



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

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THE FONGLINE

**2006 Black Belt Hall of Fame**

I take this opportunity to “Thank” all of you who send in ballots on my behalf, and to the Black Belt Magazine Editorial Staff for

selecting me as the “Kung Fu Artist of The Year”

To be selected for this prestigious award is to be GRATEFUL. Grateful because so many people were involved in the final selection. To be grateful to all my instructors and friends whom I considered mentors and added to my knowledge of martial arts and life. Life and achievements is not a solo act. Whatever we achieve in life is the results of team efforts. As the saying goes, “It takes a village to raise a child.”

To be selected is to be HONORED. Honored, because my name will appear with other great luminaries and legends of the martial arts of the 20<sup>th</sup> and 21<sup>st</sup> century. Each inductee reminds me of what it really takes to achieve goals and quality. No one achieve success in life’s endeavors without making personal sacrifices. It takes the practice of the 3 P’s of success to reach goals set; one must have a Purpose, a Passion and Perseverance.

To be selected is to be HUMBLLED. Humbled because Martial Arts is an endless journey of learning. No matter how old you are; there is always something to learn, something to discover and something to test. No matter how good you are; there is always someone in the world that can circumvent your skill. The true martial art spirit is never static; rather it is constantly on the move, forward and upward. No single individual can claim to know it all. At best after a lifetime of training; we have only touched the “tip of the iceberg.” To know this is to be humbled. The learning process is infinite. The more we are willing to open our minds in humility, the more knowledge we will gain.

*Peace, Leo Fong*

## **SONNY UMPAD REMEMBERED**

When I received word that Escrimador Master Sonny Umpad was suffering from terminal cancer and then last week, received word that he had passed, it was a sad moment for me.

Although I met Sonny once in the early 90's briefly during The California State Karate Championships in Oakland, California, and again in the late 90's at the Bruce Lee Jun Fan Jeet Kune Do Convention in Seattle, Washington, I still felt that I had lost a friend. I was privileged to spend the weekend with Sonny in Seattle that weekend. We met for breakfast and spend the entire morning discussing Escrima and the Filipino Martial Arts. It was in Seattle, he gave me a pair of rubber covered training sticks. It was meant to be used in practicing Escrima, but I choose to use it for developing punching and blocking skills. Because of the sticks, I can free spar with students without taking risk of serious injuries. It was a simple but very brilliant idea. So simple I asked myself, "Why didn't I think of that?" The stick is a substitute for focus pad drills. The Umpad training sticks enable my students to develop form, flow, accuracy and subtle strength. As recent as yesterday, I used the sticks for the one and half hour of training with private students, I paused to remember Sonny as I look and held the sticks in my hands. The martial arts journey is never a solo act. As the journey continues; you will encounter many great artists like Sonny. Sonny will always have a special place in my heart. Like those before him, Angel Cabales, Remy Presas, Bruce Lee, Low Bun, Howard Jackson and many others; their spirits will be felt and as I remember them, they will not be far away. Sonny may you rest in Peace and may your Legacy remain alive through those who had the privilege to share your knowledge. - **Leo Fong**

## **NEXT LEO FONG SEMINAR**

The next Leo Fong Seminar will be held at the University of Pennsylvania Kempo Club on Saturday and Sunday, October 14-15, 2006, on the campus of the University of Pennsylvania in Philadelphia, PA. Subject to be covered will be “Pressure Point Boxing” “Angles of Attack” “Hit Without Getting Hit” “Relaxed Focus and Concentration” “The Mind and Emotion in Combat” “The Four Stages of Development” “Setting Up For The Knockout” For details contact Leo Fong at 818-884-7337 or email: leotfong@aol.com.

## **A NIGHT TO REMEMBER**

The 2nd Annual Black Belt Magazine Festival of Martial Arts was the highlight of the year. The three-day spectacular was held at the Long Beach Convention Center in Long Beach, California on July 28,29 and 30, 2006. There were seminars galore, and with some of the best in the martial arts. The likes of Bill Wallace, Benny “The Jet” Urquidez, Dan “The Beast” Severn, Cung Le, Frank Shamrock, Stephen K. Hayes, Rorion Gracie, Fumio Demura, Michael De Pasquale, Matt Hughes, Linda Lee and Shannon Lee, just to name a few in attendance. The Festival kicked off with an outstanding Academy Award like Black Belt Hall of Fame Banquet and Reunion. Twelve people were inducted into the 2006 Belt Belt Hall of Fame. Prior to each award, a short video reel of the awardee was shown to introduce the recipient to the audience. Each made an acceptance speech. It was more than a coat and tie event; it was a chance to renew old friendships and meet new ones.

## **THE POWER SOURCE**

I wonder if you ever felt that life is so hectic and overwhelming you are about to lose control? I talked to a mother of four recently and she felt that as a mother, housekeeper and wife, she was about to “come to the end of her rope.” She feels that the responsibility of trying to be three persons in one is just too much. She’s near breaking point. No one ever told us that life is going to be easy. Those who live under the illusion that life is a “bowl of cherries without pits,” or a “bed of roses without thorns” is living with blinders. One of the things I have learned since “leaving the sand box” is that you will have your good days and your bad days. Your good days or bad days often are not defined by what happens to you. It is defined by what you do with what comes your way.

How you respond to events in your life is determined by how well you are plugged in to the POWER SOURCE. Someone said, “Life is fragile, handle with prayer.” That is the key to plugging into the Power Source. PRAYER! This prayer by Juliana Lewis is a clue on how to plug into the Power Source.” *Give me the strength, oh, God, to keep my feet on the ground, but out of the mud, and my head in the air, but out of the clouds. Give me the vision to see where I’m going, and the energy to get there. Give me the ambition to move forward, and the patience to move slowly. Give me dignity in failure, and humility in success. Give me the power to touch beauty, and the grace to leave it intact. Let me take my own steps, Lord, but let me take them toward YOU. Amen.”*

## **CELEBRATING THE 16TH ANNIVERSARY**

On September 2, 2006, Leo and Minerva (Minnie) Fong, will be hosting an Anniversary Celebration of The Appearance of the Holy Cross at their house. It was on September 11, 1992 that Minerva looked out a bathroom window and noticed a big image of a Cross standing in her drive way. The moon was shining through the frosted window. At first she thought she was hallucinating, but other members of the family confirmed what she was seeing. Three days later she received an inaudible message to open the house to those who were in need of "saving and healing." Since 1992 Leo and Minnie conducts a monthly healing mass at the house on the first Saturday of each month. In the last 16 years people from all over the world have visited the house for healing. A crew from a Japanese television station came to tape the image of the Cross.

## **KOINONIA PRODUCTIONS**

Leo Fong and the production staff are now working on developing a series of DVDs on the Five Major Components of Wei Kuen Do. The series will consist of The Ten Angles of Attack, The Circles of Destruction, The Art of Trapping, Explosive Counter Attacks and The Art and Science of Faking. Those of you who have had the privilege of training with Leo Fong in the last ten years will realize how much his martial arts approach moved deeper into the spiritual realm of mind, emotion, chi, spirit, as well as physical subtleties. Someone asked Leo Fong, the question; "If Bruce Lee were alive today, where would his skill level be?" Leo, thought for a few moments, and said, "I think he would be into the spirit level, much like Morihei Ueshiba, founder of Aikido.

You can go just so far with the physical. It is the inner space that is limitless and infinite. As Ueshiba once said, "When attacked, give your opponent empty space." Even Muhammad Ali said, "You can't hit what you can't see. Flow like a butterfly, sting like a bee." You can do that only when you are rooted spiritually and when you operate from the inside out. Having 18-inch biceps will not do it, but having the intuition to know when your opponent is going to attack and respond accordingly will keep you "alive and alert."

## **SKY DRAGON ENTERTAINMENT CORPORATION**

### **TRANSFORMED**

The release of the movie TRANSFORMED on DVD is due October 1, 2006. The movie stars Fred Williamson, Leo Fong, Tadashi Yamashita, George Dillman, Dustin Seale, Ken Marino and members of DKI. Apology is in order to those who have been waiting for copies of the movie. Due to editing and postproduction problems the movies was delayed. For inquiries contact Leo Fong or George Dillman.

### **THE LAST MUSKETEER NOW IN PRODUCTION**

The Last Musketeer is in its final phase of filming. Filming began in April and completion of principal photography is due in September 2006. Leo Fong is producer.

Screenplay by Art Zapata. The Last Musketeer stars Art Zapata. Directed by Emre Korkmaz. The Last Musketeer is about a father who is addicted to alcohol and struggle to recover so he can get his life back. He loses his family, job and dignity on the way.

**REVENGE OF THE GRANDMASTERS  
NOW IN PRE-PRODUCTION**

Revenge of the Grandmaster is a martial arts project designed to demonstrate the spiritual side of martial arts. The film is set to star Leo Fong, George Dillman and Tadashi Yamashita. Principal Photography is set for December 2006 or January 2007. Locations: New York, Deer Lake, and Los Angeles.

**CHARLIE & CHAN  
NOW IN DEVELOPMENT**

Charlie and Chan is a story about an old Private Detective who is trying to teach a 14 year old rebellious kid life lessons. Stars martial arts sensation Solara Key. The project is designed to be a DVD series of 12 episodes.

**THE SEARCH  
NOW IN DEVELOPMENT**

The SEARCH starring JKD instructor Tommy Carruthers of Glasgow, Scotland is about a martial arts instructor searching for the ultimate. Location will be in Los Angeles and Glasgow, Scotland.