



THE PEACEFUL DRAGON

MARTIAL ARTS, Tai Chi, YOGA & MORE!



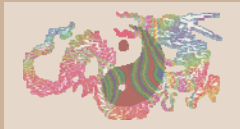
Newsletter

August, 2006



www.thepeacefuldragon.com

704.504.8866



CHILDREN'S PROGRAMS



AFTER SCHOOL MARTIAL ARTS PROGRAM WITH TRANSPORTATION

The Peaceful Dragon offers an after-school program with transportation that is ideal for working parents in the Steele Creek area who need transportation in order for their children to participate. We believe that this program is an excellent value for you and your child. If you have not enrolled your child, you will need to do it soon in order to ensure a space. If you're undecided, here are some reasons why we think your child belongs in this program.

- Greater Confidence
- Improved Self-control
- Optimal Fitness
- Higher Self-Esteem
- Real Self-Defense
- Greater Respect for Others
- Improved Concentration
- Anti-Bullying Strategies
- Better Grades
- Better Study Habits and Self-Discipline
- Reduced Stress and Anxiety

Your child can have all of this at reasonable cost. So can the children of your friends and neighbors! Let them know about *THE PEACEFUL DRAGON*, and be sure to check out the **After-School Program with Transportation** at <http://www.thepeacefuldragon.com/afterschool.shtml> and begin to plan now for your space in the program this fall!

ABOUT THE NEW LEADERSHIP CLUB

Just to recap from last month, if your child is currently in the Black Sash Club and you believe your child is right for the Leadership Club, see Master Sbarge for more information and ask to complete an application for the program. For information on this and other programs, go to <http://www.thepeacefuldragon.com/students.shtml>.

CHILDREN'S PROMOTION CEREMONY RESULTS

Many of our children were unable to be at the promotion ceremony because of family vacation. Consequently, an announcement of promotions would be incomplete until after the make up ceremony. Instead, The Peaceful Dragon congratulates all those who did attend the ceremony. Names and results will be announced in the newsletter later. George reminds everyone to keep working hard and you will earn you black sash!

SUMMER CAMP A SMASHING GOOD TIME!

Lyn reports that the Summer Campers are staying busy and having a great time! What other camp in town do you know of that offers lion dancing, chinese language, chinese yo-yos, obstacle courses, nature trail, origami, "Kung Fu Character" discussions, and of course top-notch Martial Arts instruction! In addition to that list, the kids also enjoy plenty of group games, arts and crafts, and team building activities, and there's still time for quiet reading, so the kids won't be out of practice when school starts again! The camp is averaging around 15 kids a week, ages 5 - 13!

EVENTS

Adult TESTING Day

Saturday, August 5, 2006

Students who are in blocks B – D test formally twice each year when they are ready to move up. The first formal testing day is just around the corner. This is a personal assessment, not a competition. Tai Chi testing will begin at 9 a.m. Shaolin kungfu testing will begin at 1 p.m. All students who have completed curriculum in their block and are preparing to move up are expected to be at the guan on testing day. If for some reason it is impossible for you to be there, a makeup test date is set for August 27 at 1 p.m. for both tai chi and shaolin students. If you miss that date too, you'll wait six months before you have another opportunity to move up.

Students who feel they are not ready are of course welcome to wait six more months and continue training. For those who are close, but feel they may need to review a particular item in the curriculum, ask your instructor about an optional review. *Review will be limited and is not intended to take the place of practice that has been neglected..*

U.S. INTERNATIONAL KUOSHU TOURNAMENT

July 21 – 23



From all students at *THE PEACEFUL DRAGON* to those going to Baltimore from here and sister schools: we wish you a safe journey, a clear mind, and a joyful, rewarding competition experience.

ANNUAL TAI CHI FESTIVAL AND BACK TO SCHOOL OPEN HOUSE NOT FAR OFF

Here's your invitation to our open house and tai chi festival, an annual event at *THE PEACEFUL DRAGON* coming Saturday, August 26, from 11 am to 2 pm.

This message isn't really so much for those of you who are already taking classes, or who have your children enrolled in our programs; it's to encourage you to bring your friends and family to the celebration so they can find out what they're missing – and of course it's a chance for you to kick back with your family and have fun too!

Festivals, like carnivals are mostly for the kids – yes, at *any* age – so get ready to enjoy:

- Bounce House with Slide
- Cake Walk
- Ping Pong Toss
- Ring the Duck
- Bean Bag Toss
- Kung Fu Obstacle Course
- Music Tent
- Water Balloon Pop
- Balloon Animals
- Face Painting
- Popcorn
- Shaved Ice

Newbies have to tryout our great classes in tai chi, kungfu, and yoga. We think you'll be impressed. If you decide to join our family on festival day, you'll get a valuable discount! Find out why the ancient arts of acupuncture, feng shui and massage are...well...ancient, and more popular than ever!

Of course it wouldn't be a Peaceful Dragon festival without our Lion Dances and Martial Arts Demos. And don't forget the free try-out classes and lectures on acupuncture and feng shui. Mark your calendar now. Get your friends and family members involved. Have a (tai chi) ball!

ANNOUNCEMENTS

THE WAY OF SHAOLIN

Everyone should have received the first of Master Sbarge's lessons "to enhance your knowledge of the principles and philosophies of the arts you are studying, and to give you practical guidance on using this knowledge to improve your daily life." Master Sbarge has worked very hard on this project, preparing in advance enough lessons to cover the first five years of your training. Accomplishing the training set before us is part of *wu-de* and all students must be sure to complete the first lesson. **To recap from last month: A new lesson will be given each month. Each adult student is expected to complete these assignments on a timely basis as part of your regular training.** If for some reason, any adult student did not receive the email containing the first lesson, [Click here for Lesson 1](#) to begin the training, and get some assistance with your email program so you don't miss future mailings. If by chance you do not have a PDF reader, [Foxit Reader](#) and [Acrobat Reader](#) are free downloadable readers.

Sifu's MONTHLY LECTURE

Wednesday, August 2

The topic is **Tea for Health and Happiness** which, even though we no longer have a restaurant and tea house, remains an important topic for students of Asian cultures. Coffee may be the beverage of choice for many Americans, but tea is the overwhelming choice for the world. There are compelling reasons why you might decide to cut back on the java, or even switch completely. Research continues to show you'd be smart. Find out more, studio A, following tai chi class.

LYN'S BOOT CAMP MAKES A GREAT START

If you have friends or family members looking for a weight-loss and fitness program that gets real results, tell them to apply for one of the limited spots in the program. They'll thank you for it: www.LynsBootCampThatWorks.com.

STUDENT VOICES

Your editor is going to be on vacation from July 21 – August 2. Between making the usual arrangements with colleagues at work, getting the house reading, packing and so on, it has been necessary to put the newsletter together early. In doing so, it occurred to me that I haven't spoken about the newsletter for some time. I write many of the articles that appear, and the challenge is to give them an anonymous voice, or at least a consistent one.

The real backbone of a newsletter, however, is the clear and present voices of those who contribute. Sifu's voice is like that. So is Grandmaster Ma Foren's. And so is your voice if you participate. Under the heading "Student Voices" is where that happens. Every student is equally eligible and sincerely encouraged to contribute something for the newsletter. A personal experience related to your training – anything from overcoming obstacles, to how you got involved, to what being a student means to you; if you're senior, also articles about your perspective and knowledge of the martial arts you study (representing accurate depictions of techniques, styles, training tips, etc. that further the training of your brothers and sisters); and any other articles related to the arts of any martial origin as long as they are well-researched. Articles on Asian-themed topics related to diet, music, philosophy, meditation, and so on, are also encouraged. Your work will be best if it comes from your real feelings, experiences and insights. Contributions can be any combination of prose, verse and pictures.

It's my job to edit, of course, but that is – or can be – a collaborative effort and I edit as lightly as possible (even Sifu sometimes!) I believe I can safely say that students who have presented work which I edited had a stonger piece when it appeared in the newsletter. There are well over 300 students at *THE PEACEFUL DRAGON*. I am sure there are many of you who have something to say...and many who would love to read about it. Send your work to maibu@carolina.rr.com.

Following is the tenth 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.

WISDOM OF MA FOREN

Ego

I wish I could say all martial artists are good people but they are not. There are those who only seek power and fame through the arts. I have seen many who make claims only to foster their own image. It is sad but it is also reality.



Try always to remember a few things as you train:

1. **You and I are only passing through; there is nothing to gain.** No one person will ever be king of the mountain, so don't waste your time trying.

2. **Your art is your art and few will appreciate what you do,** the way you do, so don't try to force your concepts of anything on anyone. What is good for you can be poison for someone else.

3. **There will always be someone better than you** or me, but this is just a fact of life and should mean little or nothing to a true practitioner. We don't study the arts for this reason; we study to improve our self, not build a huge ego. Those who claim to be the best are only the best in their own mind. A true student of the arts seeks to limit the control of the ego, not foster it.

4. **Don't compare what you know to someone else, or what style you train in to someone else.** Styles are like a suit of clothes: what looks good on me may not look good on you. You have to buy what fits and is comfortable on you. All styles are good for someone; nothing is better than something else.

5. **Be humble** – none of us would be where we are if it were not for someone else.

6. **Martial Arts is more than just fighting, it is a means, a tool, for self-improvement.** Who is the best fighter is only a delusion; there is no best. The real master often never even appears in public because he knows these simple facts and refrains from trying to prove the unprovable.

7. **Learning this art is a personal experience** and each of us will gain what we are lacking, whatever that may be, for each of us it is different. Your reasons will not be my reasons but the final goal will be the same for all of us – inner peace, and spiritual growth.

8. **I still get letters from some who compare** me to their teacher or style. This is a sign they have not learned the essence of martial arts. To my own thinking, I am nothing but a mere student and would rather be the lowest of all. This is why I train to learn reality and live reality, not live in dreams of fame and glory, which is only an illusion.

9. **Remember, the greatest fighters in all of martial arts history are DEAD,** anyone can beat them up now. There is no King of the Mountain; as one ascends the mountain the next one knocks him/her off. It is a stupid game I'd rather not play, do you see?

10. **Lastly, try to remember to simply enjoy and share and love with all your fellow practitioners in all styles.** We are all brothers and sisters in every sense of the word. Those who know the reality of martial arts study, share this art; explore its wonders and potentials for inner growth. Martial arts creates the extended family which is world wide. Everyone is my brother and everyone is my sister – what a wonderful feeling of belonging and sharing – this is the gift of our art! I am a lover of life and people. With this attitude of love, who is there to fight? Without it, you will be fighting until you're dead. Which do you choose? I choose Love.

DRAGON CLASSIFIEDS

PLANNING TO BUY something for the house or garden, indulge a favorite pass-time, get that hot new DVD or the latest gadget? Consider shopping through Amazon first where you'll find competitive pricing on everything PLUS – through arrangement between *THE PEACEFUL DRAGON* and Amazon – a percentage of your purchase goes to help our school flourish. Get what you want and support your school too!

Go to <http://www.thepeacefuldragon.com/books.shtml> and use Search Amazon.com for the products you want.



What could be more fun than a party right here! That special someone and guests will enjoy lots of fun and games (including the obstacle course), plus an exciting martial arts class. All guests receive a gift certificate for a FREE private introductory class and the birthday boy or girl gets a special present from The Peaceful Dragon! Read all about it at:

www.thepeacefuldragon.com/birthdayparties.shtml

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, by the month.

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 pickup.

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.