



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

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Happy New Year to all of you in cyber land. May 2005 bring you much joy, happiness and prosperity. Stepping into a new year is an exciting experience. The New Year offers us a clean slate. Whatever happened in 2004 is past. We can write on this proverbial clean sheet whatever we wish. Yet, many of us do not take advantage of this moment in life in which we can redeem the past by new commitment to the future. There are scores of people who try to start anew but with the same attitude. Of course after new resolutions, they fall back to old habits. This is true in areas of physical fitness. January of each year is booming business for many health clubs and fitness centers as scores of people are determined to deal with their obesity and poor physical fitness. Many are determined to eat right, exercise regularly and think kind thoughts. Yet, by mid-February, or even sooner, most fall back into the same old habits of the past. Why?

One good reason, we need to understand that humans are creatures of habits. Unless there is deep commitment to change, it is so easy to give in to old patterns. Much like a drug addict who wants to quit, who knows it is not good for his health, yet he becomes a slave to his addiction. In order to stay on the positive growing course, we must have a deep reason for change. All breakthroughs and accomplishments in life are results of a reason for change. That reason can be a strong belief in an idea, or a deep hunger for fulfillment, or fear of failure and many other reasons. It was Ray Kroc, founder of the MacDonald Hamburger chain who said perseverance was the one thing that guarantees success. Intellect will not do it, because there are a lot of intellectual derelicts in the world. The one thing that will lead to success is determination and tenacity.

In November I celebrated my 76th birthday. What stood out in looking back to 76 years of life on this planet were how I stuck to my training regiment in fitness and martial arts, and also how in the last 64 years my fitness program evolved from one point to the next and the many discoveries I made on that long arduous journey. The one single reason that kept me going was what happened in my first day of school in Widener, Arkansas. Being the only person of color in that small Arkansas school, I was racially teased and taunted by white kids. I was determined to stay in school and face my adversaries. I knew I could not protect myself unless I sharpened my fighting skills and kept in top physical condition. Thus, my first martial art was Western boxing. In my first fight, which I won with a single punch, I got spanked by the teacher and made to stand in the hallway for two days. The respect I gained on the school ground those early years was a good reason to keep finding ways to sharpen my fighting skills and increase my strength. Although, my motivation and reason for training two hours daily today, rain or shine has to do with health, knowledge and a strong metaphor for living, more than preparation for another street fight. The point I am making is this; in order to stay on the course and experience growth and change one must have a deep reason to stay with it and

not give up. The New Year is a good starting point for change. It is an excellent time to make new resolutions and commitment. It is amazing what you can accomplish and achieve by just making up your mind to do it and stay with it. This is possible because God has given us the freedom to work out of the FAITH ZONE. When you work out of the Faith Zone, all things are possible. Stay with it, never give up.

Peace, Leo Fong

2004 IN RETROSPECT

In 2004, seminars and workshops took us to Glasgow, Scotland, Barbados, West Indies, Martinsburg, West Virginia and Deer Lake, PA. I want to take this opportunity to Thank Sifu Tommy Carruthers of Glasgow, Sensei Rollins Alleyne of Barbados, Rev. Ken Fizer of Martinsburg, West Virginia and Master George Dillman of Deer Lake, Pa for the opportunity to teach at each of their seminars. By sharing what I know I also learned in the process. Traveling around gave me an opportunity to see how deeply committed each of those instructors to the martial arts journey. In essence they have become my inspiration. I would be remiss if I did not mention Christian Spitzer of Salzburg, Austria, who traveled all the way from Europe to train with me for a week in Canoga Park. His enthusiasm for and dedication to my spiritual and internal based approach to martial arts is all-inspiring. 2005 will offer us more opportunities to travel. In March we will be in Sacramento, California and Auckland, New Zealand, in April we will be in Martinsburg, West Virginia. In July we will be in Nyack, New York. In September we will be in Bear Mountain, New York for Master Ted Hillson's annual Karate Camp. Details and other Wei Kuen Do seminars will be announced in the February Fongline.

CONGRATULATIONS

Are in order for Punong Guro Steven Dowd on his recent marriage to Vicky Lee in Fallon, Nevada on December 23, 2004. Vicky is a resident of Legaspi, Philippines but worked in Manila before meeting Steven and moving to Nevada. Punong Guro Dowd is the sole representative of Arnis Balite in the United States. He is the author of several books on the Filipino martial arts. He is owner of Maharlika-Enterprizes, a website company and the Publisher of the FMAdigest. Our best wishes to Steven and Vicky on their journey together. May the years bring them much happiness and love.

FILMS WITHOUT A BUDGET WORKSHOP

Is an opportunity for aspiring actors to get on- the- job experience in acting and film production. Those who become members of the workshop will have the opportunity to learn all aspects of filmmaking. The workshop will produce three movies in 2005. The first will enter into pre-production in February. Films Without A Budget Workshop's primary goal is to develop filmmaking skills in spite of the absence of a budget. Too often aspiring filmmakers are stymied by the Hollywood mentality, "you cannot make a movie unless you have millions." Actors and filmmakers who are accustomed to making "no budget" and "low budget" movies are welcome. For details please contact Leo Fong by E-mail. [[Click Here](#)]