



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

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THE ZONE

The untimely death of actor Heath Ledger recently reminds us once again that life is not always a cakewalk, even when you have fame and fortune. Even when you have all the talents, connections and financial

resources to call the “shots” there is no guarantee that you will be at peace with yourself. One lesson I have learned in life; we all work out of The Zone. It doesn’t matter if its athletics, business, dieting and scores of other life activities, we all work from The Zone. Everyday that we get up out of bed, we really don’t know what the day holds for us. We do make resolves on what we are going to do. Many of us have a set agenda. Once you leave the house and hit the freeway, there are may unknown factors out there. On September 1, 2002, my wife Minnie and I were driving up 101 North, headed toward Woodland Hills. It was Labor Day. She had just completed her shift at Cedar Sinai Medical Center. We were discussing where to go to dinner. As we contemplated several possibilities; all of sudden we were sideswiped by a white van, knocked into the next lane where we were hit by a SUV, which knocked us into the next lane where another car hit us and knocked us into a cement divider. Our car hit the cement divider at 55 miles an hour. I could see the cement wall closing in on us. When our car slammed into the divider, the air bag opened and quickly deflated. Minnie was bouncing off the steering wheel like a rubber doll. When the car came to a stop, smoke engulfed the entire car. Minnie yelled, “let’s get out of here”. I was sitting on the passenger side. I tried to open the door, but nothing moved. I pulled the handle and pushed the door with my shoulder, nothing, we were trapped. Just as I was about to get up and see if I could kick the window out, Minnie was pleading, “Lord, help us!” My shoulder accidentally brushed the door as I was getting up and just then I heard a “swish sound” and the door gently opened. You can call it a “miracle”, or you can call it a “coincident”. Whatever you want to call it, that incident is the affirmation and confirmation that there is a Force around us and in us that gives us support in time of challenges. I choose to call that Force God. It really doesn’t matter whether you are a Catholic, a Protestant, Muslim, Jew, Buddhist or Atheist, The Force or God is the unifying force.

It is not enough to be rich, famous and connected. In the final analysis, the question is “Which Zone are you working out of?” If you are working from the FAITH ZONE, your life will have more latitude when your back is against the wall. You will see opportunities in obstacles, projects in problems, strength in weakness and hope in despair. One of the things I have experienced when I work from the Faith Zone; life offers many choices. God has given us the freedom to exercise choices. When we work out of the Faith Zone, our choices are greatly influenced by how deep rooted our faith in God, or The Force. The ultimate challenge is not whether you emerge as a victor in the ring, the octagon or the cage; the ultimate challenge is whether we can emerge a winner in the arena of life. The Faith Zone is the key to victory.

Peace, Leo Fong

THUNDERKICK THE MOVIE UPDATE

Principal photography on the movie Thunderkick is completed. Two days of pick-up shots is scheduled for February 10th. Thunderkick stars Gary Wasniewski, Mel Novak (Game of Death), Michele "The Mouse" Krasnoos, Adam James, Blake Foster (Power Ranger) and Leo Fong, who wrote the script and is also producer of Thunderkick. Thunderkick is directed by Ron Pohnel. Pre-production has begun on the next project. A start up date of March is scheduled. For information on purchasing a DVD of Thunderkick (release date is scheduled for May 1, 2008) contact Leo Fong, Sky Dragon Entertainment Corporation, P.O. Box 7, Woodland Hills, CA 91365-0007.



TRANSFORMED THE MOVIE IS NOW ON DVD

"TRANSFORMED" starring Fred Williamson, Leo Fong, Tadashi Yamashita, George Dillman, Ken Moreno, Dustin Seales, Bill Burch, Kim Dillman, Adam James and scores of other outstanding martial artists is now available for \$19.95 plus \$3.50 for priority mailing. "TRANSFORMED" feature for the first time in a movie the art of pressure point fighting. **Special discount for volume purchase.**

For details contact: Sky Dragon Entertainment, P.O. Box 7, Woodland Hills, CA 91365-0007.

CHI FUNG MIND-BODY FITNESS PROGRAM 1 - DEVELOPING THE CORE

Chi Fung Mind-Body Fitness is now available on DVD. Leo Fong developed this program after injuring his knee and shoulders. After viewing his MRI, doctors recommended surgery for both his shoulder and knee. After days of agonizing reflection, he decided to take the natural route. By deep breathing, visualization, stretching and slow motion movements with lightweights, he was able to gradually strengthen the muscles around both his knee and shoulder. After months of "medicizing" the pain began to subside and he was able to delay surgery. Leo Fong share this program with over 127 seniors six days a week. Many of his constituents are in the late 80s and early 90s. All have health problems from high blood pressure to diabetes. After three years on the program, all of them are healthy; with blood pressure and blood sugar under control. Chi Fung is an excellent program to compliment the martial arts journey. After practicing Chi Fung for five years, Leo Fong has experienced increase in speed and subtle power in his punches. To order the Chi Fung DVD, send \$19.95 plus \$3.50 for priority mail(check or money order) to KOINONIA PRODUCTIONS, P.O. BOX 7, WOODLAND HILLS, CA 91365-0007.

LEO FONG SEMINAR

Sunday, March 9, 2008

Harmony by Karate

Reebok Center

Manhattan, NY

Details Contact: Leo Fong 818-884-7337