



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

**Spring 2011**

### **HISTORY**

In the previous three issues of FONGline, I discussed the defeat of Goliath by David in the Old Testament Bible. On the surface David was definitely at a disadvantage. He was young, small in stature, inexperienced. King Saul was worried about him facing a seasoned warrior like Goliath. So King Saul says to young David, "Use my armor," thinking at least this will be some protection for this young inexperienced shepherd boy against overwhelming odds. When David put on King Saul's armor, he began to stumble around almost falling. It was heavy and ill-fit. Finally, David takes off King Saul's armor and said "I cannot wear this!" It was then he decided to do it his own way, even though the entire nation was worried about his life. David went down to the brook and picked up five smooth stones and put them into his bag with his sling shot, proceeds to face Goliath. Those five smooth stones, unknown to Goliath and King Saul represented the essence of warriorship. In the last three issues of the FONGline, I mentioned the first stone symbolized the need to embrace one's *IDENTITY*. Combat is a personal challenge; one cannot wear someone else's armor.

Secondly, the stones represented, *SIMPLICITY*. Combat is not an abstract equation bogged down by techniques and systems overload. The more simple the better, it is about taking a few simple techniques and implementing them in all situations. Thirdly, as David faced Goliath, he said to him, "You come to me with a sword, a spear and a javelin, but I come to you in the name of God Almighty!" Combat, whether it is simple street self defense or struggling with life challenges; requires a strong faith and spiritual base. The inner core determines the outcome when you are faced with a giant. The fourth symbol of the five stones represents, a *SENSE OF HISTORY*. When David decided to face Goliath, King Saul was worried about David's safety, but David exudes confidence. He said to Saul, "Your Majesty", said David, "I take care of my father's sheep. Any time a lion or a bear carries off a lamb, I go after it, attack it, and rescue the lamb. And if the lion or bear turns on me, I grab it by the throat and beat it to death. I have killed lions and bears and I will do the same to this heathen Philistine; who has defined the Army of the living God." David's confidence and inner strength came from his sense of personal history. Remembering who we are and where we came from is often an empowering moment.

A young man was about to head for college, and leaving home for the first time. As he got ready to board the plane for college, his father did not want to lecture to him about behavior and staying out of trouble. He hugs his son, and said to him, "Son, just remember who you are." That statement said it all. There is power in knowing ourselves and embracing who we are. Finally, the fifth stone represented *TIMING* and *ACCURACY*. As Goliath advanced towards David, David pull out his sling from his bag and inserted a stone and with one swing let go of the stone and hit Goliath on his

forehead and broke his skull. To win in the arena of life, as in the arena of competition, one must be accurate and one must have timing. You must know where your target is. Success in life begins with knowing what you want to achieve and where you want to go and when to take specific steps. As someone once said, "Timing is everything." May, David and Goliath inspire each of you to embrace the metaphoric essence of this interesting story as you move forward in your journey. Have a great summer.

*Peace, Leo Fong*

**TRIBUTE**  
**Happy 100<sup>th</sup> birthday**



I take this opportunity to pay tribute to Inez and Venice Harris, identical twins on reaching 100 years young in January. The sisters were guest on the Jay Leno Show and featured in ABC Nightly news and many national publications and Cable TV Network in January. Inez is an active member of Leo Fong's Chi Fung Exercise Class in San Fernando, California, since 2003. Inez told Jay Leno that the secret of her living to 100 was three things; she did regular exercise, she watched what she ate and she always think positively. It is what I call, The Trinity of Health. The pictures were taken in January celebrating Inez 100<sup>th</sup> birthday with cakes, cookies and refreshments after the

Chi Fung Exercise Class. In the eight years as member of the Chi Fung class, Inez missed only three times, not because of illness but because of a big family reunion at Point Magu, California where the family camped out for two weeks at the beach.



Chi Fung classes is now held at eight locations in the San Fernando Valley. It has made a difference in the lives of over 140 people. The age of participants range from 39 to 100. Many members have suffered from strokes, heart attacks, high blood pressure, diabetes and many physical ailments that plague us as humans. But the focus on deep breathing and energy (Chi) stimulation results in, if not complete healing, management of the disease. Chi Fung is a great compliment to Western Medicine. Chi Fung has helped me to

survive prostate cancer, manage diabetes, control an irregular heartbeat, avoid a knee replacement and shoulder surgery. I developed Chi Fung a very low impact exercise program in 1998 after severely injuring my shoulder from heavy beach pressing. The slow motion movements based on Tai Chi principles and mimicking movements of Tai Chi Chuan definitely produce a healing effect. Chi Fung has also enhanced my Martial Arts Fighting Skills by helping me to develop relaxed focus in sparring. There several Chi Fung programs. Each is designed to produce specific results. If you wish to be certified as a Chi Fung instructor contact me by Email: leotfong@aol.com or send inquiry to Leo Fong, P.O. Box 7, Woodland Hills, CA 91365-0007, for details. We congratulate LEE LILLIO and ERIC JUE on being our newest Certified Chi Fung instructors.

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.



## CONGRATULATIONS

Congratulations to Sensei John Mirrione on breaking the record for doing the most “one arm, bare knuckle push up on a stone block” The knuckles of his index and middle fingers supported his weight as, balancing on a stone block, he went down to a 90-degree angle, held himself there for 20 seconds, then went back up, held himself for another 20 seconds at a 90-degree angle. At the end his knuckles were bloodied. But Sensei John was happy. This feat was witnessed by Record Holders Republic. It will go officially into the book of records. Breaking this record for slow motion one arm push up has a larger purpose; Sensei John is fulfilling his quest to spread anti-bullying awareness throughout the country. Sensei John has teamed up with film and television professionals to shoot Public Service announcements to spread the message about Bullying.

## IN MEMORIAM

My condolences to Bernice Jay and the Jay family on the recent passing of Professor Wally Jay. Life is a journey, some short, some long and some in between. In my own Martial Arts Journey I am fortunate to connect with many iconic figures that stood out with special skills, gifts and grace; Professor Jay was one of them. As the founder of Small Circle Jiu Jitsu, he taught me by his example the power of simplicity.

Often, less is more. His economy of motion influenced my own approach to self defense. Much more important than his great martial arts skills, he was a terrific human being. When I think of Professor Jay, I think of a very humble and friendly human being who is strong in body as well as character. He was generous, innovative and open minded.



He had no problem learning from others. When I think of Professor Jay, I think of a man who practiced the “empty tea cup” theory. He did not come to you with a full cup, but one that is empty because he wanted to “taste your tea.” I saw this in his relationship to Grandmaster George Dillman, developer of “Pressure Point Fighting”, as they conducted seminars together. I was privileged to share in some of those seminars in the late 90’s. Long before I met Professor Jay, his reputation as “Trainer of Champions” preceded him. His Island Judo and Jiu Jitsu” Club produced one champion after another. He was instrumental in my meeting Bruce Lee. In 1962 he invited Bruce Lee to demonstrate at his annual Luau at the Claremont Hotel, in Oakland, California. James Yimm Lee told me about the event and I attended that evening; witnessed another iconic figure in action, and for the next ten years Bruce Lee was an important part of my martial arts life. Both men have a great influence in my martial arts evolution.

It is with a heavy heart and sadness that Professor Jay is no longer with us physically. But I celebrate with joy that his spiritual presence is very much with us. He is alive because he dwells in the hearts of all those whom he touched in his 90 plus years on this planet. He surely lives in my heart because of the footprint he has left on my soul. God bless all of you.

–Leo Fong