

The Fongline

A Cyber Newsletter Published to Inform, Inspire and Instruct



THE ESSENCE

As we move into the Holiday Season, it is so easy to miss the essence, or the reason for the season. It is no different in other areas of life, we get caught up in the process that we forget the essence of what is.

When I was in seminary, my fellow students spend hours, often late into the night arguing about theology. They get so deep and abstract into the subjects, they missed the point. I find this to be true in the martial arts. In the process of discussing the front hand jab, for instance, some writers will go into abstract details about how you should hold your hands, palm up, down, side ways and etc. The front hand jab is a very effective punch, to implement it into action, all you have to do is simply throw it. Keep practicing until you become the jab. Bruce Lee made this comment years ago when he first told me he will call his art Jeet Kune Do, he said, "JKD is merely a label, don't make a big fuss over it." He use the analogy of a man crossing the river in a boat. Once he got to shore, he leaves the boat at the bank, he does not carry it on his back. How often we miss the mark by focusing on secondary things. The essence of Christmas is "The word became flesh and dwelt among us..." It has nothing to do with Black Friday, the chaos at the Mall, getting stone drunk at all the Christmas parties.

The essence of Christmas is about the depth of God's love for ordinary people like you and me that he is willing to send His son to be like us, so we can be like Him. Christmas is a time to turn our despair into hope, our dead ends into new birth. Christmas celebration without embracing the Christ Spirit is an empty gesture. If we want to add purpose, substance and depth to our life, Christmas is the time to embrace the Christ Spirit. May this Holiday Season be a joyous one for you and your family. May 2012 bring you peace, love and happiness.

Leo Fong

IN MEMORIAM

The martial arts community lost two great personalities in the last two months. Grandmasters Ming Lum and Al Novak. I first met Ming Lum in the late 50's when I started Kung Fu at Low Bun's Choy Lay Fut School. Ming was a Kung Fu ambassador. He was the epitome of unity among a very diverse Kung Fu community in San Francisco Chinatown. He was seen and respected at all the different Kung Fu functions. As a neophyte in the art, Ming Lum treated me with respect and friendliness. When I saw him at "The Gathering" in Sacramento in September, he was frail and in poor health. Yet, I am delighted that I was able to connect with Ming one more time before his passing. Ming Lum will always have a special place in my heart. A true Kung Fu warrior.

I met Al Novak in the early 60's at Jimmy Yimm Lee's garage. Al in his prime was big and powerful. Facing Al was like facing a Sherman Tank. For years he trained in Sil Lum Kung Fu under Jimmy Yimm Lee. Later when Bruce Lee introduced Wing Chun to the group, Al began to practice some of the techniques, especially the "forward blast" of Wing Chun. There were a few who had the misfortune of facing Al in a sparring match. His "forward blast" enabled him to run right over his sparring partners. I once wrote an article for a magazine Ron Marchini and I published, "Karate World". I titled the article: "Al Novak: The Merry Old Man of Mayhem." Yet in spite of his strength and killer instinct, Al was a gentle giant. I best remembered him as a very giving person, who will do all he can to help. The California Karate League which Ron Marchini, Joe Meyers and myself started in the early 80's until 1992, would not have been the same without Al Novak's participation in the Chinese Kata competition. His help at each tournament was indispensable. His presence was all inspiring. Down through the years Al and I became close friends. After Ron and I retired from tournament promotions, I lost contact with Al until five years ago when he heard I was doing a seminar in San Francisco, came to see me. An accident

had left him in a wheel chair, yet he was the same old Al. I was saddened by the news that Al had been killed by a hit and run driver. Although he was wheel chair bound and 90 years old, I do believe with his indomitable fighting spirit he would have lived many more years. My prayers are with Ming Lum and Al Novak. I know that God has a special place for these two dedicated warriors.

SPECIAL INVITATION

I extend a special invitation to those of you who live in the area, to celebrate Christmas and New Year with us at the Chatsworth United Methodist Church, 10824 Topanga Canyon Blvd. Chatsworth, CA. The service will start on Christmas Day, December 25th at 10:00 AM. Great music and warm fellowship. I will be speaking on the subject: "THE ESSENCE OF CHRISTMAS." On New Years Day, January 1, 2012, I will be speaking on the subject: "THERE ARE NO SAD ENDINGS, ONLY NEW BEGINNINGS." Service starts at 10:00 AM.

A great way to start off the New Year: by affirming our faith in an Almighty God. One of the things I have learned down through the years; a faith based life may not protect you from the harsh realities of life, but what it does is to empower you in such a way that whatever life brings, you can turn it into an advantage. It takes the fear factor out of living.

PRINCIPAL PHOTOGRAPHY COMPLETED

We take this opportunity to "Thank" all who help with the filming of the movie/television pilot: "East of West: Kali Sticks of Death", starring Adam James, Lee Lollo, Yi Tian, Dayton Emerson and Jason James. Directed by Leo Fong. The footage will be shipped to Japan where Bong will do the editing.

The second project completed is "Sensei John", starring John Mirrione, Bennett Annan, Jr. and Donny Pritt. Story by John Mirrione, Screenplay by Leo Fong. Directed by Leo Fong.

The third project "The Mute Executioner" starring Linda Bustamante Daryl Kane, James Kilabrew, Marc Hicks and Shaun Newmarch. Written and Directed By Leo Fong.



The cast of the television pilot "EAST OF WEST."

CHI FUNG





The mind-body-spirit fitness program is gaining in popularity. First timers who come to “try it out” are quickly impressed with the results of the program. The entire program is based on the acronym R.S.V.P. Relax, Slow motion movements, Visualize results and Pause between movements. We congratulate the following who have been certified in teaching Chi Fung. Klein Buen, Barry Bostain, Cesar Chaparro, Emanuel Cruz, Lee Lollo, Christopher Pintor and Anthony Vining, Jr. Chi Fung had its first class in 2000 starting with three people. Today over 148 people, from ages 70 to 101 participate in the weekly classes in 7 different locations. Inez Harris, age 101, with her twin sister, was on “The Doctors” program recently. When asked about exercise, she did some movements from her weekly Chi Fung program.

SEMINAR IN THE PARK

Will resume on Saturday, January 7, 2012. The cost is \$25 at the “door”. Pre-paid is only \$20. The seminary will cover the Essence of WKD, which will include Footwork, Attack by Combinations, Attack by Angles, and many attributes that will help you to hit without getting hit. The location is Warner Ranch Park, on Califa and Topanga Canyon Blvd. in Woodland Hills.

CHI FUNG Mind Body Fitness



What is Chi Fung? Chi Fung is a mind-body fitness program found by Leo Fong to address to some of his own health issues over ten years ago. The program is based on Tai Chi and Chi Kung principles. It is different from the traditional inner arts in that Chi Fung uses light dumbbells for its exercise movements. After ten years, the program has proven to be valuable in managing stress, lowering glucose and blood pressure. The essence of the program is based on the acronym R.S.V.P., total relaxation during the performance of the exercise, slow motion movements and slow deep breathing, visualize results during the movements and pause between the beginning of the movement and the completion of the movement.

For information on certification, contact Adam James, (818) 269-4548.

A DVD of Chi Fung is now available for \$29.95 which includes priority mailing from

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P.O. Box 7
Woodland Hills, CA. 91365-0007