

FMA

Informative

Propagating the Filipino Martial Arts and the Culture of the Philippines

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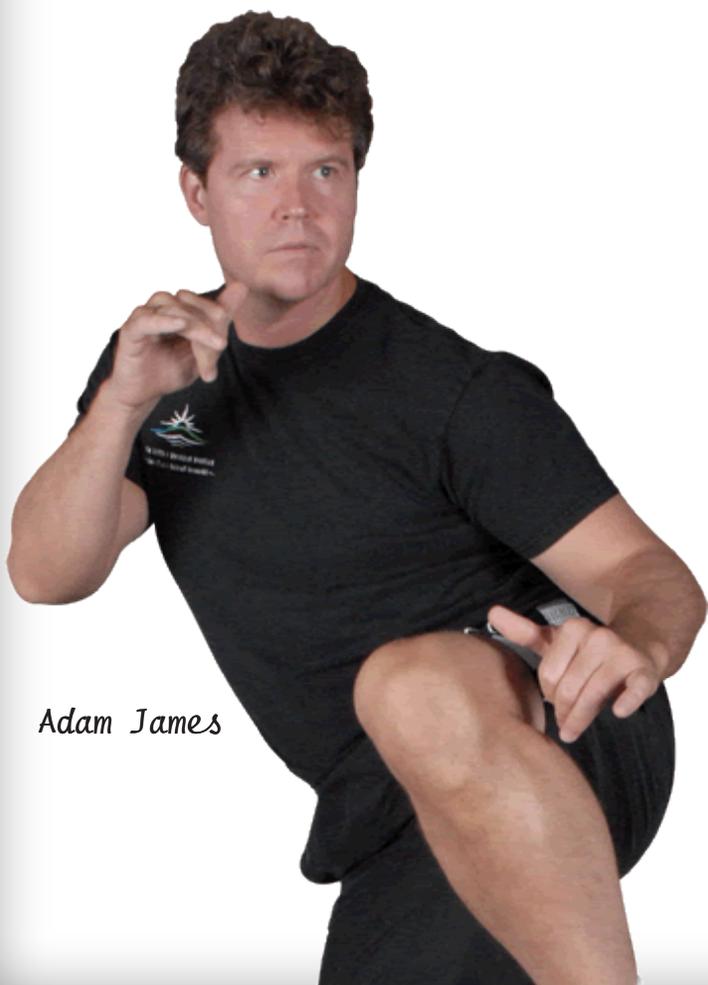
Sky Dragon International

Presents: Festival of Integrated Martial Arts

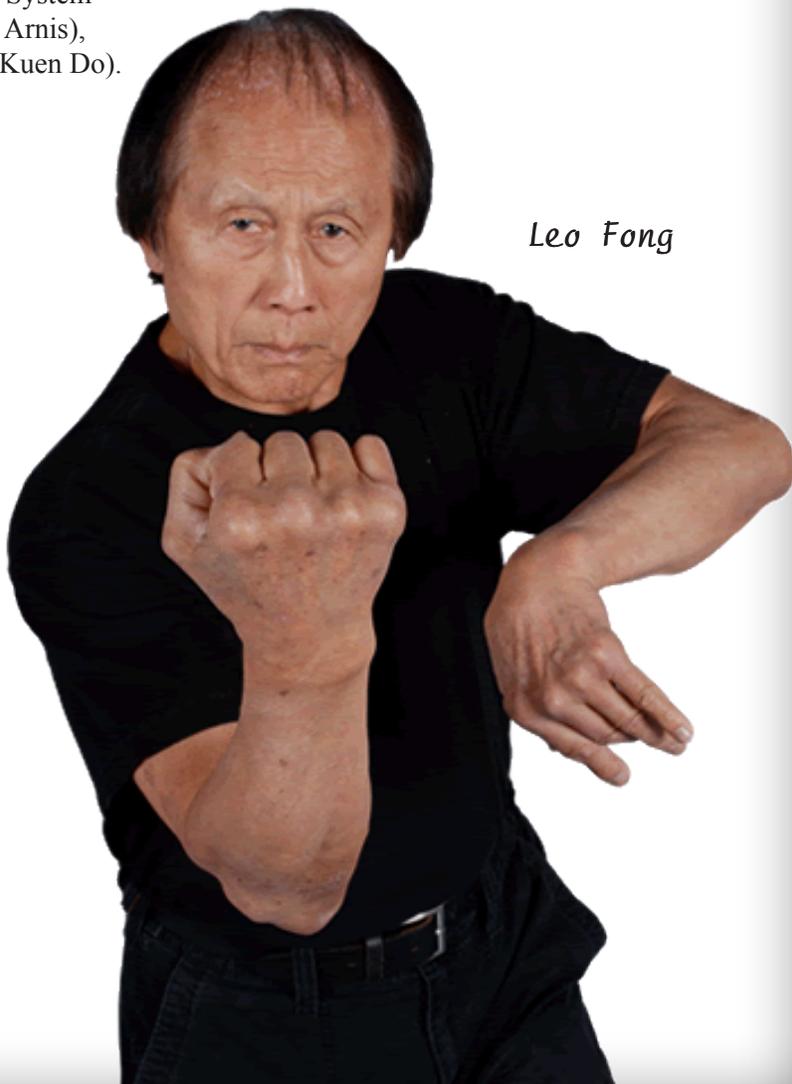
Wei Kuen Do: The Psycho Dynamic Art of Free Fighting - Leo Fong's martial arts system Founded in 1976. Integrating Boxing, Kung Fu, Filipino martial arts and Jeet Kuen Do, the martial art of Leo Fong's close friend and training partner.

Chi Fung: Total Health Training System - Combines Tai Chi / Chi Gung Principles with Weight Training and Deep Breathing.

Modern Escrima: The Integrated Filipino martial arts System - Incorporating the teachings of Remy Presas (Modern Arnis), Angel Cabaes (Serrada Escrima), and Leo Fong (Wei Kuen Do).



Adam James



Leo Fong

Senior Student Adam James
Festival of Integrated Martial Arts

Friday
Saturday
Sunday

Comments

Event Tribute

A Final Word From Leo Fong

Photos Contributed By: Klein Buen, Lee Lollo, and Ismael Bong Tumaru-Fong



Sky Dragon International

www.skydragonintl.com

Each issue features practitioners of martial arts and other internal arts, other features include historical, theoretical and technical articles; reflections, Filipino martial arts, healing arts, the culture of the Philippines and other related subjects.

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The Sky Dragon International Festival of Integrated Martial Arts was held from August 10 through 12, 2012. This was an event that if you missed it you missed one knowledgeable experience. The FMA Informative would like to thank Mr. Adam James in coordinating and submitting the material in this issue.

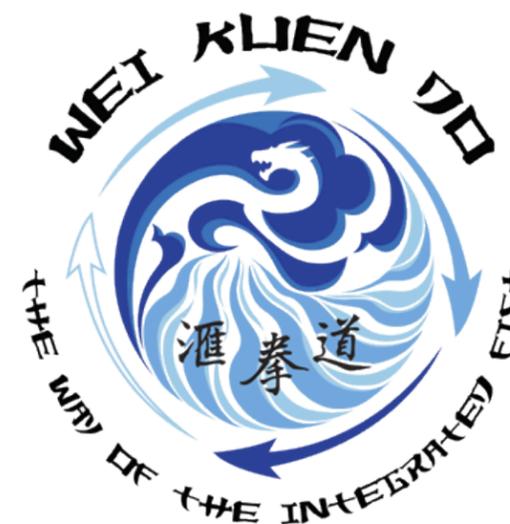
Basically, Leo Fong and his senior student Adam James shared the aspects of Wei Kuen Do: the Psychodynamic Art of Free Fighting - Leo Fong's martial arts system founded in 1976. Integrating Boxing, Kung Fu, Filipino martial arts and Jeet Kuen Do, the martial art of Leo Fong's close friend and training partner Bruce Lee. Taking JKD Principles and martial arts to a new level. Chi Fung: Total Health Training System - Combines Tai Chi/Chi Gung Principles with Weight Training and Deep Breathing. And Modern Escrima: the Integrated Filipino martial arts System - Incorporating the teachings of Remy Presas (Modern Arnis), Angel Cabales (Serrada Escrima), and Leo Fong (Wei Kuen Do). With an Awards Banquet on the evening of the 12th.

Of course the primary instructors were:

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

- **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.

However, as the event proceeded other top notch instructors that attended were asked to share their knowledge and skills, making this event a most memorable and educational experience of the year.



www.leotfong.com



Rainbow Warrior Martial Arts

www.rainbowwarriormartialarts.com

First the FMA Informative would like to start with a thought from Leo Fong's senior student, Adam James.



I first met Leo Fong at the Warner Center Club in Woodland Hills, California in 1993. I had moved to the mainland to open schools for Hawaii Shin Kan and pursue my career goals as a writer and actor. I was working at the Warner Center Club as a personal trainer and teaching martial arts. When Leo and I met, we immediately hit it off and became friends as well as business associates. We started working on a television show concept and producing the show. Then over the years we started training together and I've been very fortunate to assist him in the changes and developments he's made to his original style of Wei Kuen Do as well as the creation of his new style Chi Fung.

Leo created Wei Kuen Do in the early 1970s and wrote a book on it called "Wei Kuen Do: the Psycho-Dynamic Art of Free Fighting." In the book, he describes the physical, mental and spiritual aspects of the style. He showed how to use the boxing punches with Korean style kicking,

grappling and an emphasis on mobile, free fighting. It was one of the first books ever written on an eclectic approach to the martial arts and it contains the framework of the style to this day. However, Leo developed an amazing set of combinations and training drills after a spiritual experience that changed the course of his life.

During this time, we were training on an almost daily basis and each time we would get together, he would have a new combination or subtle adjustment to work on. Over the years, the sets were created and perfected. Wei Kuen Do is a free fighting style that combines boxing punches, street fighting kicks, and grappling with the energy and sensitivity of Kung Fu, the footwork of Escrima and the principles of Jeet Kune Do. Then in the last ten years, Leo also began to work on an entirely new exercise program that combines weight training with Tai Chi and Chi Kung movements and deep breathing. The result is a program called Chi Fung that develops subtle strength, Chi energy and compliments the Wei Kung Do techniques. Wei Kuen Do is a unique martial arts system that combines the principles of [such ancient arts as Shaolin and Wing Chun] Kung Fu with the physical structure and spontaneous explosiveness of western boxing. Also, Leo has taken the principles of his friend Bruce Lee's Jeet Kune Do and given them new life and energy. He has gone deeper into these principles and created specific combinations and techniques that allow the practitioner to bring these skills to full development. Leo likes to

point out the four stages of martial arts skill:

- 1 – Developing the tools (learning the techniques);
- 2 – Polishing the tools (perfecting the techniques);
- 3 – Dissolving the tools (eliminating rudimentary execution of the techniques);
- 4 – Expressing the tools (spontaneous and natural execution of the techniques).

To accomplish this, Leo created the Five F's for training – Form, Footwork, Flow, Feeling and Freedom.

The basic skills of Wei Kuen Do are simple but take great devotion to go to a higher level of ability. They are the basic strikes of boxing – the jab, hook, cross and upper cut as well as the light, quick and explosive footwork he has gleaned from boxing, Kung Fu, JKD and FMA. Also, there are some basic kicks, joint locks, chokes, etc but the most important skill is relaxed focus – the ability to move quickly and adjust to the opponent. Wei Kuen Do can also be defined as the Art of Detachment, which has physical, mental and spiritual implications. We believe in keeping distance physically and moving laterally to create angles and striking opportunities. We also believe in remaining mentally detached from the feeling of anger and staying poised. And finally we believe in remaining spiritually detached from the material world and keeping ourselves focused on God and the higher calling.

Wei Kuen Do is a combat martial art and is ideal for pure

self-defense and street fighting, but it is also extremely effective for a no-holds-barred contest. As with any sport, the ultimate test of the athlete is contained within them. They have to have that inner fortitude, character and will power to be great. So in other words, everyone is different and it is the individual that will determine their success not the martial arts style. At the same time, certain skills will naturally lend themselves to success in this sport and Wei Kuen Do will specifically enhance these skills. This is true for the physical, mental and spiritual levels of MMA.

Physically, the Wei Kuen Do strategy will be to maintain distance with footwork and lateral movement and then use the striking skills to get the victory. The basic tools of Wei Kuen Do are the boxing punches used as a martial art so it is a perfect match. Also, using the footwork and lateral movement to avoid takedowns like a running back avoids being tackled on the football field. And when it does go to the ground, use the basic chokes, arm bars and other joint locks if necessary, but more importantly for our strategy, use the relaxed free flowing approach to get up and back to the striking.

The mental training of Wei Kuen Do will teach the practitioner the skills of the winning – to be relaxed, focused, believe in themselves and use fight strategy. Then as for the spiritual side, we believe in keeping it all in perspective so that you can be victorious with class and if you lose, then go through the process of self examination to find the reason why and improve yourself. And to not become dejected for losing

but bounce back mentally and physically.

Leo once shared with me an experience that he had with Bruce Lee that changed his life and then, this in turn has impacted me: *Leo told me that when he met Bruce, he was already an accomplished boxer, having boxed in the Golden Gloves and AAU Championships, and was still boxing with the Sacramento State Boxing team. He was also training in a variety of martial arts styles – he had a black belt in Moo Duk Kwan/Tang Soo Do, he was training in Judo/Jujitsu, training in Choy Lay Fut Kung Fu with Low Bun, in Sil Lum (Shaolin) Kung Fu with T.Y. Wong and also training with Bruce and Jimmy Lee in Wing Chun Kung Fu and the beginnings of Jeet Kune Do.*

Then one evening, Leo and Bruce were hanging out together and Bruce asked Leo, "Why are you running all over town training in all of these styles?" Leo replied, "I'm looking for the ultimate. And Bruce said, "The ultimate is inside of you." Immediately, Leo felt a moment of inspiration because it reminded him of the verse in the Bible that "The Kingdom of God is within you."

The philosophical implications were grand because it suggested that the knowledge of martial arts are inherently and intuitively inside you and that another person can not teach you how to know your own truth. Bruce also went on to explain the physical aspects of his view and that Leo had the ultimate already. Bruce said that with the boxing skills Leo already possessed and the kicks of the Korean style, the grappling from Judo/Jujitsu and now the trapping from Wing Chun that was all a man needs. These

words influenced Leo's life journey as a man, a minister and obviously as a martial artist and then in turn this has been a lantern to my path.

The great thing about what he's created with Wei Kuen Do over the last ten years is that he's mapped out very specific combinations and training systems. I will always adhere to the parameters of the curriculum but at the same time, Leo has always emphasized a training approach that allows for personal self-expression and self-discovery. We believe that there is a specific way to develop the tools and engender the quick, relaxed and explosive techniques of Wei Kuen Do, however, we also encourage each practitioner to develop their own personal approach to applying those skills. Everyone has certain physical characteristics that naturally lend themselves to particular techniques and it's only common sense to employ those specific skills. At the same time, every opponent we face and every situation that a confrontation may occur will be different and therefore we must adjust even our own personal approach to the circumstances of the moment.

Leo has always emphasized that the path of Wei Kuen Do is a journey of self-discovery and to trust my intuition. He has set up the system to allow each person to find their personal path while developing the specific skills that are inherent to Wei Kuen Do – such as lightness, explosiveness, maintaining distance and a good jab. As for transcending technique, that is the basis of everything that he teaches. So many martial artists want to learn the next technique and then pride themselves on knowing hundreds if not thousands

of them, but the problem is that they don't know one of them to the deepest level. Leo believes that it is better to know how to take one technique and make it work in a thousand ways, then it is to know a thousand techniques.

I'm excited about the future and looking forward to new and wonderful accomplishments for

my country, the world and myself. As a writer, actor and filmmaker, I want to create some terrific books and movies that will influence the lives of others and have a positive impact on the world. With my organization, Rainbow Warrior Martial Arts, I want to share the lessons I've learned from Leo Fong and Mike Dela Vega

and all of the other great martial artists that I've been fortunate to know, as well as the message of the Rainbow Warrior from Native American and Hawaiian legends. And as a family man, I'm looking forward to seeing my boy grow up and become a great man and accomplish whatever he is inspired to do in life.

On August 10th through the 12th 2012, Leo Fong and Adam James conducted a special training event in Woodland Hills, CA. entitled the Sky Dragon International Festival of Integrated Martial Arts. The event included seminars each day in Wei Kuen Do (the Way of the Integrated Fist), Chi Fung (strength and energy training through deep breathing and weight lifting), and Modern Escrima (weapons training). Top martial artists from all over the world and the United States of America attended the event including, New Zealand, Germany, Texas, Pennsylvania, and California. Everyone who attended received a Wei Kuen Do T-shirt, an event manual, and a DVD of the Wei Kuen Do Angles of Attack Combinations. The following is a brief description of the event each day.

Friday August 10, 2012

8:00 am: Woodland Hills, CA, Introduction and Orientation: Everyone met at the Warner Center Park next to the Marriott Woodland Hills, the event's home base. After an introduction and orientation talk by Leo Fong and Adam James, all of the martial artists climbed into four SUVs for the event and drove to Japanese American Cultural Center in Arleta, CA.

10:00 - 11:00: Chi Fung training led by Leo Fong at the Judo Training Hall. Chi Fung is a unique strength training system created by Leo Fong and combines deep breathing, weight lifting, calisthenics and Tai Chi/Chi Gong principles. Leo Fong teaches Chi Fung all over Los Angeles five days a week, and his students range in age from 13 years old to 101 year young. One of the goals for everyone attending the event was to get certified as a Chi Fung Instructor and then to start teaching a class in their area of the world.

11:00 - 12:00: Wei Kuen Do training led by Adam James. Wei Kuen Do means the Way of the Integrated Fist, and the training consisted of an introduction to the Angles of Attack Combinations and the Focus Sticks. Another goal of the event was for participants to get certified as a Wei Kuen Do Instructor. To qualify, people must be able to perform the Angles of Attack combinations, explain the meaning of the name Wei Kuen Do, tell about the history of the system and founder and also articulate about the Four Levels of Development and the Five F's (Footwork, Form, Flow, Feel, and Freedom).



12:00 - 3:00: Lunch and martial arts discussion at the Westfield Topanga Mall in Woodland Hills.

Everyone went to the mall food court in the beautiful Westfield Mall. This upscale mall offers numerous choices for lunch and then everyone sat together to further discuss the training event.

3:00 - 6:00: Wei Kuen Do Training at the Reseda United Methodist Church. The afternoon training was scheduled for the Warner Center Park next to the Marriott Woodland Hills, but with temperatures reaching 110 degrees, it was decided to go to the hall at the nearby church. Leo Fong worked at polishing the tools in the



7:00 - 9:00: Dinner and martial arts discussion at the Westfield Topanga Mall in Woodland Hills. After getting cleaned up at their hotel or home, everyone met once again at the mall foodcourt for dinner and more intellectual training. Topics included: the Bruce Lee and Leo Fong connection, boxing, MMA, the history of Wei Kuen Do and reviewing the day's training as well as the next day's plans.

Angles of Attack - the jab, the cross, the hook, and the uppercut. Next, Adam James trained everyone in the Angles of Attack combinations. It was explained that the goal for the weekend event was for everyone learn the Angles of Attack combinations and to work on the Four Stages of Development - 1: Developing the Tools; 2: Polishing the Tools; 3: Dissolving the Tools; and 4: Expressing the Tools.



Front Row: Eric Jue, Ava Strong, Anthony Vining, Jr, Lance Strong, Edgard Solano
Back Row: Cesar Chaparro, Adam James, Freddy Fleischmann, Jason James, Leo Fong, Brooks Long, Klein Buen, Shane Richards, Shaun Newmarch, Lee Lollo, Linda Bustamante

Saturday August 11th

8:00 - 9:30: Wei Kuen Do Training at Warner Center Park. Adam James reviewed the Angles of Attack combinations and also introduced everyone to the Circles of Destruction combinations. The Angles of Attack are the offensive tools and techniques of Wei Kuen Do and the Circles of Destruction are the defensive and countering combinations. The Angles of Attack can also be dissolved and expressed as defensive combinations and counters, and they offer a plethora of possibilities.

10:00 - 11:00: Chi Fung training led by Leo Fong at Woodland Hills United Methodist Church. The first Chi Fung class at the Japanese American Cultural Center was standing Chi Fung, with additional floor work training. The second Chi Fung class at the Woodland Hills UMC was seated Chi Fung, and involved doing the training from a chair.

11:00 - 12:00 Wei Kuen Do training led by Adam James at Woodland Hills UMC, focusing on the Circles of Destruction. The students had a chance to go over all of the combinations and practice them with the Focus Sticks. The Focus Sticks are a special training tool developed by Leo Fong and Adam James, and they offer several advantages of the traditional focus pads/mitts. Most people tighten up and telegraph when they punch, and focus mitts makes them tighten and telegraph more. The Focus Sticks are small targets so people tend to relax and strike with better technique because they have to focus to hit them. Also, the Focus Sticks are hard and condition the hands, but they do it in a live, free fighting, spontaneous environment. However, the main advantage of the Focus Sticks is that the person holding the sticks can strike at the practitioner and help them develop their defensive skills and spontaneous counter strikes. The Circles of Destruction training helped the people attending the event learn more about how to use the Focus Sticks and improve their Free Fighting.

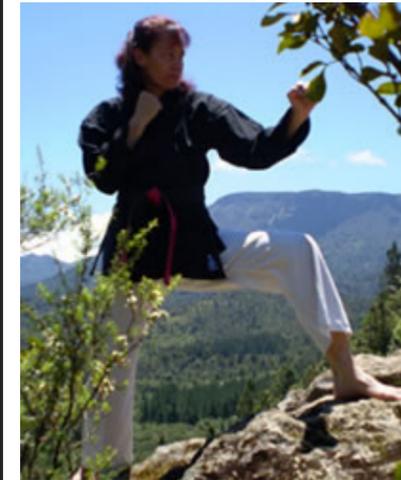


12:00 - 2:30: Lunch and martial arts discussion at the Dragon King Chinese Restaurant in Woodland Hills. Bruce Lee loved to take his students to a Chinese restaurant, so in his honor, the event lunch was held at the Dragon King. With the televisions turned on the Olympics, people also watched basketball and boxing while discussing the cross training connection to Wei Kuen Do.



2:30 - 3:30: Special Guest seminar by Lance Strong from New Zealand at the Woodland Hills UMC. Lance Strong is an 8th Degree Black Belt from George Dillman, Wally Jay, Remy Presas, and Leo Fong, and he taught a seminar on analyzing and utilizing techniques for stand up grappling and pressure points. Lance was accompanied by his wife Ava Strong, also a master instructor, and by his black belt Shane Richards. The seminar curriculum from Lance fit perfectly into the Wei Kuen Do principles of the Art of Detachment and maintaining the Strike Zone.

Ava Strong - 7th Degree Black Belt



- Trained, studied and instructed the martial arts for 30 years.
- 2009 Awarded 7th Degree Black Belt and Grandmasters title by Grandmaster Leo Fong, Grandmaster Lance Strong, and the KRMA Masters Board.
- 1996 Awarded 6th Degree Black Belt by a panel of Grandmasters in Reading Pennsylvania

USA,

- Highest Ranked woman in Kiaido Ryu Martial Arts International
- Highest ranked woman in Dillman Karate International outside of the USA.
- NZ Qualified Aerobics Instructor
- Senior KRMA Cardio Kickboxing Instructor
- Former Martial Arts Stunt Double for Xena Warrior Princess and Stunt person on numerous TV and Movie Projects including "The Last Samurai."
- Extensive experience in corporate management and systems in NZ and USA

Ava has long had a concern about the levels of violence against women and children. She is therefore very active teaching children's martial arts classes, and running Women's Self Defence classes. The emphasis in Ava's women's classes is to teach techniques, strategies, and tactics that are realistic and that the women can have faith in.

"Every technique must work under pressure and enable any woman to survive a serious confrontation."

A former Team Leader for Toyota NZ for 11 Years Ava is trained in Quality Management, and Leadership and Personal Development Training, Ava is also facilitator of the self development course called "Warriors Wisdom."

Lance Strong - 8th Degree Black Belt



- Trained in the Martial Arts for 54 years and a Martial Arts Instructor for 30 Years
- Established 18 KRMA schools in NZ, and also schools in UK and Australia.
- Since 1990 lived, worked, and trained extensively in the USA with world renowned Grandmasters Leo Fong, George Dillman, Prof Wally Jay, and Prof Remy Presas
- 2005 Awarded 8th Degree Black Belt by Grandmaster Leo Fong and the KRMA Masters Board
- 1996 Awarded 7th Degree Black Belt and Grandmaster title in USA by Prof Wally Jay, Prof Remy Presas, Grandmaster Leo Fong, and Grandmaster George Dillman
- TV Stunt Choreographer and Martial Arts Weapons expert
- Developer and Senior Instructor of KRMA Qi-gong Program
- Delivered Martial Arts Seminars and Warriors Wisdom Programs at Martial Arts Camps and Yoga retreats throughout the USA and NZ
- Author of the book "Warriors Wisdom" – The Path to Life Transformation
- 1995 Awarded Thames/Coromandel District Sports Award for Service to Sport.
- Former international corporate Training Manager and Senior Vice President of Operations in NZ, USA, and Canada.

"Lance is a visionary who sees martial arts as a continuous journey toward self improvement. He is a true teacher who is able to guide students to the door of knowledge and inspire them to enter and discover themselves."

Leo Fong

3:30 - 4:30: Wei Kuen Do training with Leo Fong at the Woodland Hills UMC. The plan was to train outdoors at the Warner Center Park next to the Marriott for most of the weekend, but with temperatures still well over 100 degrees, the event continued indoors. Leo Fong showed the subtle details of the techniques in Wei Kuen Do, and revealed how to move to the stages of Dissolving and Expressing the Tools.



4:30 - 6:00: Review of the Wei Kuen Do training with Adam James. The Angles of Attack and Circles of Destruction were thoroughly reviewed and people worked on putting it all together. Instructors Klein Buen and Lee Lollo demonstrated the techniques in action with free fighting and spontaneous training.

7:00 - 9:00: Dinner and martial arts discussion at the Westfield Topanga Mall in Woodland Hills. Everyone returned to the mall foodcourt one last time for dinner and more mental training. This high end mall offers numerous choices for food and a giant central area called the Canyon. Topics included the essence of Wei Kuen Do and how to achieve the highest levels in training and expression. Also, the application of Wei Kuen Do in real life situations - going beyond just physical confrontations. Wei Kuen Do is also called the Psycho Dynamic Art of Free Fighting and the Art of Fighting Without Fighting.

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**Sunday August 12, 2012**



**8:00 - 9:00:** Testing and Training in Wei Kuen Do at the Warner Center Park in Woodland Hills. Adam James tested several event participants who were up for promotion to the rank of Instructor in Wei Kuen Do. People had to properly perform the Angles of Attack combinations as well as explain the meaning of the name Wei Kuen Do, tell about the history of the system and the founder, and go into detail about the Four Stages of Development and the Five F's.

**10:00 - 11:00:** Climb into the SUVs and drive to Oxnard, CA for training at the Pacific Ocean.

**11:00 - 12:00:** Chi Fung class at Oxnard Marina. Instructor Lee Lollo hosted everyone at his class location next to the Oxnard Marina. Leo Fong led the class by the water and introduced all of the event participants to Moving Chi Fung. The first Chi Fung class was Standing Chi Fung, the second day was Seated Chi Fung and the final day of the Sky Dragon Event was Moving Chi Fung. This allowed the participants to see all of the ways that Chi Fung can be taught and practiced. After the class, everyone gathered for a group photo by the water.



**12:00 - 1:00:** Lunch and martial arts discussion at the outdoors courtyard next to the Oxnard Marina. Many of the people ate at Fisherman's Catch and others got Jersey Mike's sandwiches.

**1:00 - 2:00:** Wei Kuen Do training Trapping combinations and Trap Boxing Principles. Leo Fong introduced everyone to the principles of trapping from a free fighting approach. Then Adam James

led the group through the Wei Kuen Do Trapping combinations. The Trap Boxing approach combines the Wing Chun trapping principles taught to Leo Fong by his close friend and training partner Bruce Lee with the spontaneous fighting environment of boxing and MMA. Leo Fong influenced Bruce Lee in the area of boxing and Bruce in turn impacted Leo in Kung Fu principles and Wing Chun trapping.

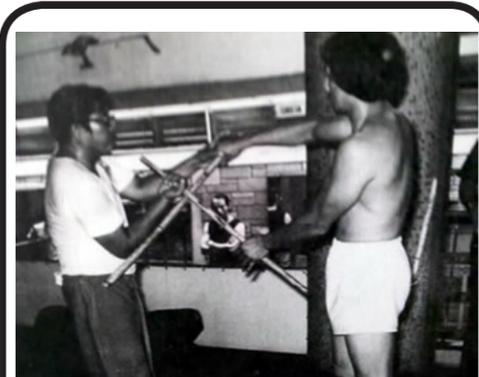
**2:00:** Special Guest World Middleweight Champion Sergio Martinez: Leo Fong invited Sergio to stop by and visit everyone at the event. Wei Kuen Do is deeply influenced by three great champion boxers: Manny Pacquiao (for offensive angles), Floyd Mayweather (for defense) and Sergio Martinez (for footwork and explosiveness). Sergio was very interested to know that Leo Fong was the person who influenced Bruce Lee in boxing, and



Special Guest World Middleweight Champion Sergio Martinez

Leo was excited to tell Sergio how his boxing skills have impacted Wei Kuen Do. Then everyone posed for a group photo with Sergio and he was thanked for making a special appearance.

**3:00 - 4:30:** Modern Escrima training led by Lee Lollo, Adam James and Leo Fong. The Modern Escrima was introduced and the history of the system explained. Modern Escrima is a combination of three great Filipino martial arts instructors: Remy Presas, Angel Cabales and Leo Fong. Remy Presas was the Founder of Modern Arnis, and he and Leo were close friends and training partners. Modern Escrima gives respect to Remy by including part of the name and the principles of flow



Remy Presas and Leo Fong working the sticks in the Philippines 1974.



Angel-Cabales\_Leo-Fong

and distance. Angel Cabales was the Founder of Serrada Escrima, and Leo was his close friend and training partner too. The system uses Angel's V-Step and organization, and pays respect to Angel by always telling people about his connection and deep influence. Lastly, Modern Escrima uses the principles of Wei Kuen Do and Free Fighting from Leo Fong - and the system can also be called Wei Kuen Do Weapons and Stick Boxing. However, one can use anything as a weapon in Modern Escrima - a stick, a knife, a ball point pen, etc. Instructor Lee Lollo demonstrated different objects as weapons and the Three Strikes of Modern Escrima. Next Adam James went into detail on the history of Modern Escrima, including the original 12 Strikes, plus the 13th Strike, as well as the principle of Short Strike Escrima and Free Fighting Escrima. To finish, Leo Fong explained the applications of Modern Escrima and the subtle details.



Lee Lollo's Oxnard training group with Grandmaster Fong and Master James Adams with also extended International Wei Kuen Do family.

**4:30 - 6:00:** Drive back to Woodland Hills and get cleaned up for the Awards Banquet.

**6:00 - 9:00:** Awards Banquet at Zen Buffet in Woodland Hills. The Zen Buffet is an Asian seafood buffet restaurant specializing in Japanese and Chinese cuisine, and the Sky Dragon International Festival of Integrated Martial Arts concluded with an Awards Banquet. After everyone ate, Leo Fong and Adam James gave recognition to everyone who participated in the event. Each individual was introduced and recognized, and then invited to share about their experiences at the event and training with Leo Fong. Many of the people who attended the event also qualified for the rank of Instructor in Wei Kuen Do and Chi Fung. Beautiful certificates for the event were created by Instructor Klein Buen and everyone was given at least a Certificate of Participation with the logos of Wei Kuen Do, Chi Fung, and Modern Escrima under the heading of Sky Dragon International.



## Event Comments

I had the honor to instruct alongside Leo Fong, Adam James, Bong Tumaru-Fong, Lee Lollo, as well as guest Masters, Marc Lawrence, Ava and Lance Strong, in the first ever Sky Dragon Festival of Integrated Martial Arts. We were joined by other fellow martial artists and masters from different parts of the world.

It was a fun-filled 3 day event in the midst of the hottest week of the summer with temperatures reaching well over 110 degrees F. Others may call that “advance training.” Besides the heat, one thing that really stood out for me was the camaraderie and the willingness to set aside different ranks and styles, “to empty the cup” and to learn from each other. It was a prime example of what Wei Kuen Do is all about, integration.

On the last day we headed north to Oxnard, CA. to train by the beach. The one-hour drive was well worth the 80 degree temperature. During training were interrupted by the presence of a Champion Boxer, Sergio Martinez, whom Leo met at a restaurant just minutes before. Leo always emphasizes the importance of great footwork and defense from fighters such as Sergio Martinez and Manny Pacquiao, so this was a real treat. We concluded with a dinner banquet and awards ceremony that night. For the first time Leo certified WKD instructors, as well as participants for the event.

This was truly a one-of-a-kind experience for me. Leo Fong and Adam James have taught me so much over the years and last weekend I was privileged to help pass on a little bit of that knowledge to others. By teaching others I was also able to learn and develop as an instructor. I learned that through practice, hard work, and determination; one could overcome emotions, grueling conditions and mental lapses when faced with adversity. I also learned that by becoming a great follower I’m able to become a better leader. I’m going to end with a quote that I feel best describes the event as well as my martial arts journey... “Success is not a place at which one arrives but rather the spirit with which one undertakes and continues the journey.” God Bless!

**Klein Buen**

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I believe that many USA Martial Artists are yet to become fully aware of the martial arts treasure they have in their midst; Grandmaster Leo Fong and his system of Wei Kuen Do.

Grandmaster Fong has developed a syllabus that is the summary of a lifetime of truly advanced fighting skills and knowledge; and like all forms of mastery these are based around the application of simple and highly effective principles and techniques.

Having traveled from New Zealand to attend this festival with my wife Ava Strong and one of our Black Belts Shane Richards, we experienced one of the most rewarding three days of intensive training in Wei Kuen Do, Chi Fung and Modern Escrima.

Over the three days we were lead through the intricacies of Wei Kuen Do’s 10 Angles of Attack, Circles of Destruction, and Trapping Hands, and the Chi Fung internal exercise program, along with some of the core principles of Modern Escrima.

The sessions were comprehensively instructed by Grandmaster Leo Fong and his senior instructor Adam James. And I have to say that both these individuals have a highly advanced set of skills based on the core principles of Wei Kuen Do.

I’m certain that every attendee moved their martial arts knowledge and abilities to new levels.

I have been fortunate to have trained with Grandmaster Leo Fong since the 1990s and have seen the progression and refinement of Wei Kuen Do, into one of the most sophisticated martial arts systems available.

I know that we will continue to integrate all these skills into our sixteen martial arts schools in New Zealand and Australia, and after 54 years experience in the martial arts I would say to any students and instructors on their path to mastery that you absolutely need to add this knowledge to your repertoire.

To all martial artists in the USA you really do need to take a serious look at what you have right on your doorstep. I look forward to seeing more and more martial artists at future Sky Dragon events.

**Lance Strong**

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Nowhere was the spiritual dimension more clearly illustrated than in my experience as one of those honored to attend this special event. My father, himself a champion Golden Gloves boxer, had recently passed away, and Grandmaster Fong and Master James Adams chose to dedicate this special training event to his memory. In his capacity as an ordained minister, Leo offered a prayer for Dad at the beginning of the proceedings. Adam took me under his wing like an elder brother from beginning to end. Each of the other practitioners in attendance took the time to offer words of condolence and comfort over the days that followed. And the entire event seemed strangely charmed, with such serendipity as a chance encounter with world middleweight champion Sergio Martinez, whose techniques we had been studying, and skies that were both tumultuous and beautiful at the same time.

To Grandmaster Fong, Master James Adams, and the newly-minted Wei Kuen Do instructors from around the world who gathered together for this special event, I offer my deepest gratitude. I know we made my father proud.

**Peter Hobart**

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## Event Tribute

*This event was dedicated to Dr. Adrian Hobart, who passed away at the age of 78 on Thursday, August 9, 2012.*

Leo and I are very grateful for your dedication and hard work. We appreciate you coming all of the way from Pennsylvania under the difficult circumstances. You are an amazing martial artist and gentleman.

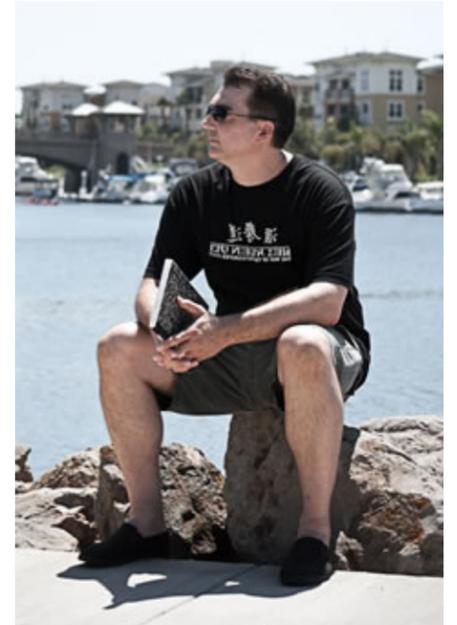
**Adam James**

Dr. Hobart is the father of Peter Hobart a member of the Wei Kuen Do family. Dr. Hobart was an amazing man. Dr. Adrian Hobart, was 78 years old. Dr. Hobart honorably served in the British RAF before attending Cambridge University. Dr. Hobart was a retired surgeon from Campbellford Memorial Hospital in Ontario, Canada. In addition to his long and distinguished career as a surgeon, he was also known for his highly successful amateur boxing career. He was the Canadian Golden Gloves champion in 1969. Soon after he won the Golden Gloves title, he was asked to fight an exhibition match against



Muhammad Ali, but as an amateur he was ultimately not allowed to fight a professional boxer. In 2007 Dr. Hobart was awarded a Lifetime Achievement Award by Boxing Ontario for his contributions to the sport as a boxer and ring doctor. In addition to these pursuits, Dr. Hobart was also an avid private pilot and a musician, composer, playwright and the best father (and later grandfather) any child could wish for.

I personally resonate with Dr. Hobart, after Peter gave me a video copy of his father teaching



*Peter Hobart*

him boxing. His boxing skills were obvious in the tape. I immediately felt connected to Dr. Hobart as I felt a bond through our amateur boxing career. I am saddened by Dr. Hobart’s passing, but I rejoice knowing he has not left us. His legacy is in the contributions he made as he passed through this life temporal on the way to life eternal. We will miss his physical presence but his spiritual presence will always remain.

**Leo Fong**

## The Way of Integration

Life is one long journey. As we move forward and the years go by, we accumulate all kinds of experiences. At the twilight of our journey, if we know how to put it all together in a neat single unit; we are considered wise and full of wisdom. The great sages are able to do that. They can capsule their long journey, often in one sentence. A writer in the twilight of his career was asked by a newspaper reporter what he would like on his tombstone when he passes. Without hesitation he said, "He died climbing." All his life he struggled to become. His striving defined his entire journey. That is the essence of The Way of Integration.

This past weekend at the Sky Dragon Festival of Integrated Martial Arts, we were able to demonstrate to our Wei Kuen Do family, new and old members the essence and efficiency of integrated martial arts. When I began my martial arts journey at the age of 7, it was boxing that appealed to me. When I bought the book "Fundamental of Boxing" by former world welterweight boxing champion Barney Ross, I was on my way. Looking back I moved from boxing to Jiu Jitsu, to Judo,

to Wrestling, to Moo Do Kwan, to Karate, to Escrima, to Modern Arnis to Muay Thai to Sil Lum Kung Fu, to Choy Lay Fut, to Wing Chun to Jun Fan Gung Fu to JKD and to Brazilian Jiu Jitsu, without really deviating from my Western Boxing roots. The turning point in my martial arts journey came when I met Bruce Lee. He asked me why I was training in so many styles of martial arts. My reply was, "I am looking for the ultimate." It was then he put his finger on my chest and said, "Man, there is no ultimate, it's in here. Expand on your boxing skills, learn kicks, traps and grappling." That bit of wisdom redefined for me the meaning of integration.

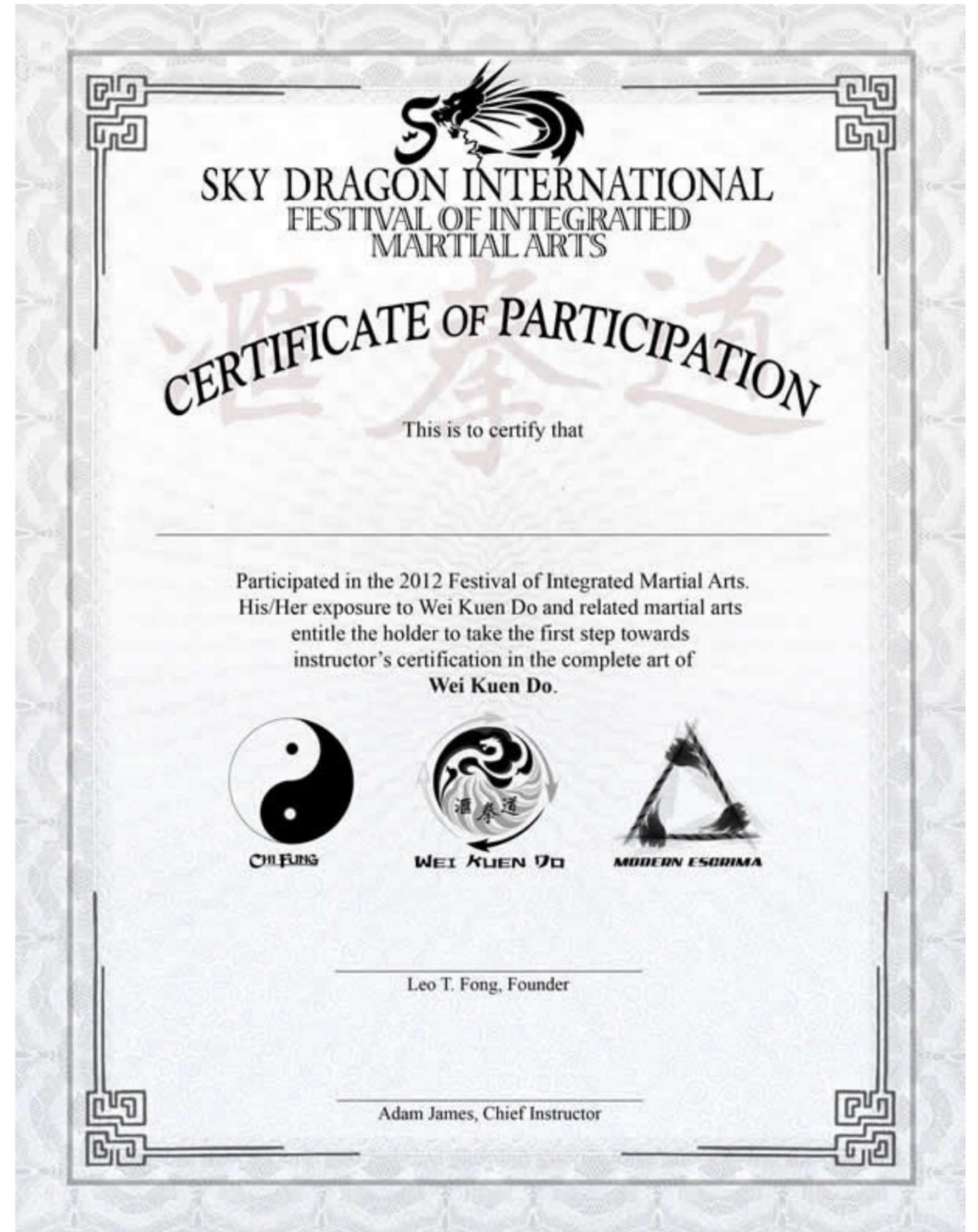
WKD comprises many components gleaned from martial arts, boxing, fencing, basketball, football, touch football, tennis, ping pong and soccer.

I take this opportunity to "thank" Adam James for being with me on this integration journey since 1993. Watching him perform and teach this weekend, gave me a sense of personal fulfillment and pride. I could see WKD from concept to action. I could see how it is expressed in a single unit the 5 F's, Form, Flow, Footwork, Feeling and Freedom of Move-

ments, yet the fluidity of movements is composed of many components. I also "thank" Lee Lollo, Klein Buen and Anthony Vining, Jr. for their assistance. They too are evolving into proficient integrated WKD practitioners and instructors.

I had a conversation with a friend on Monday; I said to him, "I do not invest in stocks, bonds, real estate or other money enterprises. But I am interested in investing in people. Although, down through the years I have been disappointed, but this weekend I was able to see my investment appreciate in the form of Adam James, Lee Lollo, Klein Buen, Anthony Vining, Jr., and Peter Hobart. I am committed also to those who attended the SDFIMA, including Lance and Ava Strong, Shane Richards, who came all the way from New Zealand. Shaun Newmarch of Sacramento, Linda Bustamante of Mission, Texas, Cesar Chaparro, Brooks Long, Freddy Fleishmann of Germany, Ismael Bong Tumarufong of Japan. Although WKD is an efficient fighting approach; it is the three C's that really matter most: Character, Commitment and Compassion.

*Leo Fong*



Certificate of Partiiipation

Marc Lawrence, Eric Jue, Michael Cole, Gunner Riccitelli, Edgard Solano, Edgard Uy, and Jason James



**The WKD Family**

**Leo Fong - Founder**

**Dr. Thomas j. Nardi - CEO, 10th Level**

**Adam James - Chief Instructor - 10th Level**

- Christian Spitzer - 5th Level**
- Peter Hobart - 5th Level**
- Lance Strong - 5th Level**
- Ava Strong - 5th Level**
- Rollins Alleyne - 5th Level**
- Klein Buen - 4th Level**
- Ismael Bong Tumaru - 4th Level**
- Lee Lollo - 4th Level**
- Norman Mayers - 4th Level**
- Anthony Vining, Jr. - 2nd Level**
- Cesar Chaparro - 2nd Level**
- Shane Richards - 2nd Level**
- Linda Bustamante - 2nd Level**
- Brooks Long - 2nd Level**
- Freddy Fleishmann - 2nd Level**
- Shaun Newmarch - 1st Level**



**Wei Kuen Do “The Psycho Dynamic Art of Free Fighting”**

By Leo Fong

Wei Kuen Do is merely a label one puts on an approach to combat. It is also a guiding principle on “how to get from here to there” whether that be in a combat situation or life in general. It believes that combat is self expression and in order to express oneself freely one must look beyond the physical. When there is harmony between the emotional, mental and spiritual, one can reach a peak in development. The physical is merely a vehicle to be utilized to express the desired feelings within. The total integration of these segments of ourselves must be emphasized if we are to transcend the boundary of limitation.

Wei Kuen Do embodies all facets of life whether it be combat or business, religion or intellect, its basic theory is that anything that will help one to accomplish his set goal is good. If the object is to score on an opponent in a contest then WKD accepts any techniques that will accomplish this end. It is not concerned with styles or race. The key concern is results and freedom of expression. In order to transcend the boundaries of limitation one must overcome prejudices and see the totality of life objectively and embrace what is useful to us. It is

WKD’s belief that nothing is absolutely good nor absolutely bad. All things in its right place and time are good, but there is a place and time when a punch is more effective than a strike and vice versa. Effectiveness is determined by appropriateness.

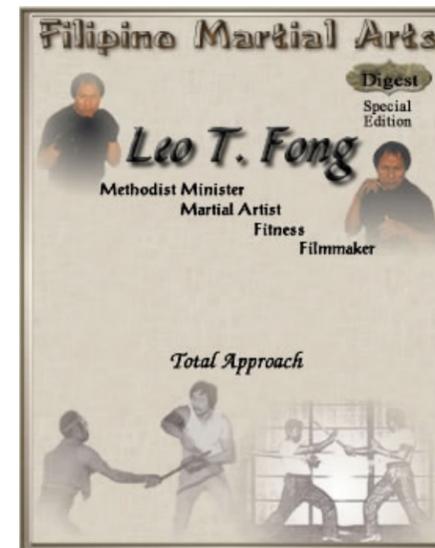
The essence of Wei Kuen Do is based on physical development, mental discipline, emotional expression and spiritual enlightenment. The cultivation of these four areas will assure one of growth.

**At the present time the book is being updated and revised for Future publication.**

**Visit:** [www.leotfong.com](http://www.leotfong.com) to find out when the book will be available, and subscribe to the FONGline Newsletter for updated information about Leo Fong.

To learn more about Leo Fong, download the FMA Digest Special Edition. [Click Here](#)

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

## 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 prov-

en 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 the last eight years, Leo Fong, a member of the Black Belt Hall of Fame (2006 Inductee), has been quietly sharing his exercise physiology he calls CHI FUNG, with about 148 Seniors from age 70 to 101. Yes 101. Inez Harris is a healthy 101 year old who has practiced Chi Fung under Leo Fong since he began the program at the San Fernando United Methodist Church in San Fernando, California eight years at the request of the pastor of the church. Inez Harris has a twin sister who resides in Newberry Park, California. Both sisters were featured on many talk shows last year when they reached the age of 100. They appeared on the Jay Leno Show, ABC Evening

News and many prime time programs. Recently the two sisters appeared on THE DOCTORS where Inez demonstrated the exercises she did in her Chi Fung class. "As we grow older," said Fong, "diseases such as diabetes, hypertension, arthritis, cardiovascular and respiratory problems are inevitable. But we can keep all these diseases, some life threatening under control. The key is the Trinity of Health, exercise, nutrition and positive mental attitude." Any exercise will not do. What make CHI FUNG unique and effective is its emphasis on staying relaxed, using light dumbbells, deep breathing with slow motion movements. It is the Western version of Qigong or Tai Chi with weights. Fong himself is 83 and continue to enjoy a fully functioning life. Asked "how often he trained?" He replied, "Three hours a day 24/7." He went on to explain that the Chi Fung program unlike lifting heavy weights, is so low impact you can train all day if you wish. Also there are ten different versions of the program. You are never bored, or stale from over training.

For information on CHI FUNG contactt Leo Fong at: [leotfong@aol.com](mailto:leotfong@aol.com)  
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



### Sky Dragon International

Sky Dragon Productions, International is a Public Own Company dedicated to inspire, instruct, motivate, teaches and inform. It is a movie production company. It is also a Student Film Workshop to teach young and old the art of filmmaking. It is open to all film buffs who wish to develop a solid resume to move into the professional ranks. Aspiring actors. Stunt people and technicians are welcome to be part of this program.

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



### Rainbow Warrior Martial Arts - Advanced Martial Arts Training -

Rainbow Warrior Martial Arts is dedicated to building bridges and aiming for excellence in the martial arts community and the world. We bring people together with private lessons, seminars, consultation, writing and film on Kempo, Karate, Kung-Fu, Wei Kuen Do, Jujitsu, Maui Thai Kickboxing, Boxing, Escrima, Kenjutsu and Kobudo (weapons). Rainbow Warrior Martial Arts also provides instruction on physical fitness,

positive thinking, mind power/sports psychology, martial arts film choreography, martial arts business, speed, power, weapons and spiritual training, No matter what your goal, interest or need we can help you through out core focus of positive mental attitude/sports psychology, fuctional fitness and effective self defense.

Rainbow Warrior Martial Arts: Advanced Martial Arts Training Regardless of your goal, level of experience or style of martial art, we can help you achieve your full potential and the highest levels of martial arts.

- Winning Strategies for boxing, kickboxing & MMA.
- Special Forces combat and street self-defense techniques. - Martial Arts Conditioning Specialist.
- Sports Psychology and Mental/Spiritual Fitness. - Film fight choreography and stage combat training.
- Wei Kuen Do, JKD Principles, Kempo, Karate, Kung Fu, Ju-Jitsu, Muay Thai, Kobudo (weapons), Escrima, Chi Fung!

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

### ***School Submission***

The schools listed teach Filipino martial arts, either as the main curriculum or an added curriculum.

If you have a school that teaches Filipino martial arts, or you are an instructor that teaches, but does not have a school, list the school or style so individuals who wish to experience, learn and gain knowledge have the opportunity.

Be Professional; keep your contact information current. - **Click Here**



### ***Event Submission***

Submit your event whether - Seminar, Workshop, Training Camp, tournament, or Gathering - **Click Here**



### ***Advertisement Submission***

Advertising in the FMA Informative Website is FREE.

An Ad in the FMA Informative can create Business. Your Advertisement for Filipino martial arts forums, blogs etc, can be included in the FMA Informative. Advertisement is for the Filipino Martial Arts and the Philippines.

**Click Here** and fill in the information. Additional information and .gif, .jpg, .bmp, or .tiff.

Email to: **Advertise@fmainformative.info**



### ***Article Submission***

Finished manuscripts should be accompanied by color or black and white photographs. Though we take care of materials, we can not be responsible for manuscripts/photographs and accept no liability for same. Every photograph or graphic must be accompanied by a caption Carefully key photos to caption information with a letter or number.

We reserve the right to use any photo(s) as cover material or additional compensation. We also reserve the right to edit material and to crop photographs.

We reserve the right to use articles or parts of articles that are given and approved from time to time as needed to promote the Filipino martial arts and the Culture of the Philippines.

Physical manuscripts should be typed in black, double spaced, and set to 1-1/2 margins (right and left).

Emailed manuscripts should be typed in Ariel or Times Roman, on programs such as Notepad, Wordpad, Microsoft Word, Word Perfect and can be sent as an attachment. Photo(s) can be sent as a .jpg, .gif, .bmp, or .tiff to **Article@fmainformative.info**

We welcome your article, ideas and suggestions, and look forward to working with you in the future.