and make a big deal about whether we are holding our fingers in position, our elbows exactly three inches from the chest and our toes are pointed inward or outward. Or we can strive to reach the ultimate, expressing the techniques. The latter will require a greater emphasis on spiritual attributes like disciplining the emotions and disengaging the mind as well as developing the body. Whether you are a hitter, grappler, kicker or little of both, the winning edge is not in the weapon but rather in your ability to work from the Zen Zone. Martial arts fighting are not confined to just physical development. The body is merely a vehicle or a tool of the spirit. Inner development is the key to success. This is very true in our life journey. The challenges we face in daily life is much more formidable than the opponent we face in sporting events. Those who are successful in competition learn quickly that the arrogance of their success does not translate success in the life arena. However, the qualities that make them successful in life can translate into success in competition. If you want a good example; look at the life of Mike Tyson. Once proclaimed by him to be the “baddest man on this planet.” He had the physical skills to back up his personal proclamation. Yet, once outside of the arena of competition, he had a tough time. His last fight was a sad sight; even his physical skills have eroded. One of the things life teaches us, if we have the perception to see and understand; is that humility is one of the keys to remind us we are human. Every athlete, no matter how great must face his finite moment. Yet humility is the key that opens the gate of our hearts to God’s creative force. If you want to tap into your inner winner, be humble and thankful in all you have achieved. You may think you are the “baddest dude on the planet”; life will say, “not really!”

Peace, Leo Fong

Martial Arts in Barbados

In November of 2004 my wife Minnie and I were invited to a two-week seminar in Barbados under the sponsorship of Alleyne Kenpo Karate Association, under the direction of Rollins Alleyne. We were impressed by the dedication and commitment of those involved in the karate program. Barbados is marked by the very rich and the very poor. Most goods are imported. There are very few industries on the island. Having been a former British colony, Barbados is a favorite vacation spot for many British citizens.

We had the privilege of demonstrating the exercise program I developed called Chi Fung to some of Rollins' English students. During the two weeks we had the privilege of speaking to a group of inmates at a juvenile detention camp, as well as to several private schools where Mr. Alleyne had his karate classes.



On a Saturday afternoon, seminar was held for adults and opened to other styles and systems. Those from traditional karate schools were impressed with the free expression of Wei Kuen Do.

Although rain and humidity was our constant companion, we became accustomed to the sudden down pour and then the scorching heat and humidity. A small group of Mr. Alleyne's students and

instructors gathered with Minnie and I for Chi Fung exercise each morning at the hotel at 6:00 AM. They were indeed invigorating sessions. The profuse sweating and perspiring really cleansed our bodies of toxins. I want to take this opportunity to commend Mr. Rollins Alleyne for his dedication and teaching skills with children and youth. To train a room full of rowdy kids takes patience and special talent. Mr. Alleyne had the ability to maintain discipline in all his classes. When he spoke the kids listened. Although we get a sense that Barbados is an island marked by poverty; the people we met are far from poverty of knowledge. Most members of the karate organization are professionals, in health care, teaching and business. Mr. Alleyne is an avid reader and an effective motivator. His "Quote of the Day", is one E-mail I look forward to reading everyday.

Our appreciation to Mr. Rollins Alleyne, his associates and students for the opportunity to share and learn on this very enjoyable trip to a beautiful island. Martial arts needs more people to teach life skills as well as self-defense. Thanks, Sensei Rollins; you are a credit to the martial arts.

Total Approach Organization - Update

We take this opportunity to express our special appreciation to Dr. Thomas J. Nardi, for organizing a very successful and valuable **Warrior Healer Seminar**, held in July 2005. The seminar was held at the beautiful and spacious Marian Shrine, Don Bosco Retreat Center in West Haverstraw, NY.

Living up to the TAO objective and mission statement of Total Approach not only in martial arts but in life, Warrior Healer Seminar included the combat aspect of Wei

Kuen Do and the inner fitness of Chi Fung as well as other internal arts in Qigong, Power Walk, Capoeira, Jyorei, Shiatsu and Meditation Without Magic.

In ancient days, The Warrior Healer was not only accomplished martial artists but also powerful healers. The Warrior Healer was one who epitomized strength, physically, emotionally, energetically and mentally. Another **Warrior Healer Seminar** is planned for second week in October 2005. For details contact Dr. Thomas J. Nardi, 845-623-6400.

For additional information on the Total Approach Organization TAO, please check out the website LeoTFong.Com [Click Here]

Seminar in Martinburg, Wes Virginia

A big “Thank You” to Rev. Ken Fizer, pastor of Otterbein United Methodist Church of Martinsburg, West Virginia for hosting a very successful fun filled Wei Kuen Do/Chi Fung seminar back in April 2005. Pastor Fizer, who is a Black Belt in Tae Kwan Do, uses the martial arts to reach children and youth in his ministry. His passion for the martial arts is to be commended. He is also to be commended for his social outreach and vision in translating the Good News of the Christian Faith into everyday doings. Faith without Works is dead. You can achieve anything you want, if you are willing to believe and commit to action.

Congratulations!!!

To our friend and Wei Kuen Do student ADAM JAMES on his recent affiliation with World Black Belt.Com as its marketing manager. The organization is comprised of major names in martial arts. World Black Belt.Com can enhance your martial arts journey whether it be personal, professional and business. Check it out and call Adam.

Health Tip of the Month – The Art of Breathing

We all take breathing for granted. We invest all of our energy and focus on muscle training; but when it comes to the breath we let nature take its course.

Did you know that the ability to control our breath and to expel it at the right moment could add great impact to our martial arts skills and improve our overall health. The quality of our breath can give us calmness in the midst of tension, serenity in the face of chaos and confidence in the face of fear. The great swordsman Musashi Miyamoto attributes his skilled swordsmanship on proper breathing.

Training Tip of the Month

One of the best ways to sharpen your fighting skills is to implement the 5 F's: FORM, FLOW, FOOTWORK, FEELING and FREEDOM. Whatever your style, developing form leads to flow, to enhance flow one must develop good footwork. Reflex is an important attribute in fighting skills. However, much more important is feeling or sensitivity.

A student once said to his elderly sifu well into his 80's, “Sifu you have amazing reflexes. I cannot penetrate your defense.” The sifu replied, “Son, my reflexes dissipated many years ago. What I have left is sensitivity.” Finally when you have mastered the first 4 F's you can be Free. Skill fighters are those who can express their techniques

versus doing them. When you reach the fifth F, you can adapt and innovate in the midst of changes. This is why memorizing a series of self-defense tricks or techniques are ineffective in a real fight.

Wei Kuen Do – Trapping Hands Pressure Point Knockouts: is now available. The first printing was sold out. Now the second printing is available to those who want to know more about the connection between pressure point and trapping hands. There have been criticisms about the effectiveness of pressure points, especially when an opponent is mobile; the trapping range eradicates the doubt. Once an opponent respond to an attack or counterattack, the defender can complete the knockout with both immobilization and pressure points. Leo Fong's WKD trapping is based primarily on sensitivity or plugging into the opponent's energy or pressure. The trapping range is the entry-level technique needed to implement the various pressure point targets.

The book is now available at KOINONIA PRODUCTIONS, P.O. BOX 7, WOODLAND HILLS, CA. 91365-0007. The cost is \$14.95 plus \$3.00 for priority mail.

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Movie Review

By Curtis Fong

In this column Curtis Fong gives a brief review of the many movies that are released. An avid moviegoer, his opinion may help you to spend your movie dollars wisely. Of course what is good and entertaining to one may not be to another person. Some of the movies he reviewed last month.

BATMAN BEGINS

Christian Bale as Batman. A visual masterpiece that digs deep into the Batman Legend. This is the best of the Batman series. On a scale of 1 to 10. A 10.

MR. AND MRS. SMITH

Mr. and Mrs. Smith are married and both are secret agents. A lot of intrigue. Lots of gun plays in the midst of lovemaking. The lovemaking leaves a lot to imagination. On a scale of 1 to 10. A 9.

HIGH TENSION

Story of a woman witnessing her friend's family getting killed. She hunts down the killer and discovers the killer is she. It is a French rip-off of all the bad American "B" horror movies. On a scale of 1 to 10. A 1.

Upcoming Movie Projects

THE REVENGE OF THE GRANDMASTERS, starring LEO FONG, GEORGE DILLMAN and TADASHI YAMASHITA is entering into its final phase of pre-production. The script has been completed and in the hands of Executive Producers. A tentative start-up date of November is set. There are many roles for martial artists. If you are interested in the project, send an eight by ten photo and previous experiences and credits. Send to SKY DRAGON ENTERTAINMENT CORP, PO BOX 7, WOODLAND HILLS, CA. 91365-0007.

THE BAZOOKA MAN is now on the drawing board. The story is based on a comic book created by writer Ed Savage. A man is cheated out of his life savings by a group of gangsters. He goes underground, using his wartime fighting skills to seek revenge.

TRANSFORMED – THE MOVIE

TRANSFORMED a movie starring FRED WILLIAMSON, TADASHI YAMASHITA, GEORGE DILLMAN, LEO FONG and scores of DKI members will be available on DVD by first week in September. Our apology to those who are part of this project for the long delay. Like most things in life, we live in the shadow of Murphy's Law, "what will go wrong will go wrong". We had a contract deal with a distribution company that would have placed the DVD's and VHS copies in Wal-Mart and Blockbusters but at the last minute the company pulled out of the deal. People are still looking for something for nothing. Please check with GEORGE DILLMAN or LEO FONG for details on how to get copies for your dojo. The movie has a strong anti-drug theme. It would be an excellent tool for group discussion on how to empower kids to practice karate and not load up on harmful chemicals.

The FONGLINE is a cyber newsletter. Our purpose is to inform, instruct and inspire. If you have activities and comments that you want to share with the reading public, please send them to THE FONGLINE, P.O. BOX 7, WOODLAND HILLS, CA. 91365-0007.

Until Next Month, Stay well.