



*The **FONGLine** is a Cyber Newsletter
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THE FONGLine

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The Key to Staying With It

There is something about the New Year that motivates us to make resolves and promises to ourselves, and loved ones that we will do better. Most of those resolves are related to physical fitness; losing a few pounds, get on a better diet, more exercise, a healthier lifestyle and etc. When I was member of the LA Fitness Gym, I dread January because I would have to stand in line to use the machines and other equipment. It seems the place double its membership. However, what I noticed as the years went by; that by February things return to normal. Only a handful of those who rushed to the gym remained. Most of those who make resolves and break them as quickly as they make them; would say, "Resolutions are made to be broken."

The question I asked myself for years, and perhaps it is also on your mind, "Why is it so hard to stay with it." It seems much easier to get a good start, but to stay with it on the long haul is much more difficult. One of the things I have discovered down through the years; perseverance is the key to success. Ray Kroc who bought a small hamburger stand from the McDonald brothers in the desert and turned it into a multi-billion dollar industry said to the effect that the one key ingredient to success is perseverance. He said intellect would not do it, because there are a lot of intellectual derelicts. The one key ingredient is perseverance.

The second question I asked myself; "What is it that motivates us to stay with it and persevere until we succeed?" In my moments of New Year's reflection, I thought about my own obsession to stay fit. What is it that motivates me to get up in the morning and work out for hours? When I took time to reflect; the basis of my motivation to persevere was traced back to my early youth when I was picked on frequently by schoolyard bullies. I knew that my edge came when I was fit and had some elementary knowledge of fighting. Although I do not feel threatened today at 78 years old; I still workout daily because I do not ever want to become a victim, whether that be a victim to an attacker or a victim to serious diseases that can be prevented by daily exercise and healthy eating habits. I agreed with Ray Kroc. The one key ingredient to success in any endeavor is perseverance. The key to staying with in and not give up; is a sense of personal mission. A sense of higher calling if you will. Best wishes to all of you. May

2007 bring you much Joy, Happiness, Health, Peace and Love.

Leo Fong

Congratulations and Thanks

I want to take this opportunity to Thank, Mr. Peter Hobart for an excellent article written in the recent Journal of Asian Martial Arts. The article titled, "Integrated Ideas of a Life Warrior - An Interview with Leo Fong." It was a job well done. Mr. Hobart demonstrated his prolific writing skills in this article. He is also the author of "Kishido: The Way of the Western Warrior," an excellent book on those warriors, past and present, who embodied the Bushido Spirit. The book is also out on a CD. Check with your local bookstores for copies of the book and CD.

Seminar at Martinsburg

Leo Fong's Annual Seminar at Otterbein United Methodist Church in Martinsburg, West Virginia will be held on Tuesday, April 17, 2007 from 6:00 PM to 9:00 PM. Subjects to be covered will be, "Angles of Attack", "Trap Boxing", "The Science of Feinting" and "The Art of Energetic Striking versus Power Punching." Three hours that will change the way you look at traditional martial arts. For further information contact the Rev. Ken Fizer at 304-263-0342.

Chi Fung

Several martial artists have asked me about my exercise program I call CHI FUNG. They were curious as to what it is. Without going into a long discourse on the dynamics of Chi, Chi Fung is the combination of energy and breath. Chi Fung is based on the principles of Qigong, Tai Chi and Western physiology of weight training. The program utilizes circular motions and light dumbbells. It grew out of the need to work around joint problems that hamper heavy lifting. In the course of looking for a program that would not aggravate old joint injuries, yet maintain fitness, I came up with Chi Fung over 5 years ago. I now teach the exercises to seniors in seven different locations. Many have experienced lower blood pressure and low glucose levels as results of Chi Fung. If you are interested in observing or even participating in one of these classes, you can send for a brochure on Chi Fung. Also there are videos on Chi Fung for \$15.00 each. "*Chi Fung: 45 Minute Body-Mind Fitness*" and "*Chi Fung Core Training*." The program is excellent for Seniors, as well as younger people. Send your request to Leo Fong, P.O. Box 7, Woodland Hills, and CA 91365-0007.



Leo Fong performing a **Chi Fung** deep breathing exercise. Deep Breathing nourishes every cell in the body and develops Chi Power for Martial Arts and good health. For DVDs and VHS tapes of Chi Fung, **Contact:** Leo Fong by writing to Koinonia Productions, P.O. Box 7, Woodland Hills, and CA 91365-0007.

In Memoriam

In the last few weeks of January, the world has lost two great martial artists and human beings. On January 8, 2007 Grand Master Bong Soo Han passed away after years of struggle with cancer. Grand Master Bong Soo Han was the world's foremost practitioner of Hapkido, and is referred to as the Father of Hapkido. He is best known for his work with Actor Tom Laughlin in the "Billy Jack" movie series. Grand Master Bong Soo Han leaves a legacy of humility, dedication, compassion, giving and generosity through the art of Hapkido. Our condolences to the family; his son Tad, daughter Susan, son-in-law Kevin, grandson Edward, sister Ok Su, and all the students of his teachings.

On January 13, 2007 Lily Rodriquez passed away from complication relating to an infection at the age of 59. Lily is the wife of Blinky Rodriquez and the sister of Benny "The Jet" Urquidez. Lily was a pioneer in opening up kickboxing for women. In the early days of tournament competition, Lily dominated the scene. Although she accomplished much in the world of martial arts, her legacy is in her compassion and passion for people. Her generosity and dedication to bettering the lives of at-risk youths dwarfed what she accomplished as an athlete. We offer our condolences to Blinky, her husband of 36 years, to her sons, family and friends.

A Star in the Making

Solara Key is an attractive 14 year old young lady who dream of becoming the next Hollywood superstar. She took that first step on December 28, 2006 by participating in the production of a movie trailer featuring her as a 14 year old orphan, who finds her in the custody of a 78 year old martial arts master and stranger. The interaction between a wise old man and a rebellious kid teaches each a lesson in life. Charlay and Chann will go into production July 2007. For details, roles as actors and production assistance, Send resume and an 8x10 photo to: Adam James, Sky Dragon Entertainment Corp. P.O. Box 7, Woodland Hills, CA 91365-0007.

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