



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

Summer 2009

**FOCUS**

Los Angeles is finally getting over with “Laker Mania” and is now focusing on the next NBA season. I am not an ardent basketball fan, but I do value the dynamics that make a player a superstar like Kobe

Bryant and Michael Jordan. I learn much from watching the likes of Kobe Bryant, LeBron James and Shaq O’Neal in relationship to my martial arts journey. I also appreciate the skills of players from other sports such as Reggie Bush the running back of the New Orleans Saints and various baseball pitchers; one thing I detect and a common denominator in their athletic proficiency, is their ability to remain focused in the heat of competition. The old adage “Grace under fire” runs true. During the play-offs Kobe Bryant did amazing feats on the basketball court. In one play, someone bumped him as he was about to shoot and on the way to the floor he shot anyway and amazingly the ball went straight into the basket before he fell to the floor. When the opposing team had two men to guard Kobe, the results were the same, he scored. Kobe was relaxed and he was focused. I believe that athletic and martial arts skills are determined by inner skills as well as outer skills. Those inner skills are complimented and enhanced by the ability to remain relaxed and focused in the heat of the battle. Once the basics have been mastered, the inner training begins. Inner training is a lifetime journey. Sharpening the mind, disciplining the emotions and opening up to the spirit is much more difficult than it seems. Famous Amos, the Chocolate Chip cookie mogul once said, “Life is an inside job!” In martial arts I don’t think it’s that important if “my fist is palm up or palm down”, if my foot is “pointed straight or slightly in” and etc and etc. It is not important if your art is called XYZ system or ABC style or the rank you hold; what is important is, “How much time do you devote to training?” “Will it work and does it build character and strengthen you from within?” The inner traits and inner skills will determine performance. If martial artists can devote as much time with inner development such as character, integrity, love, discipline, authenticity and etc. as well as “hand position, hip alignment and direction of the toes” they will reach a new level of proficiency. As Famous Amos said, “Life is an inside job!”

*Peace, Leo Fong*

## **SEMINARS 2009**

### **Harmony by Karate**

In March I had the privilege of returning to the Rebook Center in downtown Manhattan to be the guest teacher at Master John Mirrione's Harmony By Karate School. This is my third trip to the "Big Apple" and again it was a refreshing experience to focus on simplicity and brevity. At the end of the two-hour session John had each attendee to write something about the session. All were positive and all said they took something with them from the seminar that would be of benefit to them in their journey. On the way back to California the experience of simplicity and brevity reminded me again that often "less is more and quality not quantity really counts." The tone and ambience in the Harmony by Karate School was not something that just happen to happen, I have to give credit to Master Mirrione for his focus on simplicity and brevity, quality over quantity. This is why Harmony by Karate is not your ordinary run of the mill martial arts school.

### **Martinburg, W. VA - 2009**

The seminar at The Otterbein United Methodist Church last week undoubtedly was one of the best in the nine years I have been going to Martinsburg. Attendance and attentiveness was great. Many of the attendees were from several different schools and systems; enjoyed the drills and emphasis on relaxed focus. Special appreciation to the Rev. Sensei Ken Fizer and Master Ted Hilson.

### **Chi Fung Classes in the San Fernando Valley**

Chi Fung is an exercise program developed by Leo Fong after a serious injury to his shoulder and knee back in the early 90's. When lifting heavy weights became painful to his joints, he began to experiment with light dumbbell movements based on Western exercise physiology and the concept of Qigong and Tai Chi. As he practiced on a daily basis the concept of relaxed-focus, deep breathing and visualization in sync with various circular movements, his shoulder and knee began to feel stronger and less painful. He also noticed the positive affect the program had on lowering blood pressure, blood sugar and stabilizing heart rhythm. After undergoing almost ten years of refinement; Leo Fong offered his program to the public. Now he has ten Chi Fung classes a week. Of the ten classes two are conducted at the Porter Ranch Medical Center, where health professionals are recommending those who may benefit from exercise to the Chi Fung program.



Leo Fong with his Chi Fung class in Chatsworth, California.  
The classes are conducted at the Chatsworth West United Methodist Church in Chatsworth.



Leo Fong with his Reseda, California Chi Fung class at the  
First United Methodist Church in Reseda, California.



Leo Fong with his Chi Fung class at the San Fernando Japanese - American Community Center in Arleta, California. A member of the Arleta Class was featured on Dr. Hansel's Health Program on Diabetes on NBC television in 2008.

### **Upcoming Seminar: Long Island University - 2009**

The next WEI KUEN DO/CHI FUNG seminar will be held in November at Long Island University. This will also be a certification seminar for those who wish to be certified to teach the Healing Power of Chi Fung, a program that has had a positive affect on the health of over 250 practitioners (mostly in their 80's and 90's) in the San Fernando Valley of the Los Angeles Area. Locations where Chi Fung Classes are conducted by founder Leo Fong is Tarzana, San Fernando, Reseda, Porter Ranch, Woodland Hills, Northridge and Arleta. For time and exact location call (818) 884-7337. For information on the November seminar contact Dr. Thomas Nardi at (845) 623-6400.

A DVD of Chi Fung is now available for \$29.95 which includes priority mailing from  
KOINONIA PRODUCTIONS  
P.O. BOX 7  
WOODLAND HILLS, CA 91365-0007.



Leo Fong teaching Chi Fung at a Seminar  
Sponsored by Master Philip Ameris  
In New Kensington, PA in 2008



**BLACK BELT BOOKS**  
NEWS RELEASE

Valencia, California (BLACK BELT) June 1, 2009 - *Beyond Kung Fu: Breaking an Opponent's Power Through Relaxed Tension* is the newest release by Leo T. Fong through Black Belt Books. Leo T. Fong Black Belt Hall of Fame member builds on his kung fu and boxing roots to show you how to overwhelm an adversary with relaxed tension. Leo T. Fong teaches readers how to use the subtle power of nonresistance. Through specific exercises, scenarios and sequences, author Leo T. Fong shows readers how to overcome any obstacle, from a thug on the street to one's own insecurities. To achieve this state of calm in the face of adversity, Fong leads the reader through the four stages of combat evolutions, which Bruce Lee described as developing, refining, dissolving and expressing your martial arts. For Fong, this evolution is achieved through his vast knowledge as a martial artist and boxer. His experience gives him the confidence to use passive force to triumph in confrontations.

*Beyond Kung Fu* explores how to distinguish between soft and hard styles, executes techniques with calm instead of anxiety, overcome your opponent by yielding to his force and develop *chi* through weight training, as well as breathing exercises, technique drills, reading the body language and energy flow of your opponent, and analyzing the four stages of combat evolution in your own martial arts journey. It also addresses chi, meditative and physical conditioning exercises and specific grappling, hitting and kicking attacks.

With an introduction and foreword by psychologist Dr. Thomas J. Nardi, *Beyond Kung Fu Breaking an Opponent's Power Through Relaxed Tension* will give readers the tools to win in almost any situation!

**BEYOND KUNG FU:**

Breaking an Opponent's Power Through Relaxed Tension

By Leo T. Fong

\$16.95 Code 505

147 Pgs. B/W Illustrations

ISBN: 978-0-89750-179-8

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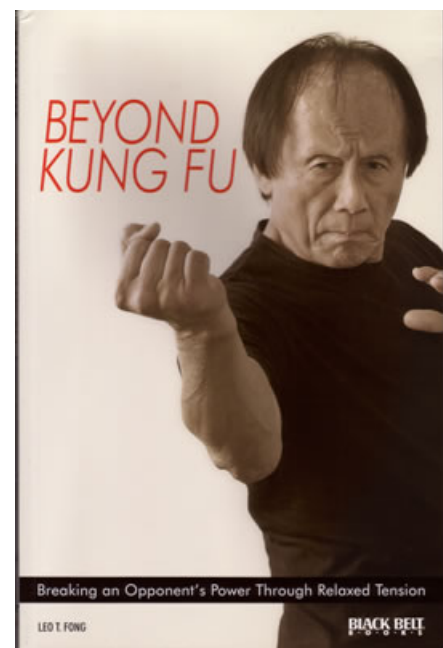
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For special autographed copies of *BEYOND KUNG FU* by Leo T. Fong, send check or Money Order to Koinonia Productions, P.O. Box 7, Woodland Hills, CA 91365-0007. Include \$3.50 for priority mail.



## **SKY DRAGON ENTERTAINMENT UPDATE**

Linda Bustamante makes film debut in Leo Fong's latest film **HARD WAY HEROES**. Bustamante native of Mission, Texas is a 2nd degree Black Belt in traditional Japanese Karate of Goju Ryu. She is a South Texas Champion in traditional, open-hand, musical weapons and team forms as well as a free fighting champion. In **HARD WAY HEROES** Roxie Adams (Bustamante) discovers an ad in a newspaper announcing an open audition for a feature movie. She responds to the ad and discovers it was for a porn movie production. Trapped by the bad guys; with the help of the **HARD WAY HEROES** (Leo Fong, Patrick Johnson and Hedo Davis) Adams fights her way to freedom. **HARD WAY HEROES** is also the first of a series of movies based on the three characters.

The leading villain is veteran actor **MEL NOVAK** who appeared in Bruce Lee's "Game of Death", Chuck Norris' "Eye for an Eye", Steve McQueen's "Tom Horn" "Thunder Kick", Leo Fong's "Kill Factor" and over two dozen other action/adventure movies. He was also an outstanding professional baseball player before his film debut. Mel is a devoted Christian Minister who brings the "Good News" to those in prison and on skid row. **HARD WAY HEROES** is available on **OCTOBER 1, 2009**.

**SKY DRAGON ENTERTAINMENT PRODUCTION** in cooperation with **WALK BY FAITH NOT BY CASH PRODUCTIONS** will provide a venue for aspiring actors who seek a resume and a chance to perform without pay. If you are interested in developing your acting skills or technical skills, send your resume and head shot to **SKY DRAGON ENTERTAINMENT PRODUCTIONS/ WALK BY FAITH NOT BY CASH PRODUCTIONS, P.O. BOX 7, WOODLAND HILLS, CA 91365-0007**.

Photo Gallery of Current and Up-Coming Sky Dragon Entertainment Productions

SKY DRAGON ENTERTAINMENT PRODUCTION  
PRESENTS

# HARD WAY HEROES

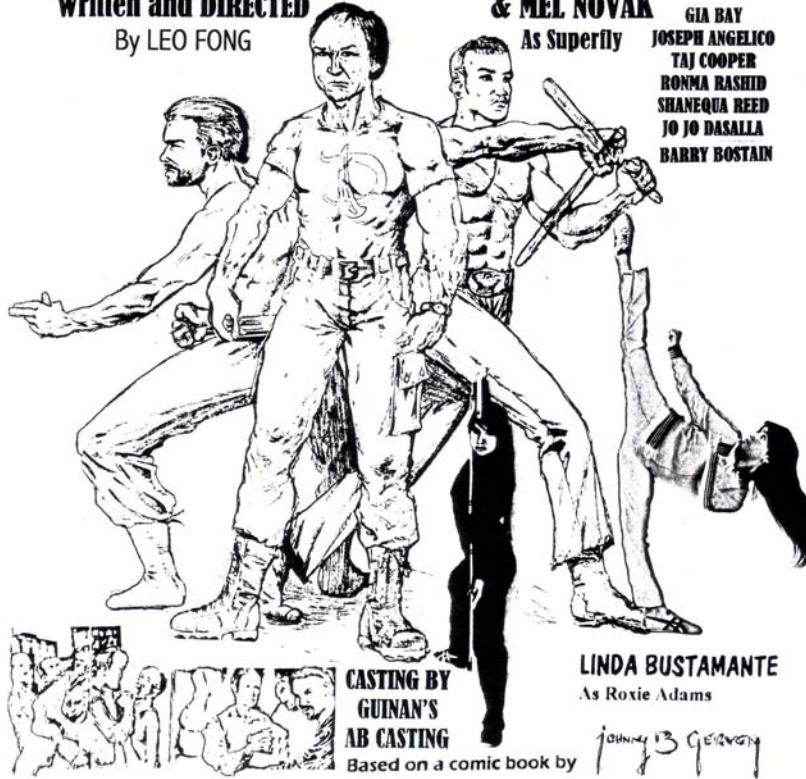
"NOTHING CAN STOP THE FORCE OF JUSTICE"

**LEO FONG** **PATRICK JOHNSON** **HEDO DAVIS**  
As Lightning As The Ghost As The Rebel

Written and DIRECTED  
By LEO FONG

& MEL NOVAK  
As Superfly

GIA BAY  
JOSEPH ANGELICO  
TAJ COOPER  
RONMA RASHID  
SHANEQUA REED  
JO JO DASALLA  
BARRY BOSTAIN



LINDA BUSTAMANTE  
As Roxie Adams

CASTING BY  
GUINAN'S  
AB CASTING

Based on a comic book by

JOHNNY B. GEORGEY

## HARD WAY HEROES

An action-packed movie now in production



Leo Fong and Mel Novak mixes it in  
HARD WAY HEROES

Linda Bustamante  
Kicks Her Way Out of Trouble  
in  
HARD WAY HEROES



UPCOMING  
SKY DRAGON  
MOVIE PROJECTS

## ***THE DRAGON SQUAD***

**Their Mission: To Seduce and Destroy**



**LEO FONG  
MEL NOVAK  
HEDO DAVIS  
PATRICK JOHNSON  
GIA BAY  
LINDA BUSTAMANTE  
JOSEPH ANGELICO**

A SKY DRAGON/WALK BYFAITH,  
NOT BY CASH PRODUCTIONS

**DRAGON SQUAD**  
Slated For Production  
December 2009



**THE ESCRIMADORS**  
SLATED FOR PRODUCTION  
OCTOBER 2009

ESCRIMADORS - a film about the Filipino Art of Stick Fighting. ESCRIMADORS will feature some of the best Escrima, Kali and Arnis masters in the world. Pre-Production begins September 25, 2009, with cameras rolling October 15, 2009. Written and Directed by *Leo T. Fong*. Fight Choreographer, *Guro Steven Dowd*. Production Coordinator *Guro Mark Lawrence*. Executive Producer *Minerva T. Fong*. Director of Photography/Editor *Patrick Johnson*.

