



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

March 2010

COPING

There is not a day that passes we do not hear and read about bad news. It seems that life is nothing but a stream of tragedies, disappointments and disasters. Some of the personal tragedies are the results of our own doings. Bad decisions and weak discipline; but most are beyond our control. Someone asked me recently, "How do you cope with tragedies and adversities?" "If there is a God, why does he let these things; like the earthquake in Haiti happen?" I couldn't come up with a plausible answer. What I do believe is this; I do not think God would create an earthquake to take thousands of lives, or any other so called "acts of God". I am not bothered by unanswered questions. What I have found work for me and have given me inner strength is a strong belief in God regardless of what goes on in the world. What I have found is that we have very little control over earthquakes, hurricanes, tornados, untimely deaths, terminal illnesses and etc., but we do have control how we respond and react to these events. This is where martial arts have been an integral part of my journey. Martial arts are a metaphor for living. It teaches me life skills. To be a champion one must be able to transcend an opponent who stands in the way to that championship. To overcome these barriers the participant must develop his body, mind and spirit. Many of us know how to develop a fit body, but how many of us know how to develop a sharp mind, a tough and tender spirit? Many can handle an opponent in the ring or the cage, but how many can handle the challenges that comes in the arena of life? Coping with depression, divorce, addiction, death, temptations and major decisions have destroyed many great competitors. Martial arts challenge us to be true champions by developing inner skills. Physical skills is only the basic level, it is in the inner skills that takes us to a higher level. May the Year of the Tiger bring each of you health, joy, prosperity and happiness.

Peace, Leo Fong

SEMINARS

Harmony by Karate located at the Rebook Center in downtown Manhattan, New York will host Leo Fong in a seminar on Sunday, March 21, 2010. Subject covered, will be Foot Angles of Attack. Leo Fong will demonstrate the 10 Angles of Foot and Hand Attacks he developed as inspired by Bruce Lee's Five Ways of Attack. For information contact Master John Mirrione at Harmony by Karate 646-387-2073.

SOUTH BAY FILIPINO MARTIAL ARTS

Will host a Workshop on Sunday, March 21, 2010 from 9:00 AM to 2:00 PM. Instructors will be:

- Punong Guro Steven Dowd of Arnis Balite - Stick Grappling with Huli Lusob Trap and Capture methods.
- Master Roger Agbulos of ASTIG Lameco - Knife Attack and Defense.
- Master Adam James - Wei Kuen Do - Stick Boxing Method as developed by Leo Fong.

Contact Punong Guro Marc Lawrence at (310) 961-1266 for more information.

BEYOND KUNG FU

“BEYOND KUNG FU: BREAKING AN OPPONENT’S POWER THROUGH RELAXED TENSION” continue to sell at a brisk pace. There have been many positive feedbacks. The book focuses on one common denominator that enhances proficiency in performance; relaxed-focus. The ability to relax in the midst of intense competition, conflict and confrontation is the key to winning. Far too many people practice and drill martial arts technical skills but in a tense situation tighten up and fail to implement what has been practiced year after year. Developing a “relaxation response” is much easier said than done. Beyond Kung Fu will teach you how to remain relaxed in all tense situations. The book is available through Black Belt Books.

You can order autographed copies of the book from Koinonia Production, P.O. Box 7, Woodland Hills, CA 91365-0007. The cost is \$16.95 plus \$3.50 for postage.

