



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

November 2010

THE INWARD KINGDOM

We continue our discussion in this issue of FongLine with the Old Testament story of David and Goliath. When David decided to go against Goliath; his own people, especially King Saul, who was fearful that this young inexperienced kid would be slaughtered by a seasoned warrior like Goliath. Worried, King Saul offered to loan young David his armor. David tried it on. It was so ill-fitted that he stumbled and almost felled down. He finally said, "I can go with this!" And did it; his own way. He went down to the brook and selected five smooth stones and put it in his bag with his slingshot and went out into the battlefield to face Goliath. Of course David defeated Goliath with one stone to his forehead. In last month's FongLine I mentioned the strong symbolism of the five smooth stones. They are the key to defeat and even the odds. The first I mentioned was "simplicity" The more simple you approach a problem, a challenge or an encounter the quicker you will find a solution. Bruce Lee refers to the opposite of simplicity, "A classical mess." It is so easy to get tangled up in complicated abstracts that we become, as Martin Luther King, Jr. said, "Paralysis in Analysis." One of the lessons we learn from David, "Keep it Simple!"

The second lesson we can learn from David and the stones is "Embrace Your Own Identity" because who we are in relationship to the outside world is the source of our power. The moment you compromise who you are, in exchange for imitation of someone you idolize, you have depleted your strength. When David realized he did not fit into King Saul's armor, he was wise enough to realize he must face Goliath with his own God-given resources. By doing that he had found his Inward Kingdom, and the source of inner strength and that in turn led to his victory. Bruce Lee means many things to many people, but the legacy he left and the footprint he left on my heart, was his admonition to me, "Seek your own truth." In other words Bruce was saying to me "develop what's inside of you." "Do not be confined to being a clone of your teacher." When that bit of wisdom finally began to take on "flesh" I realize the Power of the Self. One of the things I realized as I look back to my long journey in the martial arts; imitating a teacher or an idol is much easier than going inward to seek the truth. Plagiarizing one's work is much easier than developing your own. When a technique is yours and it comes from the heart, you become spontaneous, much like a sound and an echo. There is no deliberation. This was where David was at as he faced Goliath. He didn't have to remember all his instructor told him. "Am my toes pointed in the right direction? Is the elbows three inches from my chest? Is my hands held high enough?" When Goliath moved forward to attack, young David projected the stone from his sling and nailed Goliath between the eyes and the rest is history.

Martial Arts are one of the best vehicles to teach us life skills. Those who are wise enough will realize that defeating another human being in the ring or the octagon or the cage is not the test of inner strength. It may inflate one's ego but it does nothing to help you become a compassionate human being. Love and compassion for self and respect for others is what will be the key to transcending some of life's most formidable opponents

such as depression, rejection, anger, fear, betrayal, divorce and many other spiritual problems that cannot be solved with a physical solution. The Inward Kingdom is what God our Creator has given us. When we embrace that inner gift and seek ways to develop it, we will discover the resource to face the toughest challenges life brings to us. Physical strength and skills wane as we age, ask any athlete. But spiritual strength continues to grow deeper as we seek the Inner Kingdom.

Peace, Leo Fong

MONTHLY SEMINARS

Sky Dragon International, Inc. and Rainbow Warrior Martial Arts are sponsoring a series of monthly seminars for those who want to supplement their own system and styles of martial arts. The last three seminars have been very successful. We take this opportunity to thank all participants and instructors who have supported these events.

In each seminar we focus on one component and practice in depth until it is understood. What make these monthly events valuable is that we do not bombard participants with a lot of techniques, but the focus is on quality and efficiency rather than quantity. Also we limit the number of participants so each attendee will be the focus of attention.

Next seminar is on Saturday, December 18, 2010. From: 9:00 AM to 12:00 Noon at Warner Park in Woodland Hills, CA. Call to get directions. The emphasis in this seminar will be "Beyond Bruce Lee's Five Ways of Attack." Much has been written about Bruce Lee's Five Ways of Attack, but little understood. When Bruce came up with the concept; it was only in an idea stage. It was not fully explained nor demonstrated at the time of his death. Leo Fong who trained with Bruce in Oakland, was visiting with Bruce in LA after he moved to the Southland; when Bruce picked up Leo at LAX, the first thing he said to Leo, "How many ways can you attack a person?" Leo responded, "One, two? I don't really know." Bruce went on to explain that he had discovered five ways of attack, proceed to share with Leo the acronym for each way of attack. But did not fully develop those concepts to the point where they were ready for implementation into fighting skills. In the last three years Leo Fong and Adam James have developed a series of moves that embraces all five ways of attack.

The discovery revealed basically what Bruce was trying to explain. Although no one knows exactly what Bruce Lee had in mind. The Martial Arts journey like religion is really a personal journey. To say absolutely, this is how it is, is only second guessing. Leo Fong and Adam James will share their latest discovery. What they discovered will enhance your free fighting skills, regardless of style and system. Registration fee \$25.00.



In the January 2011 seminar the emphasis will be on Movie Stunt Fighting. Participants will have an opportunity to learn some of the secrets and subtleties of cinematic fighting, “making it, look real without it being real.” Also each participant will have a DVD of their fight scene at the conclusion of the seminar. Sky Dragon International, a Public Held Company has scheduled four movies to be produced in 2011. This will give each participant an opportunity to be in a feature movie.

The February 2011 seminar will focus on the Inner Skill of Fighting. Physical fitness often take precedence over some of the emphasis on developing a disciplined emotion, a strong mental concentration, a relaxed focus and many other qualities that make the mechanics of fighting proficient. How often have you seen fighters deviate from what they do under pressure in competition and what they do in the gym in practice as two different expressions.

What most people do in anger is much different than what they do when they are relaxed. It takes disciplined emotions, strong mental focus and a relaxation response to the situation at hand to maintain maximum fighting skills under duress and pressure. The old expression “He just lost it!” is a common response to someone who reacts angrily to something that just happened.

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Check Out the Sky Dragon Website: www.skydragonintl.com

DOWN MEMORY LANE

From time to time it is important to take an old album and look through it to remind one what it was like back “in the old days” and to realize how far he has come. Memory is valuable in many ways. One, it help us to embrace our morality. Looking at where we were in the past and where we are now, can be frustrating and disappointing. Someone said to me, as they looked at some old photos, “What happened to all the hair?” A good question! It is amazing how quick we are humbled by the reality of our mortality. It does help to realize there is more to life than a young body, good looks and etc. It is the inner qualities of the spirit that is enduring. How many trophies you won in your competitive years means very little in the face of “father time.” The important question is, “What about your inner values?” “What have you become?”

I was in Claivesville, Ohio back in October to scout for movie locations on the urging of my good friend Benny Provenzano and John Durbin. I first met Benny back in September 1976, when he invited me to one of his karate tournaments. Chuck and Aaron Norris were also visitors at Benny’s house. Chuck had just finished his first feature film “Breaker, Breaker!” and I was in the midst of completing “Enforcer from Death Row” in the Philippines. Both Chuck and I had some great conversations about movies. We were both new at it. I had a very good time both as Benny’s guest and at the tournament. The



Leo Fong and Benny Provenzano - 1976



Leo Fong and John Durbin - 2010

photos were given to me recently by Benny Provenzano. As I looked at the old one, it brought back fond memories of that week as Benny's guest and in the company of Chuck and Aaron Norris.

THE GREATEST MARTIAL ARTIST



Down through the years martial artists and historians alike bring up the question, "Who is the greatest martial artist in the history of martial arts?" Names varied from Jigoro Kano, Gichin Funakoshi, Morihei Ueshiba to Bruce Lee. The greatest martial artist in the history of mankind "Had no servants, yet they called him Master. Had no degree, yet they called him Teacher. Had no medicines, yet they called him Healer. He had no army, yet kings Feared him. He won no military battles, yet He Conquered the world. He committed no crime, yet they crucified him. He was buried in a tomb yet He lives today." If you don't know that he is the greatest martial artists in the history of mankind, you have an opportunity to meet Him. In a few weeks we will be celebrating his birthday. How will you celebrate?