



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

August 2010

FORGIVENESS

In this month's FongLine I want to discuss briefly the value of Forgiveness. I am sure those of you who are hardcore martial arts practitioners will ask, "What has forgiveness have to do with fighting?" I say everything. When I talk about forgiveness I am not talking about the misconception of letting the perpetrator off the hook. It is not about forgiving and forgetting something dastardly that was done to us. It is okay to remember the "shaft" or the "screw" that was inserted when we least expecting it. When I refer to forgiveness, I am talking about letting go of the anger, the hurt and the grief and other negative responses and reactions to an undeserved act committed toward us. When someone breaches our trust it violates our sense of integrity. Our reaction can take us to the extreme of emotional turmoil. The emotional content of a fighter determines the quality of his skills. You can be in the best of physical condition and sharp "as a tack" mentally, but if your emotional component is in turmoil you will not be able to get off the "starting block." This is why forgiveness is the key to combat proficiency. My definition of "forgiveness" is the ability to let go of the negative reactions that comes with being violated or betrayed. It has nothing to do with letting the other "person off the hook." It has everything to do with maintaining a healthy emotional response to all of life. Our emotions control our action. More than we realize. When you are in a calm demeanor, you can see the proverbial "landscape" more clearly. But when you are "mad as hell" it clouds your vision and you lose perspective. This is also true in our daily life. There are a lot of things that "tick" us off, but to get upset and angry over all the many little things that do not go our way will guarantee you a "bad hair day."

Disciplining the emotions is the highest level of martial arts and life skills. Have a great August.

Peace, Leo Fong

WEI KUEN DO IN AUSTRIA

After over 36 years of practice, experimenting and refining, the art of Wei Kuen Do: The Way of the Integrated Fist is ready to go public. The first to take the art of WKD to Europe will be Christian Spitzer of Salzburg, Austria. Christian came to the United States in 2005 and spend over a week with Leo Fong to train in the art. He returned to Austria and practiced the foundation of the art for the next five years. Communicating with Leo Fong on a weekly basis through email. He returned in May 2010 to train and refine his techniques both with Leo Fong and Adam James, the Chief Instructor of WKD. The art of Wei Kuen Do was developed exactly one year after the death of Bruce Lee. Bruce Lee had great influence on Leo Fong. His philosophy, concept and friendship helped define his martial arts direction. Unlike many of Bruce Lee students and fans, Leo did not choose to call his art Jeet Kune Do out of deep respect for Bruce. Bruce at one point in Leo's martial arts journey asked him why he trained at so many different styles, Leo answered, "I am looking for the ultimate martial arts." Bruce laughed and put his finger on Leo's chest and said, "The ultimate is here!" And then Bruce concluded, "You got to seek your own truth." Bruce felt that JKD was his personal label on a personal martial arts. Taking Bruce advice Leo began to develop his skill in Western boxing and expanding it to include trapping, kicking, grappling and pressure point strikes. After over 36 years of refinement Leo Fong, Dr. Thomas J. Nardi and Adam James have integrated all the various ranges into one complete fluid approach to combat. Some prefer to call WKD the post-JKD approach. Whatever you call it, the practice of this art is always a deep respect to all who made a contribution to its formulation.



Leo Refining Christian Spitzer's Punching Skill with the WKD Focus Sticks



Adam James Sharpening Christian Spitzer's Defensive Skills with the WKD Focus Sticks



Adam James Takes Christian Spitzer and Moe Through the WKD Angles of Attack



Adam James Introduces Christian Spitzer to WKD Art of Deflecting Punching Attacks



Adam James, Barry Bostain, Leo Fong
and Christian Spitzer
After a Hearty Workout

Those include: Kirby “KO” Donoho – (*former Army Champion and Leo’s first boxing coach*), Bill Luke - (*Leo’s First Jiu Jitsu Coach*), Bob Bendicts - (*Leo’s first Judo Coach*), T.Y. Wong - (*Sil Lum Kung Fu*), James Yimm Lee - (*Wing Chun Kung Fu*), Low Bun - (*Choy Lay Fut Kung Fu*), Angel Cabales - (*Serrada Escrima*) and Remy Presas - (*Modern Arnis*). Along the way there are many others, too numerous to mention in this brief article. For information on certification and other details contact Adam James (818) 269-4548 or by Email:

adamjames@rainbowwarriormartialarts.com

SKY DRAGON INTERNATIONAL

Will be the producer, publisher, distributor and promoter of many Leo Fong products. In January 2011, Sky Dragon International will promote a Total Martial Arts Challenge. Watch for announcements on the Sky Dragon website or in future FongLine. Look for new DVDs and Books in coming months through Sky Dragon International.

SEMINARS

YOU ARE INVITED! To a “*Skill In Free Fighting Seminar*” on Saturday, August 28, 2010, at St. Paul’s United Methodist Church, 5619 Lindley Avenue, Tarzana, CA, from 9:00 AM to 3:00 PM. The focus of the seminar will be on *Filipino Stick Fighting, *Empty Hand Fighting, *Knife Defense, *Developing Knockout Chi Power, *The Art of Hitting Without Getting Hit, *Trap Boxing, *Explosive Counter Attacks. Instructors will be Leo Fong, Adam James, Mark Lawrence, and Roger Agbulos. Cost is \$35.00.

Information contact Adam James (818) 269-4548



Rainbow Warrior Martial Arts And Sky Dragon International



August 28th 9am-3pm
St. Paul Church Meeting Hall
5619 Lindley Ave., Tarzana, CA

(Corner of Lindley and Burbank right off the 101 freeway between White Oak and Reseda)

Presents: Explosive Free-Fighting and Martial Arts Weapons Seminar

Featuring: Filipino Martial Arts (FMA), Wei Kuen Do and Knockout Chi Power

Only \$35 for 5 hours of Spectacular Martial Arts training!!!

(School owners/instructors are free with three enrollments.)

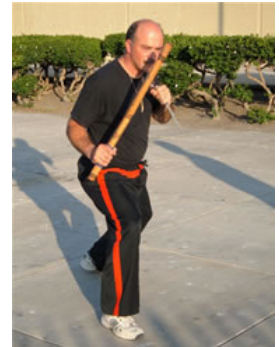
- **Learn** the foundation of elite fighting skills in the dynamic stick fighting/knife fighting art of FMA!
- **Discover** the amazing footwork and electric strikes of Wei Kuen Do: the psychodynamic art of free fighting!
- **Experience** the awesome power of knock out Chi!

Instructors:



Leo Fong - Founder of Wei Kuen Do, Chi Fung and Modern Escrima. Inducted into the Black Belt Magazine Hall of Fame. Author of "Beyond Kung Fu", "Knockout Punching", "Winning Strategies for Kung Fu and Karate", "Sil Lum Kung Fu", "Choy Lay Fut Kung Fu", and many more. Star of International Action Films "Killpoint", "Low Blow", "Murder in the Orient" and many others. Close friend and training partner of Bruce Lee, Remy Presas and Angel Cabales.

Marc Lawrence - Guro of Pakamut Filipino Fighting Arts and Founder of South Bay FMA Club. Expert instructor of Cinco Terros, Doce Pares and Cacoy Doce Pares. Trained in Kwan Do, Judo and Kuk Sool Won. Gold Medal winner of numerous full contact stick fighting tournaments and inducted into the Masters Hall of Fame (2010).



Roger Agbulos - Guro of Lameco Eskrima and internationally renowned seminar instructor. Personal student of Edgar Sulite, the Founder of Lameco Eskrima. Edged Weapons Instructor for the Center of Law Enforcement Training in Northridge, California.

Adam James - Founder of Rainbow Warrior Martial Arts. Chief Instructor and Successor of Wei Kuen Do, Chi Fung and Modern Escrima under Leo Fong. Highest Black Belt possible in Kempo, Karate, Jujitsu and Kobudo (Okinawan Weapons) under Professor Michael Dela Vega. Instructor of MMA, Muay Thai kickboxing, boxing and wrestling. Author of numerous articles for Black Belt Magazine and Master Magazine. Actor in "Under Siege" with Steven Seagal.



Bring training sticks, protective equipment, light dumbbells and pot luck lunch.

Call: (818) 269-4548 for more information or

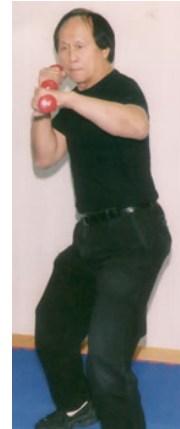
Email: adamjames@rainbowwarriormartialarts.com

Visit: www.rainbowwarriormartialarts.com, www.leotfong.com, www.astiglameco.com,
www.southbayfmaclub.com, www.arnisbalite.com, www.fmadigest.com

CHI FUNG the art of inner fitness will be taught at Long Island University in Orangeburg, NY on October 16, 2010. Dr. Thomas J. Nardi and Leo Fong will teach the classes. The seminar will focus on maximizing the Chi flow and developing a relaxation response to life experiences. It will also be a Certification Seminar for those who wish to teach Chi Fung. Certification Renewal for those who were certified in 2009 will also take place at this seminar. Chi Fung is a valuable fitness program for those in healthcare professions such as Convalescent Homes, Adult Centers and other Social Facilities. If you are interested and in the area, contact Dr. Thomas J. Nardi. Telephone number (845) 623-6400.

TAI CHI KICKBOXING

Leo Fong will introduce a new program called Tai Chi Kickboxing in a special seminar on September 25, 2010. The entire program will develop Chi Flow and Subtle Knockout Power. It will also teach the practitioner of Martial Arts the ability to control emotions and keep a relaxation response to stress related situations including full contact fighting for competition and /or street encounters. Much more important Tai Chi Kickboxing can develop total fitness. It can have a positive impact on lowering your blood pressure, control your blood sugar and develop a strong heart. Location will be announced later. For more information contact Adam James.



AT THE MOVIES

HARD WAY HEROES Sky Dragon Internationals latest DVDs feature movie if now in its final phase of post-production. The movie stars Leo Fong, Patrick Johnson and Hedo Davis as The Hard Way Heroes, and Mel Novak as Superfly. Novak starred in numerous movies during his long acting career. He was in Bruce Lee's Game of Death, Tom Horn with Steve McQueen, The Ultimate Warrior with Yul Bryner, Eye For An Eye with Chuck Norris and many others. It also features former Texas Karate Champion Linda Bustamante. You can catch a 7-Minute Trailer of Hard Way Heroes on YouTube.



The Art of Disarming

Opponent Attacks with a Knife. Defender Deflects the Attack and Moves Laterally to the Left, Trap Attacking Arm and Hits the Attacker with an Elbow at the SameTime. Once the Attacker is Soften-Up. Dislocate the Shoulder with a Snapping Hammer Lock

MOVIES IN DEVELOPMENT 2010

“**Wright and Wong**” will be the next DVD feature produced by Sky Dragon International. It will star Leo Fong. Directed by Adam James.
Production Start Up Date, September 15, 2010.

“**The Mute Executioners**” starring Linda Bustamante.
Produce by Adam James. Directed by Leo Fong.
Start Up Date, November 5, 2010.

“**One For Josh**” starring Adam James. Directed by Leo Fong
Start Up Date, January 5, 2011.

BON VOYAGE

Bong Tumaru, son of Leo and Minerva Fong departed for Japan on Thursday, August 12, 2010. He will spend the next 7-months learning the Japanese culture and teach English. Bong worked at World Black Belt under Bob Wall for 5 years until he resigned in 2010 to pursuit his dream to go to Japan.

CALL HIM RABBI SCOTT PERLO

A belated congratulation to Scott Perlo on his **ordination as a Rabbi in 2008**. After traveling to Israel, Ecuador and other points around the world, he is back in Los Angeles and will be serving the Adat Shalom Synagogue on Westwood Blvd, in Los Angeles. Scott is one of the early Wei Kuen Do practitioners who trained diligently for over five years. He now split his interest **between surfing and Wei Kuen Do**.



Leo Fong Practicing his Art of Pressure Point Boxing Against Scott Perlo

FONGLINE WELCOMES YOUR COMMENTS

FongLine welcomes your comments, opinions and announcements. You can send them by Email to **leotfong@.com**. FongLine is published once a month.