



## A Path of Mastery: Lessons on Wing Chun and Life from Sifu Francis Fong

By *Jim Brault*

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With over 50 years of experience in Wing Chun Kung Fu, Sifu Francis Fong is recognized as one of the top Wing Chun instructors and martial artists in the world. A Path of Mastery contains lessons taught to Senior Instructor Jim Brault through thousands of hours of training over more than two decades. These lessons can no doubt help you to improve your martial arts ability. Perhaps more importantly, they will also improve your life. This book is your opportunity to learn from one of the great teachers of our time.

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### **Editorial Review**

#### Review

"Sifu Francis Fong is without a doubt one of the most talented and multi-dimensional martial artists teaching today. A Path of Mastery gives you the opportunity to get to know a man whose humility, kindness and loyalty to his students, friends and all who have a genuine interest in the arts is boundless." DAN INOSANTO, FOUNDER / HEAD INSTRUCTOR INOSANTO ACADEMY OF MARTIAL ARTS "A Path of Mastery shows you how to develop your body, mind, intuition and spirit - all essential skills of a warrior." MARK DIVINE, COMMANDER U.S. NAVY SEALS (RETIRED), FOUNDER OF SEALFIT, AND AUTHOR OF THE NEW YORK TIMES BEST SELLER THE WAY OF THE SEAL "A Path of Mastery shows you how to channel your effort, energy, and attitude for a life of joy and extraordinary results. Jim Brault's stories and lessons will more than stay with you; they will grow within you long after you finish reading." BRIAN BIRO, AMERICA'S BREAKTHROUGH COACH, AUTHOR OF BEYOND SUCCESS AND THERE ARE NO OVER-ACHIEVERS "Jim Brault has disclosed, like never before, a look at the extraordinary teacher Francis Fong. After reading A Path of Mastery I found myself reflecting on the Lessons and how they pertained to my LIFE. Sifu Fong's insight and experience in Wing Chun and its relation to life is absolutely astounding. The time you take to read and revisit this book will be returned exponentially." KEVIN SEAMAN, AUTHOR OF THE MIND GAME OF MMA

#### About the Author

Jim Brault has always been fascinated by human potential, and has spent over 30 years uncovering ways to help others become their best. In addition to getting a Bachelor's Degree in Psychology from Binghamton University and a Master's Degree from Cornell University, this desire to help others realize their potential has led him to study with some of the most gifted teachers of our time: he owned and operated one of the most successful franchises of peak performance coach Anthony Robbins. He also studied with and became a certified meditation and Kundalini Yoga instructor under Gurucharan Singh Khalsa, and completed the Unbeatable Mind program and trained in SealFit with U.S. Navy Seals Commander (retired) Mark Divine. Jim began studying martial arts in order to harness the power of the Mind, Body and Spirit these disciplines developed. He initially trained in Tae Kwon Do under then US Olympic Coach Master Sang Chul Lee from 1983 until 1986, earned his first degree black belt under Master Nam Yell Ahn in 1987 and his second degree black belt under Master Sam J. Kim in 1989. In 1991 Jim met Sifu Francis Fong, a man who would change his perspective on human potential more than anyone he had ever met. Since then, he has studied Wing Chun Kung Fu under Sifu Francis Fong. He earned his black sash from Sifu Fong and is currently a Senior Instructor and an Affiliate of the Francis Fong Instructor Association (FFIA). Jim also currently trains in Brazilian Jiu Jitsu, Jeet Kune Do / Jun Fan Kung Fu, Kickboxing, Kali and Systema. Jim has helped thousands of people in both the personal and professional realms through his dynamic and impactful Anthony Robbins Unlimited Power and Power to Influence seminars, in C-Level roles for Fortune 500 and other publicly traded companies, through private coaching, via Group and Private instruction in the Martial Arts, through workshops and seminars, and through his books The Winning Mindset and Lessons from the Masters: Seven Keys to Peak Performance and Inner Peace, and now A Path of Mastery: Lessons on Wing Chun and Life from Sifu Francis Fong. "I wrote A Path of Mastery so that more people could get exposed to these simple yet profound ideas for bettering their lives and realizing their unique gifts. A Path of Mastery will certainly appeal to martial artists, but it really applies to everyone. As Sifu Fong says, "You may never get into a fight, but you are always fighting yourself. The real enemy is you." Even though we may be on different paths, I believe we are all ultimately seeking the same thing. My sincere wish is that A Path of Mastery helps you to have a more fulfilling and joyful life."

## **Users Review**

### **From reader reviews:**

#### **Eric Campanelli:**

In this 21st century, people become competitive in each and every way. By being competitive right now, people have to do something to make themselves survive, being in the middle of typically the crowded place and notice through surrounding. One thing that at times many people have underestimated it for a while is reading. Sure, by reading a book your ability to survive rises then having a chance to stand than others is high. For you who want to start reading any book, we give you this particular *A Path of Mastery: Lessons on Wing Chun and Life from Sifu Francis Fong* as a nice and daily reading reserve. Why, because this book is greater than just a book.

#### **Thomas Melendez:**

The book *A Path of Mastery: Lessons on Wing Chun and Life from Sifu Francis Fong* has a lot of knowledge on it. So when you read this book you can get a lot of gain. The book was written by the very famous author. McDougal makes some research prior to writing this book. That book is very easy to read; you can obtain the point easily after scanning this book.

#### **Agatha Draper:**

The reason? Because this *A Path of Mastery: Lessons on Wing Chun and Life from Sifu Francis Fong* is an unordinary book that the inside of the reserve is waiting for you to snap the item but later it will zap you with the secret idea inside. Reading this book next to it was a fantastic author who also wrote the book in such an amazing way that makes the content on the inside easier to understand, an entertaining way but still conveys the meaning entirely. So, it is good for you for not hesitating having this any more or you going to regret it. This book will give you a lot of positive aspects than other books have such as help improving your skill and your critical thinking technique. So, still want to postpone having that book? If I had been you I will go to the publication store hurriedly.

#### **Whitney Ortez:**

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