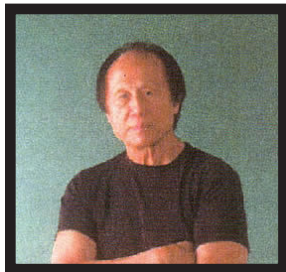


# The Fongline

*A Cyber Newsletter Published to Inform, Inspire and Instruct*

## FAITH



When I was a Social Worker in the 70's for San Joaquin County in Stockton, California; One day I had to visit a client who was housed in the psych-ward at the Mental Health Facility. As I was walking to the room of my client, a resident of the facility start following me, he kept saying to me "I am Jesus Christ !" He kept following me and kept repeating "I am Jesus Christ !" I knew he would not go away unless I acknowledged him. So I said, "Sure, I understand. You are Jesus Christ." I kept walking and he turned around and disappeared. Mental Health Professionals, I am sure declared that man "mentally ill". Yet as I thought about it, in his own mind, he was convinced he was Jesus

Christ; which brings me to this important point; there are a lot of things in life that we cannot touch, smell or see, yet they do exist. When our belief is strong and unrelenting; that which others cannot see, touch or smell, exist in our minds. This is the power of Faith. Faith makes it real to the person whose belief system is strong. This is why we refer to Christianity as our Christian Faith. To the sick woman who touched his garment, Jesus said, "Your faith has made you well."

To the fearful disciplines on a boat that encountered a storm, after Jesus had stilled the storm and calmed the waves he asked, "What happened to your faith?" Faith is what activates the unseen force of the Holy Spirit. Someone said, "What the mind can conceive and believe and act upon; it can achieve." There are a lot of things in life that exist beyond the five senses, only a strong faith can turn the unseen into reality. When these things happen, we call it a "miracle." This leads me to my main point in this issue of FongLine; the death of our friends and colleagues in the martial arts. In recent months several outstanding people we know have died. In the JKD community; Ted Wong a few years ago, Howard Williams, Jerry Poteet and recently Jesse Glover. Most people accept the fact these people and others who died are gone forever. They leave a legacy of deeds, teachings and influence on those whom they have affected. As a Christian I believe that death is a transition from one life to the next; from a physical body to a spiritual presence. They are with us in spirit as they were in physical body. What makes this real is remembrance. As long as we remember them and let the positive qualities they exuded become a part of us, that person will always live. Bruce Lee died 39 years ago; yet there is not a day I do not remember Bruce. There are moments when I see his image as real as the physical person.

It is same with my parents, my sister May and scores of other people who meant much to me. Remembrance enables that to happen. The three most powerful forces in the Universe are: Faith, Love and Hope. With Faith, all things are possible, there are no boundaries, no limitations. Whether its martial arts or overcoming life challenges or seeking to succeed in life's endeavors, Faith is the key !

*Leo Fong*

# The Queen Mary Legacy Martial Arts Seminar

Long Beach, California

July 14, 2012

I want to take this opportunity to thank, Grandmaster Darren Tibon, for producing an amazing event. The seminar brought together a diverse group of martial artists that share freely their approach to developing traditional and non-traditional skills. The friendliness and the camaraderie among those attended were what we needed in a very diverse martial arts world. Often we have a tendency to “trash talk” those who are not of the same system or style. I was impressed with the spirit of sharing and respect for one another. Often these gatherings are not about the best way to beat someone or my style is better than yours and etc. The essence of these gatherings is a venue for unity in diversity. A mutual respect for each others abilities and skills. I was humbled by the opportunity to share our own Wei Kuen Do journey with those in the Filipino martial arts.

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Arriving at the Queen Mary

Leo and Adam James demonstrating



Explaining the concept of Wei Kuen Do



Leo Fong and Adam James present  
**THE SKY DRAGON INTERNATIONAL  
FESTIVAL OF INTEGRATED MARTIAL ARTS**  
August 10th, 11th, and 12th Woodland Hills (Los Angeles Area), California

**Seminars and Comprehensive Training on:**

**Wei Kuen Do:** The Psycho Dynamic Art of Free Fighting - Leo Fong's Martial Arts System - Founded in 1976 - Integrating Boxing, Kung Fu, FMA, and Jeet Kune Do - The Martial Art of Leo Fong's close friend and training partner, Bruce Lee - Taking JKD Principles and martial arts into a new level

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**Instructors:**

**Adam James** - Founder of Rainbow Warrior Martial Arts. Chief Instructor and Successor of Wei Kuen Do, Chi Fung, and Modern Escrima under Leo Fong. Highest Black Belt possible in Kempo, Karate, Jujitsu and Kobudo (Okinawan Weapons) under Professor Michael Dela Vega. Instructor of MMA, Muay Thai kickboxing, boxing, and wrestling. Author of numerous articles for Black Belt Magazine and Master Magazine. Actor in "Under Siege" with Steven Seagal.

**Leo Fong** - Founder of Sky Dragon International, Wei Kuen Do: The Psycho Dynamic Art of Free Fighting, Chi Fung, and Modern Escrima. Inducted into the Black Belt Magazine Hall of Fame. Author of "Beyond Kung Fu", "Wei Kuen Do", "Knockout Punching", "Winning Strategies for Kung Fu and Karate", "Sil Lum Kung Fu", "Power Training for Kung Fu and Karate", and many more. Star of International Action Films "Kill Point", "Low Blow", "Murder in the Orient", and many others. Close friend and training partner of Remy Presas (Founder of Modern Arnis), Angel Cabaes (Founder of Serrada Escrima), Ron Marchini (Legendary Karate Fighter), George Dillman (Pressure Point Knock Out Expert), and Bruce Lee (Founder of Jeet Kune Do and International Martial Arts Legend).

**With Special Guest Masters from throughout the world wide martial arts community**

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**Sky Dragon Awards Banquet on Sunday Night, August 12th**

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**To register or for more information call (818) 269-4548**

**www.skydragonintl.com, www.leotfong.com, or www.rainbowwarriormartialarts.com**

**For Details Contact: Adam James (818) 269-4548**

## 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.

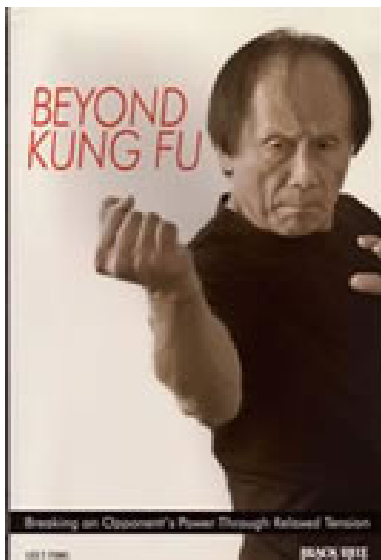
For information on certification, contact Adam James, (818) 269-4548.

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

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

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## Beyond Kung Fu



“Beyond Kung Fu: Breaking an Opponent's Power Through Relaxed Tension” continues to sell at a brisk pace. There have been many positive feedbacks. The book focuses on one common denominator that enhances proficiency in performance; relaxed-focus. The ability to relax in the midst of intense competition, conflict and confrontation is the key to winning. Far too many people practice and drill martial arts technical skills but in a tense situation tighten up and fail to implement what has been practiced year after year. Developing a “relaxation response” is much easier said than done. Beyond Kung Fu will teach you how to remain relaxed in all tense situations. The book is available through Black Belt Books.

You can order autographed copies of the book from:

Sky Dragon Entertainment Corp.,  
P.O. Box 7, Woodland Hills, CA. 91365-0007  
The cost is \$16.95 plus \$3.50 for postage.

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## Transformed the Movie



“TRANSFORMED” the movie produced by Leo Fong, starring Fred Williamson, Tadashi Yamashita, George Dillman, Dustin Seale and scores of martial artists is now available on DVD. Master Dillman demonstrated his Pressure Point art in the movie. He actually knocked out two of his students with pressure point strikes in the movie. The director had to call “cut!” quickly so the two students could be revived. You can purchase copies of the movie by send a check or MO for \$19.95 to:

Sky Dragon Entertainment Corp.  
P.O. Box 7, Woodland Hills, CA 91365-0007  
The cost includes postage and handling.