



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

**December 2010**

### **SPIRITUALITY**

In the last two issues of FongLine we talked about the Bible characters David and Goliath. When David decided to confront Goliath, who had been intimidating the Israelites, and no one dare to stand up to this “bully”. Finally, little young David, a shepherd boy decide to take on the bully giant. When King Saul heard about this he was worried. After all David was a young shepherd boy. Goliath was a professional warrior. He was much bigger, stronger and better armed than this young kid. King Saul realized David was determined and nothing could dissuade him from a different course of action. So Saul said to David, “here put on my armor.” David put on Saul’s armor and began to stumble and fall. David said, “I can’t go with this.” So he went down to the brook and picked out five smooth stones and put it into his bag with his sling shot; and proceed on to the battlefield to confront Goliath. The five smooth stones becomes the symbol of victory. They can be our metaphor for victorious living. In the previous FongLines we talked about the first stone symbolizing the value of “Simplicity,” David did not need sophisticated and complicated weapons to overcome all odds. The second stone represented, “Identity”. David’s victory was solely a personal one. He did not rely on Saul’s armor, but on his own inner resources. The only way he could tap into his inner power was to embrace his own identity. We see this defect in much of the Martial Arts scene today.

How many people compromise their own identity to be like Bruce Lee, Elvis Presley, or Michael Jackson and etc. If you cannot be comfortable in your own skin, you will forever be seeking the ultimate truth. It is what Bruce Lee said to me years ago, “A man riding a horse looking for the horse.” In this issue of FongLine I want to discuss the meaning of the third stone. When David stood in front of Goliath, he was full of confidence, while Goliath was full of scorn. David looked up to Goliath and said, “You come to me with sword, spear and javelin, but I come against you in the name of the Lord Almighty...” Anyone who goes into battle especially the battlefield of life without a strong spiritual foundation is without his strongest weapon. David’s confidence was based on his strong Spirituality. He knew his Lord God Almighty. Spirituality is what makes our “fighting tools” genuine and proficient. Without a solid spiritual foundation, your life will be like a tree with shallow roots; it will fall with the first strong wind. What we believe very well guide us. Spirituality is the root of courage, confidence, commitment, conviction and many attributes of champions. In a few days we will be celebrating the birthday of Jesus Christ. It is a very important season of the year for me and I am sure for millions of other Christians. It represents to me re-birth, the power of love, hope and the transcendent power of God our Creator. “The word became flesh and dwelled among us.” The birth of Jesus came at a time in history when the world was full of atrocities.

The Gospel said, “Jesus was born in the days of Herod the King.” That statement alone defined life under Herod. In that world, atrocities were the rule rather than exception. People suffered, life and flesh were cheap. It was much like living under the

rules of Hitler. It was under these conditions that God choose to send his Son Jesus into the world. No matter what your religious persuasion; spirituality is the key to successful conquering. This was David's key to victory. His faith and life was rooted in a deep belief in his God. In this Holy Season of Christmas may you and your loved ones take a brief respite from the frantic pace of shopping and remember the "reason for the season." It is indeed the birthday of Jesus Christ. In him is the key to overcoming, transcending and empowering in the face of life challenges. Have a Blessed Holiday Season.

*Peace, Leo Fong*

### **SEMINAR IN THE PARK**

Since September Rainbow Warrior Martial Arts and Sky Dragon International have been sponsoring a series of monthly martial arts and fitness seminars at Warner Ranch Park in Woodland Hills, California. Each seminar touches on one aspect of martial arts. In the first seminar in September, the focus was on Chi Fung exercises to enhance effortless knockout power, in the October seminar the focus was on The Art of Reversing, a concept articulate to Leo Fong from GM Angel Cabales in the early 70's. In the November seminar the focus was on "Trap Boxing." Developing sensitivity and changing angles on your opponent to defuse attacks and counters. In the December seminar which was conducted last week, the focus was on Going Beyond Bruce Lee's 5 Ways of Attack. Attendees express appreciation for these monthly events because the single theme and focus each month take a practitioner step by step from A to Z. It is so easy to do an 8 hour seminar and teach 5 different styles. Such an endeavor will only overwhelm and confuse the attendees. It is better to master one technique and concept than to know 12 and utter confusion. We will start the New Year 2011 with a Seminar on Stunt Fighting for Movies. Those who attend will have a chance to perform a fight scene as the bad guy and then as a good guys. It is important to "sell" a technique as the receiver, as well as executing the technique. Both done correctly can make the hits and attacks believable.



### **In Memoriam**

We take this opportunity to offer condolences to the family of Ted Wong and his thousands of followers and students. Although my contacts with Ted down through the years have been rare; I still feel a bond to Ted because of his Bruce Lee connection. Bruce was the rally point for many martial artists of diverse styles.

Ted was the only one that did not come to Bruce with a background in some martial arts training. What he knew was what Bruce imparted to him. He was a dedicated Bruce Lee man on a mission to share the JKD message. He became an emissary for JKD. His passing will leave a large gap in defining first hand what Bruce Lee was all about. As a member of that early Jun Fan Gung Fu and then witnessed the evolution of JKD, I feel a great loss. I feel the loss of a family member. Our prayers will go with Ted as he move on to higher grounds. I am sure there will be rejoicing as Bruce and Ted reunite again from this time into eternity.

### **Until Next Month**

HAVE A BLESSED CHRISTMAS SEASON  
MAY THE NEW YEAR  
BRING YOU MUCH  
JOY, HAPPINESS AND PROSPERITY