



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

**September 2011**

### **THE KINGDOM WITHIN**

Oscar Wilde once said to the effect, "Imitation is the greatest form of flattery." Imitation may be flattering to the one being imitated, but it does no justice to the one who is doing the imitating. In the last three years traveling to various parts of the country and the world doing seminars, I never imagined so many Jeet Kune Do schools and people teaching the art of Jeet Kune Do. Having been with Bruce Lee himself for over 12 years, I still see the images of how he moves and the content of his conversations. Bruce Lee is not only wise and knowledgeable for his young age; when he executes a kick or a punch, you can see the inner content of that technique. He literally became the kick or the punch. I do not see that in many of the so called "Jeet Kune Do Experts" of today. It seems just about anybody will go around claiming they are JKD experts teaching Bruce Lee's art. What I see are people doing movements mimicking Bruce Lee. They put on seminars and advertise under the guise that they are teaching the true art of JKD/Jun Fan Gung Fu. It is not my intention to "trash" anyone; truth will emerge sooner or later. A person can live in a delusional state just so long until reality sets in. The point I want to make is this; when we spend our life imitating people we admire, we take away from whom God intend for us to be.

In the Gospel of Luke, Jesus was confronted by the Pharisees. They were wondering when the Kingdom of God was arriving. Jesus said to the Pharisees, "The Kingdom of God does not come in such a way as to be seen. No one will say Look, here it is! There it is! Because the Kingdom of God in within you." In other words each one of us is born with specific and unique potentials that are innately ours. To spend valuable years trying to be somebody else is impeding our own growth. Bruce Lee said to me years ago, and he was making the same point I am trying to make in this FongLine; He said (I still have that letter); "Some people are riding a horse looking for the horse." Nothing is more powerful than spending our efforts developing the KINGDOM WITHIN. Famous Amos the Chocolate Chip Cookie King once said "Life is an inside job!" That is where real, authentic, efficient and proficient martial arts skills come from; it comes from the Kingdom Within. No doubt Bruce Lee is an Icon, a Legend and he is an inspiration to millions of people; including me, but my admiration, love and respect for Bruce drives me to find ways to develop the KING WITHIN. Remember Bruce Lee may be imitated, but he will never be duplicated! Imitation is never better than the original. God made only one Bruce Lee. God made only One You! So seek the Kingdom Within. Don't look for "A horse on a horse."

*Peace, Leo Fong*

## CONGRATULATIONS

Congratulations; is in order for the following instructors who have been Certified to teach the Art of Chi Fung. Lee Lollo, a Wei Kuen Do and Filipino Martial Arts practitioner. Lee is conducting Chi Fung class on Sunday mornings at 11:00 AM in Oxnard, California. Eric Jue, is a Filipino Martial Arts practitioner who will start a class soon in South Bay. Barry Bostain, a Non-Classical Gung Fu and Wei Kuen Do practitioner will be starting a class in Seattle, WA in late Fall.

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 it 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. Over 148 people from the age of 65 to 101, practice Chi Fung in 5 locations each week. 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  
KOINONIA PRODUCTIONS  
P.O. Box 7  
Woodland Hills, CA. 91365-0007



## SEMINARS

The Seminar in the Park series continues each month, the next seminar will be held on Saturday, October 22, 2011. This will be a Chi Fung certification seminar, plus focus on developing Knockout Chi Power. For information contact Adam James (818) 269-4548.

Leo Fong will be one of the key instructors at George Dillman's October Training Camp. The camp will be held on October 14-16. The focus will be on **PRESSURE POINT KNOCKOUT BOXING**. For information contact Dillman's Karate International. Check his website: **www.dillman.com**

George Dillman's newest book on Pressure Point is now available. If you want to further your knowledge of Pressure Point Fighting, this book is the one to buy. Knowledge of Pressure Point Fighting will enhance your martial arts knockout skills, no matter what system you practice. Mr. Dillman is considered the "Father of Pressure Point Fighting". He is member of the Black Belt Magazine Hall of Fame, and accorded many honors for his research and development in Pressure Point Fighting. His organization DKI (Dillman Karate International) claims a membership of over 100,000 members around the world.



Robert Garcia Boxing Gym, Oxnard, CA.  
Home of Welterweight Champion Brandon Rios and  
Ninito Donaire Bantamweight Champion  
(The great left hook).