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Interview with Cung Le

By Sonshi.com

It is with great excitement and honor we introduce to you our featured guest, Cung Le, three-time martial arts world champion, undefeated in his professional career in San Shou and Mixed Martial Arts (MMA) with a professional record of 21-0 with 16 KOs as of March 29, 2008.

Although he recently became Strikeforce's Middleweight MMA Champion and will continue his winning ways in MMA, Mr. Le's specialty is San Shou, a Chinese close quarters combat fighting style developed in the 1920s that incorporates traditional Chinese martial arts such as wushu with modern, scientific efficiency.

And no one is better at San Shou than Cung Le. *Black Belt Magazine* names him "San Shou Kung Fu's Top Fighter" and Martha Burr, executive editor of *Kungfu Qigong Magazine* states, "He's definitely the No. 1 San Shou fighter in America, and I would have to say the No. 1 San Shou fighter in the world." Frank Shamrock, who holds two world records for quickest takedowns (14 seconds and 20 seconds) in the Ultimate Fighting Championship, says, "He's a very, very intelligent fighter." Thus, Cung Le is the ultimate example of someone who dedicates his life to a skill set and then proceeds to completely dominate the field.

Cung Le received mainstream international attention when he captivated his television audience with outstanding victories on ESPN2 StrikeForce, Pay-Per-View's K-1 Superfights, DRAKA Championships and Shidokan, and The Triathlon of Martial Arts. *Inside Kung Fu Magazine* describes him as "Pound for pound one of the most exciting fighters of all time." In addition to Mr. Le's ominous presence and domination of his opponents in the ring, if you ever watch him execute his signature scissors kick -- a move nobody in the world can emulate -- you would emphatically agree with *Inside Kung Fu*.

Born in Saigon, Vietnam, he left Vietnam with his family three days before the fall of Saigon when he was only two years old. By September 1976, they settled in San Jose, California where he still resides. With the same degree of dedication and success as a fighter, Cung Le excels at his other roles in life as an actor, coach, trainer, and father. For many Vietnamese-American fans and his fans worldwide, Mr. Le is an inspiration and a hero. We at Sonshi.com emphatically agree.

For more information about Cung Le and upcoming USH events, visit his official website CungLe.com.

We were fortunate to catch up with him last week and asked him some important life questions. Below is Sonshi.com's interview with Cung Le. Enjoy!

Sonshi.com: One of Sun Tzu's main tenets is full preparation to the point where you know who will win and who will lose. How much do you prepare for every match?

Le: I prepare for each match as if it is a title fight. When I was fighting San Shou rules, I used to over train my body. I have recently learned to train more efficiently and feel I am better prepared for each bout that I fight in.

Sonshi.com: **Your** main tenet is USH! Please explain to our readers what the acronym means and why you have adopted it?

Le: USH! means Unlimited Strength & Honor! I adopted this acronym because it embodies what I believe all martial artists attempt to attain during their training and ultimately their lives.

Sonshi.com: Like you, one of our founders was born in Saigon. Do you have memories of it or have gone back?

Le: I don't have any memories of Saigon although my Mother and I went back together for the first time since the fall of Saigon in 2004. When I stepped off the plane and throughout my trip, I felt very grateful that my Mother sacrificed so much to bring me to the United States. I had never seen five people on a moped nor have I had that good of seafood since.

My second trip to Vietnam was as the US Sanshou coach in 2005. Representing the United States in my native country brought my journey full circle. I plan to visit my Father who still lives in Vietnam next summer.

Sonshi.com: You have two sons. How do you balance your time with your career and family?

Le: I work everything around my time with my sons. I put family first and career second. Thankfully, I am able to work in the evenings and spend the days with my boys.

Sonshi.com: Not only are you a world champion martial artist but also an actor. Which do you think is tougher?

Le: Being a fighter is a lot tougher, hands down, although I give a lot of credit to all of the actors who I have worked with. Fighting is harder physically although the 16 hours days I pulled in Russia for Blitzney Boy definitely tested my mental capacity.

Sonshi.com: We plan to create a dedicated webpage to highlight upcoming USH events. We're thinking of calling it "**Cung's Corner**" or something to that effect. Any ideas or suggestions?

Le: Cung's corner sounds great and I appreciate it.

Sonshi.com: Thank you for your time.

Le: Thank you for asking me to be part of your website.

[End of interview]

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