



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

April 2010

COPING

There is not a day that passes we do not hear and read about bad news. It seems that life is nothing but a stream of tragedies, disappointments and disasters. Some of the personal tragedies are the results of our own doings. Bad decisions and weak discipline; but most are beyond our control. Someone asked me recently, "How do you cope with tragedies and adversities?" "If there is a God, why does he let these things; like the earthquake in Haiti happen?" I couldn't come up with a plausible answer. What I do believe is this; I do not think God would create an earthquake to take thousands of lives, or any other so called "acts of God". I am not bothered by unanswered questions. What I have found work for me and have given me inner strength is a strong belief in God regardless of what goes on in the world. What I have found is that we have very little control over earthquakes, hurricanes, tornados, untimely deaths, terminal illnesses and etc., but we do have control how we respond and react to these events. This is where martial arts have been an integral part of my journey. Martial arts are a metaphor for living. It teaches me life skills. To be a champion one must be able to transcend an opponent who stands in the way to that championship. To overcome these barriers the participant must develop his body, mind and spirit. Many of us know how to develop a fit body, but how many of us know how to develop a sharp mind, a tough and tender spirit? Many can handle an opponent in the ring or the cage, but how many can handle the challenges that comes in the arena of life? Coping with depression, divorce, addiction, death, temptations and major decisions have destroyed many great competitors. Martial arts challenge us to be true champions by developing inner skills. Physical skills is only the basic level, it is in the inner skills that takes us to a higher level. May the Year of the Tiger bring each of you health, joy, prosperity and happiness.

Peace, Leo Fong

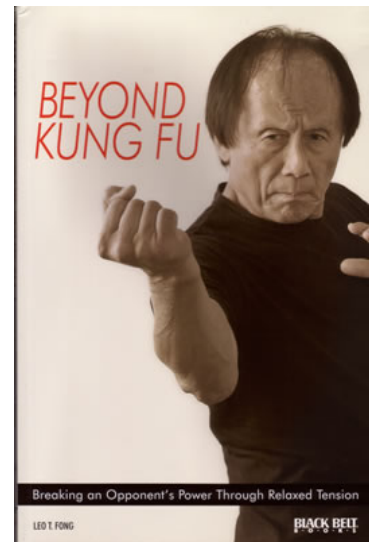
HARMONY BY KARATE

I want to take this opportunity to “Thank” Master John Mirrione for a great weekend in New York recently. Harmony By Karate is unique and special in that the focus of the program goes beyond combat skills; John also focuses on the transforming power of karate. Developing character in a person is just as important as developing combat skills. Some of the comments by the children who attended the seminar were very gratifying. “He is a master of many styles that is energetic and wise” –Gavin. “I really think that I learned a lot from Leo and it was an honor to learn from someone who practiced with Bruce Lee.” –Hunter. “I learned to defend myself by feeling relaxed in the same way! Thank you Leo Fong!” –Georgia. “I learned that it is so important to practice many, many times until you get it well. Trying your best is what counts.” –Sophia. From some of the adults. “Simplicity of movement helps connect you to your inner power.” –Joseph. “Movement plus relaxation plus angles creates being in the present.” –Adam. “I learned your techniques are defense and support not only from physical threats but spiritual and mental stress.” –Oscar. “I learned that from simplicity we continue to discover subtleties of movement. From these finer shades of movement evolves complexity of techniques.” –John.

BEYOND KUNG FU

I have received many positive feedbacks on my book “Beyond Kung Fu: Breaking An Opponent’s Power Through Relaxed Tension.” Several people send emails of appreciation for the emphasis on “relaxation response” to many of life’s tensions. If you have not yet purchased a copy of the book, you can order the book from Black Belt Books by going on-line www.blackbeltmag.com. Or you can order directly from me. Either way I will be glad to autograph the book. The cost is \$16.95 code 505.

You can order autographed copies of the book from Koinonia Production, P.O. Box 7, Woodland Hills, CA 91365-0007. The cost is \$16.95 plus \$3.50 for postage.



THE SECRET

When I first began my martial arts journey after a successful career as an intercollegiate and amateur boxer, I was led to believe that there were many secrets in karate and kung fu. Kung Fu masters would tell me that all teachers will hold back several secret techniques just in case a student decide to challenge the teacher. I trained many years in kung fu with the idea that I will never learned “the secret” because each teacher will take “the secret” to the grave with them. As I became more experienced and began to know each teacher better, I realize there are no secrets. The secret lies in two things: Hard Training and The Ability to Stay Relaxed. Now, after 70 plus year of practice, I realized skill and proficiency comes from daily practice year after year and the ultimate goal is to train the mind and spirit to relax in the face of tense situations.

It is what Dr. Herbert Benson call “The Relaxation Response.” More on this in the next FongLine.