



# The Peaceful Dragon

## Newsletter

August - September, 2003

### Message From Master Eric Sborge Director and Head Instructor



Personal development takes many forms. One invaluable is the path of shared knowledge and ideas. Sifu hopes that more students will make the connection between level of involvement and level of growth.

On Wednesday, August 6 at 7:30 Sifu will present a Comparative Analysis of Hsing-I, Pakau and Tai Chi in his ongoing and well-received lecture series.

And Wednesday, September 3 at 7:30 plan now to participate in an open discussion about Shaping The Peaceful Dragon's Future: Current Plans — and Your Ideas!

### Special Announcements



Sifu, Lyn, Jennifer, Jessica, Chris, Carolene, Carrie, and George drove to New York over the busy 4<sup>th</sup> of July weekend to join in celebrating Grandmaster's 60<sup>th</sup> birthday, which had been planned in secret for many weeks. The 60<sup>th</sup> year is a very special one to the Chinese.

Grandmaster does not think of personal recognition, and came to the restaurant intending to have an early dinner with a couple of his Master level students and was surprised by the group from several lineage schools that greeted him, and was especially gratified to see Sifu there with some of his students.

Master levels and many others recalled how martial arts and Grandmaster in particular had changed their lives, and as George reported, it was a moving experience to see the Shaolin love and respect between Grand Master and everyone there at the party. Master Peck summed it up: "Not only a great teacher, but a great example and great friend."

### Workshops and Events

Friday, September 5-Saturday, September 6

Pakua Chi Kung and Martial Arts  
Workshop

In his exceptional Pakua workshops, Master Park Bok Nam addresses principles of energy (chi) development, movement and mental focus that are universal to tai chi, kungfu, yoga and other arts taught at The Peaceful Dragon. His seminar is open to people of all ages and levels of experience. Everyone should take this opportunity to train with a world-renowned master!

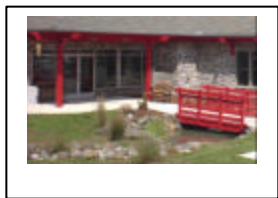


Saturday, September 6, 11am-5pm, Master Park will conduct a comprehensive workshop open to beginners and experienced practitioners, offering challenging information and applications for just \$100.

Add an intense, special self-defense application seminar Friday, September 5th, 7pm-9pm for just \$30 more or take both classes for only \$120. As usual, add \$20 if you wait until the day of the workshop. Make your plans now, since this workshop fills up fast! For more information on Pakua and Master Park, see his website, [www.pakua.com](http://www.pakua.com).

Saturday, September 13

## 7th Annual Tai Chi Festival



It's our big annual event. Take advantage of FREE lectures and demonstrations of tai chi, yoga, and shao-lin kung fu, but also try a delicious and healthy hot tea served in one of our exotic yi-xing pots; and browse the expanded offering of fine oriental gift

and luxury items in our store for that "must have" addition to your home or practice.

Chef Geoff will be cooking up his mouth-watering fare. New students can sign up for classes and get a discount. And of course we'll have our special drawing for a FREE YEAR of classes! There's something here for everyone. Most of all, please tell your friends, come and see us.

## NQA (National Qigong Association) Conference near Asheville



The National Qigong Association is for the first time holding their annual conference right here in North Carolina in Black Mountain at the YMCA Blue Ridge Assembly. From August 22 – 25 there will be workshops, seminars and demonstrations by nationally renowned experts in qigong, medicine and martial arts. Sifu Sbarge has been asked to lead a day-long workshop on Friday the 22<sup>nd</sup> and a seminar on Sunday the 24<sup>th</sup> so he will be there for the weekend. If you are interested in attending any or all of the conference, information is available on their website, [www.nqa.org](http://www.nqa.org).

Friday, October 10-Monday, October 13

## Mountain Tai Chi Retreat

Our fourth annual Mountain Tai Chi Retreat will be held at the [YMCA Blue Ridge Assembly](#). Led by Sifu Eric Sbarge, Director and Head Instructor of The Peaceful Dragon, this focused retreat will include training in traditional tai chi, chi kung, meditation and Chinese yoga. No experience is necessary and no level of fitness is presumed—everyone can participate.

Tai chi offers tremendous benefits including reduced stress, increased relaxation, increased vitality, better physical and mental health, improved coordination and balance and even superior self-defense skills for those interested.



Tai chi practice at the retreat will include the Ch'ang style long tai chi solo form, chi kung forms, push hands and partner exercises, plus tai chi broadsword and self-defense applications for more advanced students. Additional daily practice will include Buddhist and Taoist methods of meditation, breathing exercises and Chinese yogic stretching. This retreat is priced as inexpensively as possible to encourage participation by any one who is interested. Included in the price is intensive instruction, all meals (vegetarian options available) plus comfortable lodging in the YMCA Blue Ridge Assembly facility (prices are based on double occupancy; for single room add \$100).

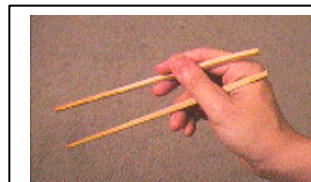
Retreat hours are 1pm Friday, October 10 to 4pm Monday, October 13. Directions are available at The Peaceful Dragon or by calling the Assembly directly at (828) 669-8497.

Space is limited and reservations are made on a first come, first served basis at The Peaceful Dragon. Prices are \$399 for students (\$359 before September 1) and \$499 for the public (\$459 before September 1). Take advantage of a family discount (2 or more people) and save \$30! A 50% deposit is required at the time of registration with the balance due by Thursday, October 9th (check, cash or credit card accepted.) Absolutely no payments can be refunded for any reason unless The Peaceful Dragon must cancel the retreat, in which case you will receive a full refund.

## What's Up?

Tuesday, August 5, 7pm

International Gourmet Series: Latino  
Dinner



For the Latin segment of our series, our focus will be primarily on Mexico

and Central America. This near tropical region is host to a vigorous and diverse vegetarian fare. Economic hardships as well as an abundance of indigenous ingredients have both played a part in the evolution of a cuisine as colorful as the people. Beans, corn, rice, tomato, fruits, chilies ... all come together in a myriad of techniques and presentations that are sure to keep our warm days even warmer. Reservations are required. Price for individual dinners is just \$30

## Meditation Shown to Light Up Brains of Buddhists

LONDON (Reuters) Wed, May 21 - Buddhists really are happy, calm and serene people -- at least according to their brain scans. Using new scanning techniques, neuroscientists have discovered that certain areas of the brain light up constantly in Buddhists, which indicates positive emotions and good mood. This happens at times even when they are not meditating.

"We can now hypothesize with some confidence that those apparently happy, calm Buddhist souls one regularly comes across in places such as Dharamsala, India, really are happy," Professor Owen Flanagan, of Duke University in North Carolina, said Wednesday. Dharamsala is the home base of exiled Tibetan leader the Dalai Lama.

The scanning studies by scientists at the University of Wisconsin at Madison showed activity in the left prefrontal lobes of experienced Buddhist practitioners. The area is linked to positive emotions, self-control and temperament.

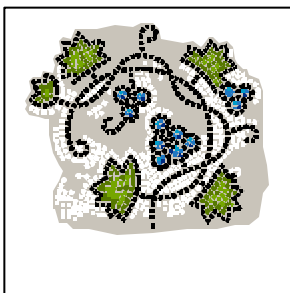
Other research by Paul Ekman, of the University of California San Francisco Medical Center, suggests that meditation and mindfulness can tame the amygdala, an area of the brain which is the hub of fear memory.

Ekman discovered that experienced Buddhists were less likely to be shocked, flustered, surprised or as angry as other people.

Flanagan believes that if the findings of the studies can be confirmed they could be of major importance.

"The most reasonable hypothesis is that there is something about conscientious Buddhist practice that results in the kind of happiness we all seek," Flanagan said in a report in New Scientist magazine.

## Annual Barbecue a Sizzling Success



Our annual Peaceful Dragon barbecue was held for the first time on the grounds of our new center. The ritual game of Shaolin-style tackle football got underway immediately. Students brought an eclectic array of casseroles, salads and deserts and the grills made the hot day even hotter. Most kept

cool with their favorite brew or beverage. Conversations and people meandered from tables to large pond to bridge and back again. The afternoon began to slow down with a still-spirited game of volleyball. Best of all, everyone had a great time and we exceeded our fundraising expectations, putting \$520 into the fund for our outdoor training area and equipment.

## Peaceful Dragon Hosts CACMA Tournament



Students opened their hearts and our doors to area Kung-fu schools when earlier plans for the spring kick-off tournament fell through. First-timers enjoyed a first ever home court advantage and competitors from other schools got to see us where we live. Spirits were high, the competition was aggressive but friendly in the laid-back atmosphere that has become a trademark of The Peaceful Dragon. One of the highlights of the tournament was the presentation of a ceremonial tai chi sword to Sifu. Students who competed did well. Perhaps most important was the recognition of our school as a venue for larger events in the martial arts community.

## Peaceful Dragon Students Excel at Baltimore Tournament



Aaron Arden, Hank Kadel, Lyn Adams, David Block, Carrie Chun and Chris Walters competed in the 2003 US International Kuoshu Championship Tournament in Baltimore MD on July 26th and 27th. With close to 1000 competitors, it was a great

opportunity for them to see many masters and different styles of Chinese Martial Arts and well as meet and compete against many other very well trained Kung Fu practitioners.

Aaron Arden-

Gold - Advanced Men's southern long fist

Silver - Advanced men's Kenpo

Silver - Advanced men's Tai Chi Form

Bronze - Tai Chi Weapons (tied w/ David B.)

Bronze - Men's Moving Step Push Hands (tied w/ David B.)

Lyn Adams-

Silver - Women's Middle Weight Lei Tai

David Block-

Silver - Tai Chi Form

Bronze - Men's Moving Step Push Hands (tied w/ Aaron A.)

Bronze - Tai Chi Weapon's (tied w/ Aaron A.)

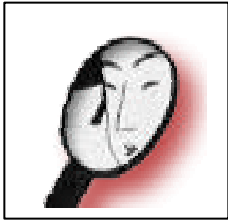
Carrie Chun-

Gold- Youth Girls 13-15 Intermediate Form

Bronze - Youth Girls 13-15 Light Contact Sparring

Chris Walters-

Gold - Men's Heavy Weight Shuai Chiao  
 Massage at The Peaceful Dragon



It's time to take care of yourself! The many benefits of massage include relief from tension, pain and stiffness; greater flexibility, and healthier skin; faster healing from muscle strains and pulls and a stronger immune system. Massage also helps to increase mental

alertness, enhancing the ability to focus and clear the mind. Sounds like a benefit for any martial artist!

We have revised our program and are pleased to offer students a 10% discount on all services. New fees for our relaxing Swedish Massage are \$30.00 for 30 minutes, \$60.00 for 60 minutes and \$80.00 for 90 minutes. We are also offering Neuromuscular Massage for specific areas of pain at \$35.00 for 30 minutes and \$65.00 for 60 minutes. We have appointments available from 10:00am to 6:00pm, Monday through Saturday. Make your appointment at the front desk and enjoy some well deserved pampering!

## Young Dragons

The following hardworking Young Dragons were promoted on July 19<sup>th</sup>.

White Sash:  
 John Wilson

Yellow Sash Level II:  
 Kelvin Jones  
 Arren Sevigny

Yellow Sash:  
 Emi LeNeave  
 Nicole LeNeave  
 Jarreth Brown  
 Timothy Brown

Andrew Weaver  
 Macie Imholt

Green Sash:  
 Mathew Gaydos



**The next testing date will be on Aug. 16 at 2:45pm.**

George comments:  
 "Everyone has done a super job on the Iron Body conditioning, great stances, solid punches and powerful kicks. Performing in front of

people is a great challenge for all of us, even for the adults. But with practice, we learn to think clearly under pressure, a wonderful skill we all can carry with us for the rest of our lives! Keep up the good work! Remember, the only secret to great Kung Fu skills is to practice.

Young Dragons 7 to 12 years old, with Yellow Sash or above ranking, are now eligible to come to the

Black Sash Club class on every Wednesday, from 5 to 6pm."

## Volunteering

Why is volunteering such a critical aspect of our school? First, we have a large, active and growing school that needs maintenance of the building, grounds, computers and office paperwork. There is a world of promotional work necessary to keep our facility alive and successful. There is way too much to do if only our small staff takes the responsibility. Second, our school is run on traditional Shaolin training methods which involved upkeep of the school. Wu-de requires a high level of respect for our school, our fellow students and above all for our teacher. Your student folder contains details about Wu-de.

Committee heads are volunteers themselves, and have been working hard to develop systems that should make it easier for you to find a place to apply your personal skills for the success of our school. Following is a list of people who can help you get involved with your school. Don't wait for them to find you – ask first.

- ?? Grounds and Building Maintenance – Aaron Arden and David Block
- ?? Computer Maintenance – Dale Guadangna and Hank Kadel
- ?? Marketing / Communications – Dale Saufley and Beth Rudowske
- ?? Office Assistance – Jennifer Shults and Natalia Hill
- ?? Special Events – Carolene Chun and Jennifer Bryan
- ?? Fundraising – Sam and Marcia Illardo and Joselle

If you can't find these people you can talk to Shawn Hammond or Melanie Snider, who are our volunteer coordinators.

## Dragon Classified Ads

The Attorney is 

J. ERIC KINDBERG

ATTORNEY AT LAW

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NOW brand Vitamins and Herbal Supplements are available at a 20% discount to students. The current catalog is available at the center. Place your order at the front counter by the end of each month, shipments arrive in about ten days.

## My Peaceful Dragon Experience

All students are encouraged to share their stories in this column. The editor can help present your piece and include a picture or graphic to make it extra nice. Give your work to George, or send it directly to [bmj@carolina.rr.com](mailto:bmj@carolina.rr.com)

## Pathways

