



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

**September / October 2010**

### **SIMPLICITY**

One of the most powerful stories in the Bible is the story of David and Goliath. It is a powerful metaphor for living. It has all the symbolism of inner power that one needs to face and overcome giants in our lives. Here we have Goliath a seasoned warrior who intimidated everyone in the valley. No one dared to face him, much less confront him. Until of course, a little shepherd boy name David. When David decided to go out into the battlefield to face this giant, everyone was concerned especially King Saul. King Saul tried every way to discourage young David. Finally when King Saul realizes David was serious, he offered him his armor. When David put on Saul's armor he stumbles and almost fell. Finally, David decided to do it his own way. The Bible said David went down to the brook and found five smooth stones and put them in his satchel with his sling shot, and proceed to face Goliath. When Goliath saw David he did not know whether to laugh or what. The odds that David would prevail were too overwhelming. Las Vegas would have made David a 100 to 1 underdog. Yet, he had confidence in himself that others in his camp did not realize he had. After some "trash talking" Goliath moved forward to end the fracas and David took out one of the stones in his bag and put it into his sling and wound up and swung. The stone hit Goliath in the forehead and he fell forward. David had defeated a giant.

There are some strong symbolisms in the "Five Smooth Stones." One of them is simplicity. Not only was Goliath big and strong, but he had all the weapons available to him. He had on armor; he had a sword, a javelin and a spear. Yet he succumbed to a simple rock. This part of the story speaks strong and loud to the power of being simple. In martial arts I am often frustrated at some instructors who become so tied up in abstracts and details, it is almost impossible to implement what they are trying to teach in a self-defense situation. How often I have heard other practitioners say, "His toe is pointed a little too far to the left, his elbow is held too close to his ribs and etc." Sometimes I get the feeling that when a teacher gets too complicated, intricate and abstract he may be a little insecure or driven by a big ego. One of the things I have discovered in recent years is the key role the emotional factor plays in life. It doesn't matter if it's martial arts or just dealing with everyday challenges; the ability to feel a certain way determines the choices you make. Not only did David prevail over Goliath because of the Power of Simplicity. He prevailed because he was not intimidated by all the combat garments Goliath had on him. The emotional factor was David's greatest ally. It had nothing to do with pointing his toes in a specific direction or holding his elbows in a certain way. It was simply, as Bruce Lee would say, "Like a voice and an echo." Next month we will discuss the meaning of the second stone in David's little bag. Until then, stay simple and feel good.

*Peace, Leo Fong*

## **UPCOMING SEMINARS**

**Saturday, October 16, 2010** - Chi Fung: Energy for Health Mind and Body in Harmony Seminar. 9:00 AM to 3:00 PM. **Subject covered:** Developing Knockout Chi Power and Chi Power for Health and Healing. This is also a certification seminar for those who want to teach Chi Fung. Chi Fung is a trademark name. **Instructors:** Leo Fong and Dr. Thomas J. Nardi. The location will be Long Island University, Rockland Graduate Campus, 70 Route 340, and Orangeburg, NY 10962. For information call (845) 359-7200.

**Saturday, October 30, 2010** - MODERN ESCRIMA: THE ART OF REVERSING. This seminar will cover countering counters, defending against a leg take down, a forward blast, a neck lock and knee strike and several other deadly disabling techniques. **Instructors:** Leo Fong and Adam James. 9:00 AM to 12:00 Noon. Cost \$25.00. \$20 if registered by October 16th. For details contact Adam James 818-269-4548.

Sky Dragon International and Rainbow Warriors will be conducting a monthly seminar. Each seminar will focus on one aspect of the martial arts. In November the focus is on Footwork and how it can determine the outcome of a fight. Watch for the date and place in the Fongline each month.

## **IN MEMORIAM**

I am saddened by the death of IVAN ROGERS, a martial artists and filmmaker. Ivan is a native of Indiana. We conversed frequently in the 80's when both of us attended the various film markets. He was also a close friend of my good friend Ron Marchini. Ivan leaves a legacy of passion for the martial arts and action films. Like many of us on the outside of the "loop" we made it happened even though we had very little financial backing. Ivan's creative dreams kept him moving forward. He would call me occasionally and discuss another film he was planning to shoot. Yet, the lack of a budget did not stop him from turning dreams into reality. Whenever I feel that something is impossible or when someone tells me it can't be done, I will remember Ivan Rogers. May you rest in peace.

My condolences go to the family of DENNIS TENERINO. Dennis passed away in May, but I did not know that until three weeks ago when I talked to Mrs. Tenerino. Dennis and I shared two common things; he was a born again Christian and had his own ministry and one of his mentors in body building was Bill Pearl. Dennis was "Teenage Mr. America" in his youth. He had a tremendous physique. Bill Pearl helped him in his competitive days. Although I never came close to being a champion body builder, I respected the dedication body builders put into their sport. I did learn a lot from Bill Pearl when I trained at his gym in the 50's in Sacramento. Dennis will always leave an impression in my heart. I will remember his friendliness whenever I saw him at the gym.

I pause to pay tribute to my primary care physician DR. HARVEY CRYSTAL. Dr. Crystal died suddenly four weeks ago. He was my doctor for over 20 years and my wife's doctor for over 30 years. I will always remember him as a very caring physician. He took

his profession very serious. His patients always came first. He was also up to date and current in all of the latest advances in the medical profession. He will be greatly missed, not only by our family but hundreds of patients who call him their doctor.

### **PARTING WORDS**

*Before concluding this Fongline, I want to say this about death; when death comes to our friends and family, down deep we feel that it is the end. The one whom we loved and lived with so many years no longer exist. It is true their physical presence will no longer be within our eye sight but their spiritual presence will touch our hearts. That is what I call spiritual immortality. We often forget that there are other ways to see something; not just with our eyes, but with our feelings and with our hearts. As long as we feel our loved ones and friends in our hearts, they are alive. The key to spiritual vision is in our remembrance. May each day bring you joy and enlightenment. No matter what life brings to you, let it be a time of celebration. Beneath the surface you will always find God's blessing. Obstacles are opportunities in disguises, failures are success turned wrong side out. You get the point !*

### **Sky Dragon International**



[www.skydragonintl.com](http://www.skydragonintl.com)

Will be the producer, publisher, distributor and promoter of many Leo Fong products. In January 2011, Sky Dragon International will promote a Total Martial Arts Challenge. Visit [www.skydragonintl.com](http://www.skydragonintl.com) and watch for announcements on the Sky Dragon International website or in future FongLines. Look for new DVDs and Books in coming months through Sky Dragon International.