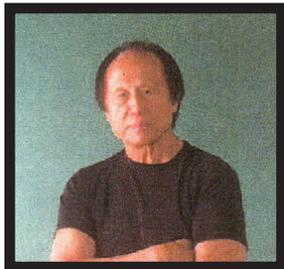


The Fongline

A Cyber Newsletter Published to Inform, Inspire and Instruct

THE WAY OF INTEGRATION



In the middle 80's someone from Texas called me out of the blue and asked me a pivotal question, "How do you implement 5 different martial arts style in a fight?" I said, "What do you mean?" He said, "I just completed a weekend seminar, paid \$350. I learned five different styles of martial arts. I am confused. I need your help." I ask him, "Did you practice any martial arts prior to attending this seminar?" His answer, "I have a Black Belt in Shotokan Karate." So I replied, "Why don't you take two or three of the Shotokan techniques; maybe wheel kick, front kick, a reverse punch and a lunge punch, and figure out how you can counter all the other styles." He paused for a few moments, and responded as if he had just discovered a gold mine and said, "Hey, I never thought about it that way. Thanks." I concluded our conversation by saying, "You could have saved yourself \$350."

Life is one long journey. As we move forward and the years goes by, we accumulate all kinds of experiences. At the twilight of our journey, if we know how to put it all together in a neat single unit; we are considered wise and full of wisdom. The great sages are able to do that. They can capsulate their long journey, often in one sentence. A writer in the twilight of his career was asked by a newspaper reporter what he would like on his tombstone when he passes. Without hesitation he said, "He died climbing." All his life he struggled to become. His striving defined his entire journey. That is the essence of The Way of Integration.

We would find more unity and harmony in other arenas of life if people could tap into the essence of integration. There are literally hundreds of religious denominations, some are hostile toward others, while some strive for ecumenicity. Whether it's Catholic, Islam or Protestant, there is only one Creative Force, we call God, Jehovah, Yahweh or Allah. There are many paths to a single Creative Force. Once we accept this, the integration process begin and we can start living the Spiritual Life, rather than spending all our energies fighting those who disagree with us or who act, look and do it differently. With that said, we move back to the subject of martial arts.

This past weekend at the Sky Dragon Festival of Integrated Martial Arts, we were able to demonstrate to our Wei Kuen Do family, new and old members the essence and efficiency of integrated martial arts. When I began my martial arts journey at the age of 7, it was boxing that appealed to me. When I bought the book "Fundamental of Boxing" by former world welterweight boxing champion Barney Ross, I was on my way. Looking back I moved from boxing to Jiu Jitsu, to Judo, to Wrestling, to Moo Do Kwan, to Karate, to Escrima, to Modern Arnis to Muay Thai to Sil Lum Kung Fu, to Choy Lay Fut, to Wing Chun to Jun Fan Gung Fu to JKD and to Brazilian Jiu Jitsu, without really deviating from my Western Boxing roots. The turning point in my martial arts journey came when I met Bruce Lee. He asked me why I was training in so many styles of martial arts. My reply was, "I am looking for the ultimate." It was then he put his finger on my chest and said, "Man, there is no ultimate, it's in here. Expand on your boxing skills, learn kicks, traps and grappling." That bit of wisdom redefined for me the meaning of integration.



Front row: Eric Jue, Ava Strong, Anthony Vining, Jr, Lance Strong, Edgard Solano

Back row: Cesar Chaparro, Adam James, Freddy Fleischmann, Jason James, Leo Fong, Brooks Long, Klein Buen, Shane Richards, Shaun Newmarch, Lee Lollo, Linda Bustamante



WKD comprises many components gleaned from martial arts, boxing, fencing, basketball, football, touch football, tennis, ping pong and soccer.

I take this opportunity to “thank” Adam James for being with me on this integration journey since 1993. Watching him perform and teach this weekend, gave me a sense of personal fulfillment and pride. I could see WKD from concept to action. I could see how it is expressed in a single unit the 5 F’s, Form, Flow, Footwork, Feeling and Freedom of Movements, yet the fluidity of movements is composed of many components. I also “thank” Lee Lollo, Klein Buen and Anthony Vining, Jr. for their assistance. They too are evolving into proficient integrated WKD practitioners and instructors.

I had a conversation with a friend on Monday; I said to him, “I do not invest in stocks, bonds, real estate or other money enterprises. But I am interested in investing in people. Although, down through the years I have been disappointed, but this weekend I was able to see my investment appreciate in the form of Adam James, Lee Lollo, Klein Buen, Anthony Vining, Jr., and Peter Hobart. I am committed also to those who attended the SDFIMA , including Lance and Ava Strong, Shane Richards, who came all the way from New Zealand. Shaun Newmarch of Sacramento, Linda Bustamante of Mission, Texas, Cesar Chaparro, Brooks Long, Freddy Fleishmann of Germany, Ismael Bong Tumaru-Fong of Japan. Although WKD is an efficient fighting approach; it is the three C’s that really matter most: Character, Commitment and Compassion.

Leo Fong

HANGING WITH THE CHAMP

We were greatly honored by the visit of World Middleweight Boxing Champion Sergio Martinez at our martial arts event. Also on Monday the following week we were invited to watch him start his training for his upcoming match with Julio Cesar Chavez, Jr. on Sept. 15th. It was an amazing training session. His amazing footwork confirmed the essence of WKD is in its footwork as a counter against all kinds of attacks. Integrating the explosiveness and footwork of Sergio Martinez, the defensive skills of Floyd Mayweather, Jr. and the angle attacks of Manny Pacquiao makes WKD a formidable approach.



Left to Right: Pablo Sarmiento, Rudy Cortez, Leo Fong and Sergio Martinez, World Middleweight Champion. Pablo is the trainer for Sergio, Rudy, is the adviser and Leo Fong is a fan of Sergio. Sergio is preparing for his bout with Julio Cesar Chavez, Jr. on Sept. 15, 2012 at the Thomas and Mack Center in Las Vegas. Wei Kuen Do is inspired by the footwork, distance control and explosive style of Sergio Martinez. His one punch knockout of Paul Williams was the fight of the year.

TRIBUTE

We dedicate this issue of FongLine to Dr. Adrian Hobart, who passed away at the age of 78 on Thursday, August 9, 2012. Dr. Hobart is the father of Peter Hobart a member of the Wei Kuen Do family. Dr. Hobart was an amazing man. He served in the British RAF before attending Cambridge University. Dr. Hobart was a retired surgeon from Campbellford Memorial Hospital in Ontario, Canada. In addition to his long and distinguished career as a surgeon, he was also known for his highly successful amateur boxing career. He was the Canadian Golden Gloves champion in 1969. Soon after he won the Golden Gloves title, he was asked to fight an exhibition match against Muhammad Ali, but as an amateur he was not allowed to fight a professional boxer. In 2007 Dr. Hobart was awarded a Lifetime Achievement Award by Boxing Ontario for his contribution to the sport as a boxer and ring doctor. I personally resonate with Dr. Hobart, after Peter gave me a video copy of his father teaching him boxing. His boxing skills were obvious in the tape. I immediately felt connected to Dr. Hobart as I felt a bond through our amateur boxing career. I am saddened by Dr. Hobart's passing, but I rejoice knowing he has not left us. His legacy is in the contributions he made as he passed through this life temporal on the way to life eternal. We will miss his physical presence but his spiritual presence will always remain.



CHI FUNG Mind Body Fitness



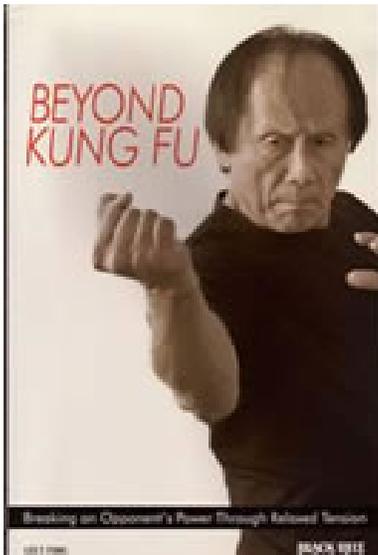
What is Chi Fung? Chi Fung is a mind-body fitness program found by Leo Fong to address to some of his own health issues over ten years ago. The program is based on Tai Chi and Chi Kung principles. It is different from the traditional inner arts in that Chi Fung uses light dumbbells for its exercise movements. After ten years, the program has proven to be valuable in managing stress, lowering glucose and blood pressure. The essence of the program is based on the acronym R.S.V.P., total relaxation during the performance of the exercise, slow motion movements and slow deep breathing, visualize results during the movements and pause between the beginning of the movement and the completion of the movement.

For information on certification, contact Adam James, (818) 269-4548.

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

Beyond Kung Fu

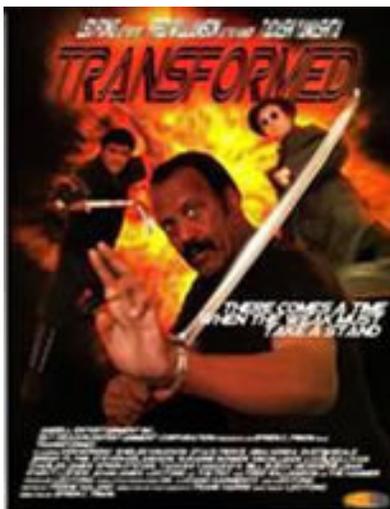


“Beyond Kung Fu: Breaking an Opponent's Power Through Relaxed Tension” continues to sell at a brisk pace. There have been many positive feedbacks. The book focuses on one common denominator that enhances proficiency in performance; relaxed-focus. The ability to relax in the midst of intense competition, 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:

Sky Dragon Entertainment Corp.,
P.O. Box 7, Woodland Hills, CA. 91365-0007
The cost is \$16.95 plus \$3.50 for postage.

Transformed the Movie



“TRANSFORMED” the movie produced by Leo Fong, starring Fred Williamson, Tadashi Yamashita, George Dillman, Dustin Seale and scores of martial artists is now available on DVD. Master Dillman demonstrated his Pressure Point art in the movie. He actually knocked out two of his students with pressure point strikes in the movie. The director had to call “cut!” quickly so the two students could be revived. You can purchase copies of the movie by send a check or MO for \$19.95 to:

Sky Dragon Entertainment Corp.
P.O. Box 7, Woodland Hills, CA 91365-0007
The cost includes postage and handling.