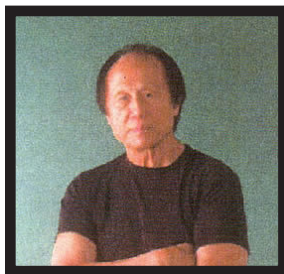


The Fongline

A Cyber Newsletter Published to Inform, Inspire and Instruct

REMEMBERING THE LITTLE DRAGON



This month 40 years ago I was awakened from an afternoon nap when the announcement came through that Bruce Lee had died. I did not believe it was true. Bruce Lee was a poster child for the perfect fit man. After checking with several sources, it was confirmed that the report was indeed accurate. The confirmation did nothing to eradicate the doubt in my mind. There had been rumors before that Bruce was killed by the Triads with a “death touch” only to be untrue. I came down to Los Angeles and contacted Dan Inosanto. We went to lunch. We were both very sad. Reality finally set in and we accepted the fact that our good friend and mentor

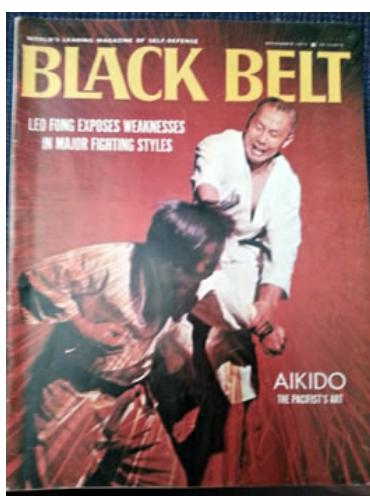
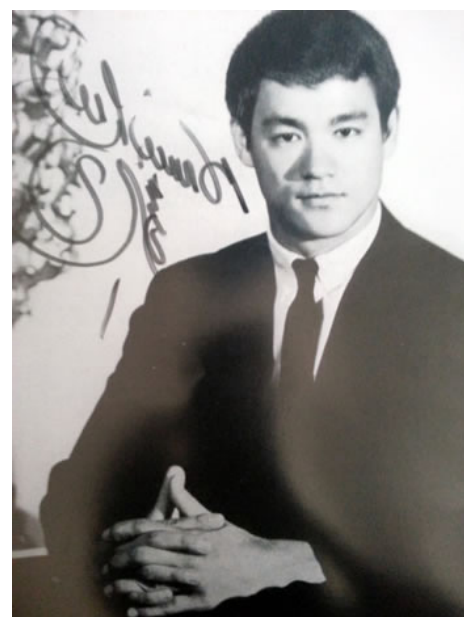
has indeed died. In the intervening years, unlike many of his admirers and former students, I refrained from profiting off of the Bruce Lee label. I refused to call my Martial Arts JKD or Jun Fan Gung Fu, or any other label that Bruce attached to his on-going martial arts process. I knew how strong he felt about people trying to teach what was personally his. He always said to me “Man, seek your own truth.” His refusal to open a chain of Gung Fu schools after the successful run of the Green Hornet series was his feeling even though he was to make millions, he did not want what he had discovered and refined to be prostituted.

Looking back to our many conversations, I realized now why he felt that way. The clue was when he questioned me about training in so many different systems and schools. I said I was looking for the ultimate. He looked at me, cracked a smile and put his fore finger on my chest and said, “Man, there ain’t no ultimate, the ultimate is in here. Take what you already have and develop some kicking, grappling and trapping skills.” That bit of advice was life changing. Seeking the truth within you is much more difficult than just imitating someone you admire. As I remember Bruce on the 40th Anniversary of his death, my heart is still grateful to him for being the “finger pointing to the moon.” When we discover the “kingdom within,” our proficiency and skill level rises. Martial arts and fighting skills become more spontaneous, much like an actor who understands the character he is

playing. He is no longer just saying the lines, but he has become the dialogue because the essence of his character he is playing comes from within. It comes from the heart. This is the exact reason why no one today is as good as Bruce Lee. Imitation does not produce duplication. If I am proficient, it is because I am good at what I do.

On this 40th Anniversary, I personally remember Bruce Lee for his generosity. The pictures of The Black Belt Magazine cover story, the books, Sil Lum Kung Fu and Choy Lay Fut Kung Fu is a reminder of Bruce’s giving spirit. Bruce was responsible for setting up the Black Belt story, my first time to be covered by a

national magazine. The article opened the door to a movie career and started me on the road as a writer. My first book Sil Lum Kung



Fu sold over 100,000 copies. I remembered Bruce and I stayed up to 2:00 AM in the morning at his house to breakdown the Sil Lum form for self defense application. It was amazing how he could look at an abstract technique and immediately modified it so it can be effective in a free fighting situation. Bruce did me a tremendous favor and add substance to the content of the book, he also taught me how to turn an abstract into practical application. Today, I am able to look at a person's movements and immediately see his weakness. In the book Choy Lay Fut, Bruce went to great length to research the history of that system. I still have the letter he wrote giving the history of Choy Lay Fut. The spirit of Bruce Lee is alive today because of his generosity. As long as we remember him in our hearts; Bruce will never die.



Leo Fong

Leo Fong Day

On June 8, 2013, the Martial Arts History Museum declared that day as, Leo Fong Day. I am extremely honored and humbled by such gesture of generosity on the part of Michael Matsuda and the Museum. It was a great day. There were a cross section of people whom I traveled on this life journey were there; young and old, children and adults, men and women. My heart was touched. I would never guess there were so many friends. I especially appreciated those who spoke about me. I always look at life realistically. I accept the fact not everyone liked me, but to hear people speak positive things from the heart was harm warming. I especially appreciated Luis Larios who traveled all the way from Yuma, AZ to be at the event and to Master Robin Taberna who drove all way from Stockton to attend. I was overwhelmed. Thank you all, especially to Michael Matsuda, the founder and curator of the Martial Arts History Museum. I encourage all of you to support and visit the museum. There is a lot of culture there as well as martial arts artifacts.



Jim Kelly



I am saddened by the news of the death of Jim Kelly. Jim died of cancer last Saturday. Jim and I go way back to the 70's, when he fought in some of my karate tournaments and made his acting debut on a small movie titled "Melinda". He was later casted in Bruce Lee's epic, "Enter The Dragon." Down through the years we connected on various potential movie projects, but could not cut through his agent's adamant hard nose business demands. So we just remained friends and when he came into town we would do lunch. I was thrilled to see Jim, last April at Master Andrew Fanilli's All Pro-Tae Kwon Do event. We road to the airport in the same limo and had a chance to catch up on things. I will always remember that smile on Jim's face. May you rest in peace Jim.



Up Coming Events

August 10, 2013 - Queen Mary Legacy Seminar



August 16,17, & 18, 201

Sky Dragon Integrated MA Seminar

Special Guest: Lamar Davis

Contact: Adam James - (818) 269-4548

To Learn More Visit: www.leotfong.com

Leo Fong and Adam James present

THE SKY DRAGON INTERNATIONAL FESTIVAL OF INTEGRATED MARTIAL ARTS

August 16th, 17th, and 18th Woodland Hills (Los Angeles Area), California

Seminars and Comprehensive Training on:

Wei Kuen Do: The Psycho Dynamic Art of Free Fighting - Leo Fong's Martial Arts System - Founded in 1976 - Integrating Boxing, Kung Fu, FMA, and Jeet Kune Do - The Martial Art of Leo Fong's close friend and training partner, Bruce Lee - Taking JKD Principles and martial arts into a new level

Chi Fung: Total Health Training System - Combines Tai Chi/Chi Gung Principles with Weight Training and Deep Breathing

Modern Escrima: The Integrated FMA System - Incorporating the teachings of Remy Presas (Modern Arnis), Angel Cabales (Serrada Escrima), and Leo Fong (Wei Kuen Do)

Instructors:

Adam James - Founder of Rainbow Warrior Martial Arts, Chief Instructor and Successor of Wei Kuen Do, Chi Fung, and Modern Escrima under Leo Fong. Highest Black Belt possible in Kenpo, Karate, Jujitsu and Kobudo (Okinawan Weapons) under Professor Michael Dela Vega, Instructor of MMA, Muay Thai kickboxing, boxing, and wrestling. Author of numerous articles for Black Belt Magazine and Master Magazine. Actor in "Under Siege" with Steven Seagal

Leo Fong - Founder of Sky Dragon International, Wei Kuen Do, The Psycho Dynamic Art of Free Fighting, Chi Fung, and Modern Escrima, inducted into the Black Belt Magazine Hall of Fame. Author of "Beyond Kung Fu", "Wei Kuen Do", "Knockout Punching", "Winning Strategies for Kung Fu and Karate", "Si Lum Kung Fu", "Power Training for Kung Fu and Karate", and many more. Star of International Action Films "Kil Point", "Low Blow", "Murder in the Orient", and many others. Close friend and training partner of Remy Presas (Founder of Modern Arnis), Angel Cabales (Founder of Serrada Escrima), Ron Marchini (Legendary Karate Fighter), George Dillman (Pressure Point Knock Out Expert), and Bruce Lee (Founder of Jeet Kune Do and International Martial Arts Legend)

Lee Lollie and Klein Buen - Assistant Instructors

With Special Guest Masters Lance and Ava Strong from New Zealand and other masters throughout the world wide martial arts community

Certificate of Completion for all who attend, Instructor Certifications for those who complete full curriculum, and opportunities for growth and development

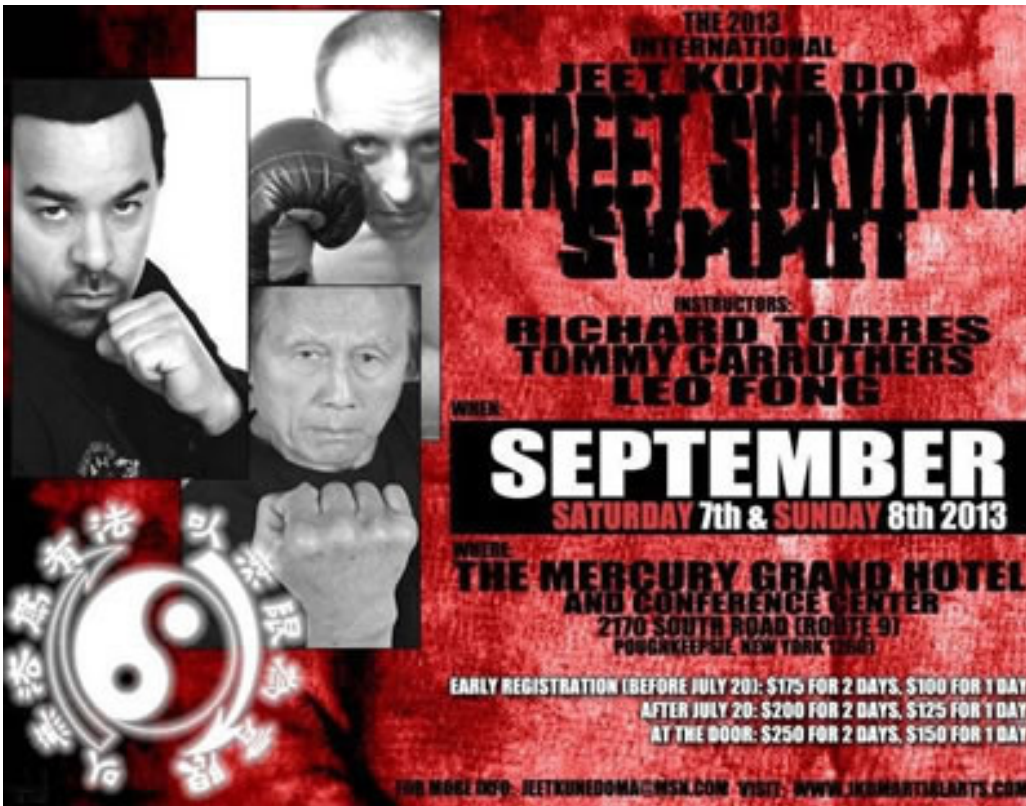
Sky Dragon Awards Banquet on Sunday Night, August 17th

\$499 for All Seminars and Award Banquet

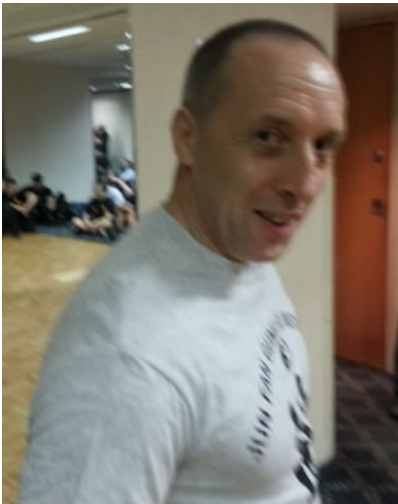
20% Discount for registering by July 1, 2013 (Special price of only \$399)

To register or for more information call (818) 269-4548

www.skydragonintl.com, www.leotfong.com, or www.rainbowwarriormartialarts.com



September 7-8, 2013 - JKD Summit

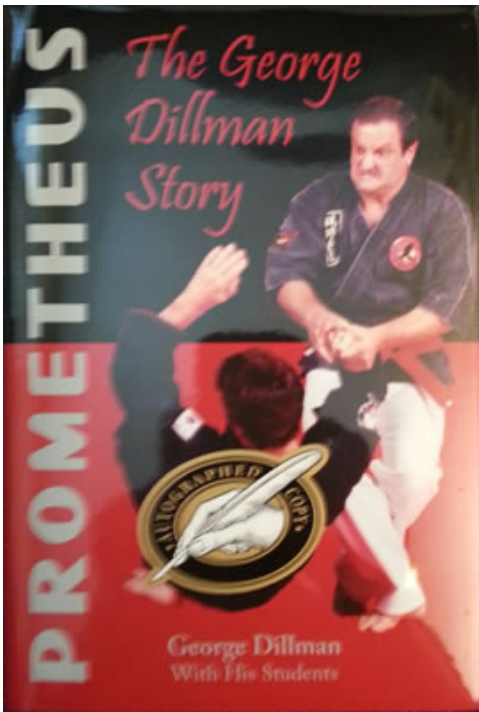


October - Date TBA
Tommy Carruther's
JKD, Glasgow, Scotland



JKD Summit - Tommy, Richard, Leo

September 14-15, 2013 - Pressure Point Boxing
November 16-17, 2013 - Lamar Davis JKD, Alabama



The George Dillman Story

I just received my copy of the George Dillman Story. It is an amazing biography of a true Warrior. After years of martial arts training and winning hundreds of trophies in competition; he discovered the secrets of pressure point knockouts hidden in katas. While staying at his home in Reading, PA in the early eighties; I was impressed by George's ability to knock people out with just a light touch. I consider George Dillman one of the 5 pioneers that shaped martial arts in the 20th century. Just as Jigoro Kano in Judo, Gichin Funakoshi in Karate, Morihei Ueshiba in Aikido, Bruce Lee in Jeet Kune Do, George Dillman's pressure point fighting provided the missing link. If you wish to order a copy of the book, go to the website. www.dillman.com



Have a Great 4th of July Give Thanks to God for Our Freedom

CHI FUNG Mind Body Fitness



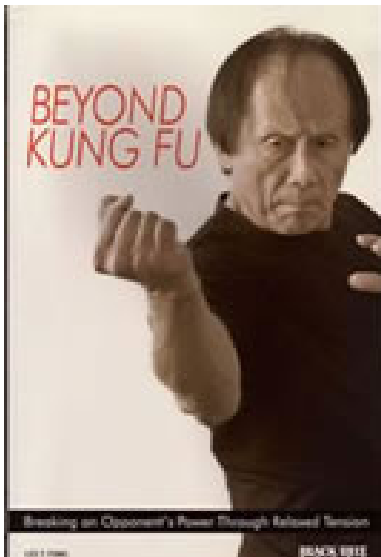
What is Chi Fung? Chi Fung is a mind-body fitness program found by Leo Fong to address to some of his own health issues over ten years ago. The program is based on Tai Chi and Chi Kung principles. It is different from the traditional inner arts in that Chi Fung uses light dumbbells for its exercise movements. 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.