



*The FONGline is a Cyber Newsletter
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August 2003

The 30th Anniversary of the death of Bruce Lee, I am reminded of the legacy the Little Dragon left to the world. Bruce Lee was not just a martial arts actor, but he was a Life Warrior who made a tremendous impact beyond the martial arts community. I am one of those who had the privilege of just “hanging out” with him from 1962 until 1971. In those nine years we exchanged ideas, I learned from him, I trained with him and shared with him my journey. When he moved to Los Angeles, we kept in contact by telephone and by letters (some of those letters I still have). His death in 1973 was shocking and traumatic. After the shock dissipated I begin to see why he had such a strong impact on people. Bruce Lee was wise beyond his years. He was perceptive and insightful. He was an avid reader who could take what he read and apply to his life action. He was skilled and analytical about martial arts and life. His obsession for martial arts perfection was summarized in an Esquire Magazine article. The writer asked him why he trained so hard at Gung Fu. Bruce Lee answered, “to knock the hell out of my fears and insecurities.” What that says to me is that; martial arts are not only for sharpening our combat skills but it is also a vehicle to sharpen our life skills. Our deadliest enemy is not the potential attacker that might be lurking in the dark waiting to mug us; but rather it is the life opponents that is more formidable, such as fear, anger, hate, hostility, insecurity, arrogance, greed, death and grief.

In a position paper written in 1962 Bruce Lee talked about “Chi Sal” or the sticky hand drill. He said of Chi Sal, “You simply feel and perceive the opponent’s move, you do not allow your mind to “stop” with it, you move on just as you are toward the opponent and make use of his attack by turning it on to himself”. He continues to use as an example to illustrate his point, “When I look at a tree, I perceive one of the leaves is red, and my mind “stops” with this leaf. When this happens, I see only one leaf and fail to notice of the innumerable other leaves of the tree. It instead of restricting my attention to one, I look at the tree without any preconceived ideas, I shall see all the leaves. One leaf effectively “stops” my mind from seeing all the rests. But when the mind moves on without “stopping”, it takes up hundreds of thousands of leaves without fail.” When Bruce gave me this paper back in 1962, I only looked for the combat significance. Today as I re-read the paper, I realized the larger meaning. I realized now, how Bruce Lee’s concept of “Chi Sal” implies a bigger picture, the totality of life. In order for us to benefit from the abundance factor in life, we need to see the bigger picture, not just a good fighter. To put all our focus on being a good fighter is one-dimensional. One of the many lessons I learned from Bruce Lee is the lesson that we must be able to see beyond limits. Life is an ever-changing process. When we become an expert in one area, we often acquire that expertise at the expense of something else. Nothing is free in life. I have seen over and over how martial artists spend hours and hours practicing the art at the sacrifice of family. I have seen fighters who spend most of their time sharpening their physical

skills and forget about the spiritual skills and discover to their disappointment the physical skill got them just so far but not far enough. If we are to benefit from the abundance factor life offers, we must see the total picture. We must strive for balance in all things. Bruce Lee's "Chi Sal" theory implied that. His focus was not to train until he was the "baddest butt kicker" in the world but rather to be the most secured and balanced being he could be. In other words the legacy of Bruce Lee offers us an opportunity to become a total person, a Life Warrior who can deal with life issues successfully because he or she has finally received a black belt in life success skills.

Peace, Leo Fong

(The above excerpt is from an upcoming book titled "Lessons I learned from Bruce Lee" to be released in December 2003 from Koinonia Productions)

Upcoming Seminars

Leo Fong will teach at the Following Seminars:

Dillman's Three-Day Martial Arts Camp

Deer Lake, PA

August 29 – 31, 2003

Leo Fong will teach Angles of Attack, Circle of Destruction, Expressing the Techniques, The Art of Deception and the Power of Chi Fung Training.

Contact: George Dillman [610] 777-8444

The Masters Seminar

Chicago, ILL.

September 13, 2003

Leo Fong will teach the Trapping Range, Hit Without Getting Hit, Explosive Counterattacks, The emotional Factor and Strategy for Winning

For information Contact: Dustin Seale [815] 529-0692

Life Warrior Seminar

Nyack, NY

November 8, 2003

Leo Fong and Dr. Thomas J. Nardi will conduct a Life Warrior seminar. The content of the seminar will help people to deal with some of life's difficult issues. An excellent program for those who wish to sharpen professional counseling skills and enhance martial arts mental, spiritual and emotional skills.

For information Contact: Dr. Thomas J. Nardi [845] 623-6400

November 9, 2003

Leo Fong and Dr. Thomas Nardi will focus on the Mind in the Martial Arts and Ways to develop spontaneity in free fighting. Refining the 4-Fs of Fighting: Form, Flow, Footwork and Feeling.

For information Contact Dr. Thomas J. Nardi [845] 623-6400

Update

Now Available: "Explosive Nerve Strike Counterattacks" by Leo Fong

A book that is designed to take you to a higher level of combat skills by utilizing martial arts physics and concepts. In the Universe there are physics and natural laws that governs life movements. When we work within these laws and the physics the sky is the limit. It is when we go against the law of nature that we run into snags and impede forward movement. This is also true in combat. When our approach is in harmony with martial arts physics we can stay on top of the game and always maintain a competitive edge against any opponent. In this book Leo Fong talks about physics and concepts that will make you a total fighter.

\$14.95 plus \$3.00 for priority mail.

Send MO or Check to:

Koinonia Productions

PO Box 7

Woodland Hills, CA. 91365-0007

New KOINONIA Catalog

The new 2003 Koinonia Production Catalog is now available.

For your copy send \$3.00 to cover cost of mailing to:

Koinonia Productions

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TRANSFORMED – A new movie by Leo Fong is now in Post Production. Release date is scheduled for November 2003. The movie has a cast of top martial artists. It is directed by award winning Filipino director Efren C. Pinon. Transformed is the story of a major drug dealer who encounters a life changing experience and decide to turn away from his criminal activities and become a crusader against the drug culture. He realized it was not that simple; his past catches up with him and his life is in jeopardy. The cast consists of Fred Willianson, Leo Fong, George Dillman, Kim Dillman, Ken Moreno, Dustin Seale, Anthony Davis, Steve Steward, Adam James, Steven Dowd, Bill Burch, Sherry Zerwin, D'arcy Ludwig, Tadashi Yamashita, Ed Lake, Greg Dillman and several other outstanding martial artists.