



THE PEACEFUL DRAGON

MARTIAL ARTS, Tai Chi, YOGA & MORE!



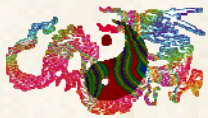
Newsletter

April, 2006



www.thepeacefuldragon.com

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CHILDREN'S PROGRAMS



CHILDREN'S SUMMER CAMP SCHEDULED

With a successful after-school program full of students and the announcement last month of revamped (lower) pricing for the summer program, we expect many of those coming after school will want to get in on the summer camp too. That means space will likely be limited, so plan ahead to be sure you are able to attend.

The camp runs weekly from June 12 to August 24. Please check out the full details at www.thepeacefuldragon.com/summercamp.shtml.



THE PEACEFUL DRAGON does awesome Birthday Parties! Visit <http://www.thepeacefuldragon.com/birthdayparties.shtml> or see our staff for information about hosting the next one for your child.

WORKSHOPS AND EVENTS

Buddhist Group Hosts QUESTION & ANSWER: THE CAUSE OF HAPPINESS: HOW TO BE A BETTER YOU

Sunday, April 9, 1:30 – 3:30 pm

Note: while The Peaceful Dragon Cultural Center is not a religious center and does not promote the practice of any religion, we periodically host study groups, workshops, lectures and seminars for those interested in studying or learning more about Asian religions, philosophies and culture.



On **Sunday, April 9** find out how you can become a better person and find the happiness you seek. All students and friends are invited to share in a discussion around this topic, sponsored by **Bliss and Wisdom Foundation**.

If you experience unhappiness in your life and want to learn how to be a happier, better person, this talk is for you. The Bliss and Wisdom Foundation was founded by Venerable Jih-Chang to help people get a better understanding of what Buddhism is and what the purpose for our life is. The teaching of the Society is based on the renowned Gelugpa work entitled The Great Treatise on the Stages to the Path of Enlightenment (*Lam Rim Chen Mo*) completed by Lama Tsong-Ka-Pa in 1402, and considered by sentient beings all over the world to be one of the jewels of spiritual practice and philosophy. The headquarters for B & W is in Taiwan at Feng Shan Monastery, with US branches located in Los Angeles, San Francisco and New York. Through their teaching, B & W advocates care for the environment through responsible action such as recycling and organic farming; and education of each person as the foundation for the development of a better society. There is an important emphasis on compassion and morality. A Chinese language Lam Rim study group and a small English language study group already meet at The Peaceful Dragon.



The purpose for this discussion is three things. First, to present an opportunity for wider understanding and familiarity towards Bliss and Wisdom Foundation and their modern approach to dealing with some of the world's difficulties; second, to give more people an opportunity to learn about *Lam Rim Chen Mo*; and third, to present information about a summer camp for Buddhist studies.

Guest speaker Mr. Raymond Lei is the coordinator for Lam Rim studies in the United States. Guest speaker Mr. William Shen is the Los Angeles English class facilitator and one of the earliest lay disciples of Venerable Jih-Chang. Both speakers are very knowledgeable about Buddhism and about "The Great Treatise", and very happy to answer any questions that anyone wants to ask.

The discussion is for students and the public from 1:30 – 3:30 pm. Everyone is welcome! Please tell your friends and join us at *THE PEACEFUL DRAGON* for an informative and rewarding discussion.

MASTER PARK PAKUA WORKSHOP JUST WEEKS AWAY

Friday, April 21 (5pm-10pm) and Saturday, April 22, (11am-5pm)



Only a few short weeks away, but there is still plenty of time to sign up for this exciting workshop from renowned Master Park Bok Nam. The curriculum features advanced fighting methods and applications, and qigong for health and strength. Pakua is one of the three internal martial arts and Master Park is one of the world's highest level practitioners. His unique teaching style helps make the universal martial principles of qi development, movement, combat and mental focus accessible and understandable. All adults and Young Dragons green sash and above will benefit from Master Park's insights and vast experience regardless of your level of experience. If pre-registered, price for the public is \$150 for one day, \$260 for both. Price for Peaceful Dragon students is \$100 for one day, \$180 for both. At the door add \$20. Make your plans now for this valuable opportunity to

train with one of the world's exemplars of the art of Bagua. Cash or money orders only are acceptable payment. *Note: Elbow and knee pads are recommended for fighting applications.*

Check out the Upcoming CACMA Tournament

Saturday, May 6

Students at all levels are encouraged to participate in tournaments whenever you can, whether you go to compete or just to support your fellow students. You get to see a variety of styles, see how events are judged, and meet people from other schools with interests like yours. The tournament is at the Charlotte Convention Center beginning with registration at 8:30 am. Opening ceremonies start at 9:45 and kids competition at 10:00am. ([Check out the flier on the events board for more info](#)). Events include empty hand and weapons, all styles and ages, as well as two person forms, special competitions and masters demonstrations. Participants can register on line or at the convention center.

ANNOUNCEMENTS

Sifu's Monthly LECTURE

Wednesday, April 5, following Tai Chi Class

April's topic is [Applying the Tai Chi Classics](#). Some of you have been hearing a little about Tai Chi Classics in your classes; some of you may already be reading them. Here's a great chance to learn more from Master Sbarge, and also share your own thoughts and questions with the group.



Spring Landscaping Day

Saturday, April 29



Landscaping day happens only twice a year and as such is one of the critical few opportunities for students to participate in the larger scale maintenance of

their school. Weeding, planting, trimming, cleaning, clearing, just to begin a list, are all things that need your hands to accomplish. Come before or after your class, or come for the work as your method of training. Stay an hour or stay all day, it's up to you. Your contribution will be appreciated!

A NEW SCHOOL BEGINS

You may recall mention in the March newsletter that Sifu John Scattaretico (Uncle Scatt) – best friend and long-time training partner of Master Sbarge – has purchased a very nice property and building in Somers, NY and is in the process of starting a school with all the work that entails. Uncle Scatt has a core of dedicated students who are helping him, but there are still many things that a new school needs that are not all possible right away. Therefore, *THE PEACEFUL DRAGON* is determined to

offer an expression of our solidarity with Sifu Scattaretico by way of a red envelope and also a donations jar. Both of these will be at the front counter. Anyone who would like to contribute to one or both of these is welcome and your generosity will certainly be put to good use.

WISDOM OF MA FOREN

The Internal Arts



Well, a new year is here and I have been invited to our North Carolina guan to teach a workshop about the internal arts. The reason I chose this topic is because many martial artists have little idea of the major differences between the internal arts and how they are used. Yes, it is true that people can tell you what Tai Chi is, or Ba Gua or Hsing Yi, but when it comes time to use the principles of these arts, they fall short of full understanding.

The focus of this workshop will be to look deeply into the techniques of these arts and to separate the three. Each of the arts brings out one of the three principles, namely *Kung Jin* for Tai Chi, *Jr Jin* for Hsing Yi, or *Bian Jin* for Ba Gua.

These represent the three great underlying principles of each art.

For those who may not know these terms, Kung means empty. If you attack a Tai Chi person you will find emptiness. If you attack a Hsing Yi person you will be countered by Jr, directness. And if you encounter the Ba Gua person you will only find Bian, change. Each of these characteristics embodies the essence of its art. Each of these traits will be closely examined and expounded upon to give a clear understanding of the nature of the art in question.

Also, how many fully understand the meaning of internal power? There are two types: nei kung and wei kung. Do you know the differences and how they are attained? Many do not. If I said that for such power you have to understand Xu Jin and Fa Jin, would that confuse you? If so, then more study is needed because these aspects are the very heart of the internals.

If you are confused then welcome to the club, because many people are. It is not something that is understood quickly. It takes time and study. So with that said, you can see the reason for the coming workshop. Far too often within my guan I see students trying to use the techniques of the internals and failing. The reason for this is the lack of Dung Jin, full understanding. How can you expect to use these arts without fully understanding them? If you never saw a computer before and I gave you one and told you to do some tasks for me, could you? Of course not. Your first question would be, "How do I use it?" Results come only through understanding. Therefore, if we apply this to our learning of the internals, we can see that the more we understand, the more we will be able to apply our knowledge to attain the desired results.

Everything stems from the mind. It has little to do with movement in general. It is the knowledge of the movement that makes it work, not just movement without mind. It is the mind first; then movement will have purpose as well as power. I have been studying this art for longer than I care to mention, and the more I study the unseen, the stronger the seen becomes.

When the internals are really known they seem to vanish back into the externals, and the more you know the externals the more they vanish back to internals. It is a union of mind and body stemming from both the body and mind combined, there is no segregation. The beginner segregates, but the master combines, that is the difference.

This is the seventh installment of selections from Grandmaster's email. Any student who wishes to receive email directly from Grandmaster Ma Foren should visit <http://kungfu.org/requestform.shtml> and include a brief thanks for Grandmaster's generosity. Make sure the punctuation and spelling on your email address are correct. And very important, don't forget to add Grandmaster to your approved senders list. If your computer is blocking email, get help from someone locally; Grandmaster Ma cannot help you with these matters.

DRAGON CLASSIFIEDS

NOW brand Supplements a BARGAIN!

Save 20% off retail for these top quality vitamins, minerals and food supplements. Carefully researched and chosen by Debra and Sifu, NOW products are an exceptional benefit for students and invaluable to combat stress and enhance overall health. Orders are placed the first of each month and ready for pickup in a week or so.

SAVE on Quality Martial Arts Supplies and Weapons

Get 10% off retail for high quality martial arts supplies direct from Martial Arts Mart and waive the shipping and handling fees. Many items are on display for you to try sizes and styles, and any item can be ordered from their extensive catalog.

Fill out one of the Order Forms at the display area near the restroom and give it to our staff along with a 50% deposit at our front service counter. Orders will be placed the first of each month and merchandise will usually arrive within one week and be ready for you to pick up.

Your ad could be here; text and graphics, a scan of your business card, or artwork you submit. The cost is \$5 for students, \$10 for the public. Give your copy to George, or email maibu@carolina.rr.com. Pay at the front counter.

Job Hunting for Sam

Many of you know Debra's brother Sam, who has been a friend of *THE PEACEFUL DRAGON* and many of us, and worked here for a while last year. Sam is retired in China, but has no income there. He has a valid green card and international drivers license, and could return to the States tomorrow – as long as there was a job. At home, the competition for jobs is so fierce there is nothing for a retired man.

Sam ran his own business and possesses a broad range of skills. Any student who knows of a full or part time job that might be good for Sam, please see Debra or Sifu immediately. We would like Sam to be able to come back as soon as possible.