



Tai Chi, MARTIAL ARTS, YOGA AND MORE

THE PEACEFUL DRAGON

FOR THE CONTEMPORARY MIND, BODY AND SPIRIT

WWW.THEPEACEFULDRAGON.COM

AUGUST 2017

704-504-8866



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**2014 and 2015 Winner of
TWO Charlotte Observer Reader Awards!**

- **Best Martial Arts Studio**
- **Best Yoga Studio**

Like us on Facebook: <http://www.facebook.com/ThePeacefulDragon>

AT A GLANCE...

What The Peaceful Dragon Offers

Adult Programs

- Tai Chi
- Kung Fu
- Zen Meditation
- Yoga
- Asian Culture and Philosophy

Children's Programs

- Kung Fu and Leadership Classes

Other Services

- Seminars and Presentations
- School Field Trips
- Community Demonstrations
- Corporate Team Building

August Holidays!

Family Fun Month

- | | | | |
|------------------|------------------------------------|------------------|----------------------------------|
| 1 st | Nat'l Mountain Climbing Day | 15 th | Relaxation Day |
| 5 th | Campfire Day | 20 th | Nat'l Radio Day |
| 9 th | Book Lover's Day | 26 th | Women's Equality Day |
| 11 th | Presidential Joke Day | 29 th | More Herbs, Less Salt Day |

MESSAGE FROM MASTER ERIC SBARGE



I want to sincerely thank all of our students who signed my birthday card and contributed to the red envelope.

The red envelope is the traditional way the Chinese present gifts – money is the primary gift, and it is placed in a red envelope, with red being the color of good fortune.

As a teacher of traditional Chinese martial arts, to me the red envelope itself pales in comparison to what it represents, which is good wu-de. Wu-de means “martial virtue”, and it is the foundation on which our training is built. Normal people don’t care who you can beat up or not beat up – they care how virtuous you are.

Presenting a red envelope to your teacher on your teacher’s birthday and on Chinese New Year is just one of many traditions that have evolved as a way of displaying wu-de.

Genuine teachers don’t pay attention to how much you put in the envelope – a dollar to a poor person is like a thousand dollars to a rich person. But it is important that you contribute something to show your appreciation and sincerity to your teacher – if you don’t value your teacher then you shouldn’t train under that teacher.

In almost all cases, the teacher uses the money to help support the school, which of course benefits the students. But on the Zen path, as students we are trying to look past benefits for ourselves, and give freely to benefit others.

If you didn’t sign my birthday card or make a contribution to the red envelope, no worries – Chinese New Year will surely be coming up, and maybe I will have another birthday next year – so you will have more chances.

Other than for tuition so we can pay our staff and keep the lights on, I don’t want my students’ money. But I really do want them all to understand the traditions of our arts, and to always demonstrate great wu-de!

“If the only prayer you ever say in your entire life is thank you, it will be enough.”

— Meister Eckhart

If you are not a current student of The Peaceful Dragon, there are many ways to improve your mind, body and spirit through the programs available at The Peaceful Dragon. Visit www.ThePeacefulDragon.com and click on Adult Classes or Children’s Classes. You can then register for a Free Semi-Private, No-Obligation Introductory Class and an Introductory Tour.

UPCOMING EVENTS

Push Hands and Sparring Class Begins Saturday, August 5th, 12-1pm

This Saturday, August 5th, the push hands and sparring class led by Master Sbarge begins, held every Saturday from 12 noon – 1:00pm. This is open to and recommended for all teens, adults and children aged 8 and up in our Mastery Program.



Deepen your Yoga Studies with 200-Hour Teacher Training Starts this Month!

Weekend One starts Friday, August 11th
Weekend Two starts Friday, August 25th

The training group led by Yogini Mara Healy meets each weekend for a total of 9 weekends. Each weekend is a 20 hour commitment with reading assignments, guided asana practices, lecture, discussions, and detailed explanations on how to both deepen your personal yoga practice while also laying the foundation for being a skillful yoga teacher. You do not have to want to teach in order to join the program!



For more information and to apply to join this teacher training, please see the main page at <http://www.thepeacefuldragon.com/yoga/marayogatraining/>.

Parents Night Out Friday-Saturday, August 11th-12th, 6:30pm-8am

This month's Parents Night Out is Whole Night Out! August 11th starts this year's Kung Fu Sleep Over! Toward the end of the night, we will share stories of kung fu legends. Please provide a night time snack or money for the vending machines. We will provide donuts for breakfast in the morning. All guests of our students must have a permission slip. Please register for this Parents Night Out at the front counter by no later than August 10th. Please note: Pick up on August 12th is at 8am sharp. There will be a mandatory \$1 per minute donation to The Peaceful Dragon Scholarship Fund for any child picked up after 8:05am.

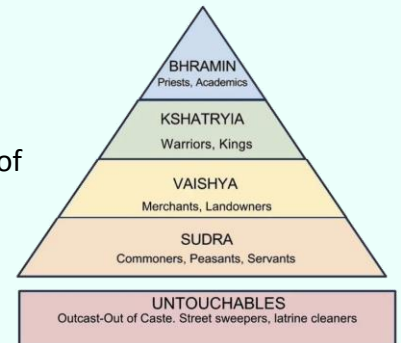


Understanding the Caste System from a Yogic Point of View

Quarterly Yoga Workshop

Saturday, July 22nd, 9am-2pm

In modern society, Indian Castes are rooted in bloodline rather than in state of consciousness. Learn all about how Castes, Pathways of Yoga, and personal dharma (one's personal spiritual mission) are related. Includes a one hour asana class.



This workshop is free to all Peaceful Dragon students, and is open to the public for a fee of \$49. Please register at the front desk. We require a minimum of 6 confirmed students to hold this workshop.

Demonstrations at Daniel Stowe Botanical Garden

Wednesday, September 6th
Wednesday, October 4th

The Daniel Stowe Botanical Garden is hosting a large group of Chinese artisans for a special two-month show of giant outdoor colorful lanterns. The Peaceful Dragon has been asked to perform the lion dance on their opening night of Wednesday, September 6th, at 6:30pm, and then again on the Moon Festival evening of Wednesday, October 4th. They will have Shaolin performers from China doing a kung fu demonstration, and other events going on. Bring the family and come enjoy some great Chinese culture!



Our 2017 Special Events Calendar is available at
<http://thepeacefuldragon.com/specialevents.shtml>.
Mark your planning calendar now!

MONTHLY CLASSES, SEMINARS AND DISCUSSION GROUPS

Mastery Roundtable Discussion – Tuesday, August 1, 8-9pm

Topic: Caring for the Temple of your Mind – Your Body!

Open only to Mastery Program students.

Yoga Seminar – Cancelled

This month's usual yoga seminar has been cancelled due to our yoga director, Mara Healy, being tied up with her son's wedding.

Congratulations to the Healy Family!

Jr. Mastery Program Seminar – Saturday, August 5, 12-1pm

Topic: Winning Strategies from Coach Vince Lombardi (continued from last month)

Open only to Junior Mastery Program students.

Lecture and Discussion – Thursday, August 17, 8pm

Topic: Understanding Karma

Presented by Master Eric Sbarge.

Open to all adult and teen students.

Future Instructors – Saturday, August 26, 11am

Open only to Junior Mastery Program students.

Equipment Needed for Classes

Adults

- Shaolin All Blocks: Full Sparring Equipment
- Tai Chi All Blocks: none

Kids

- 8-12 year olds: White Sash and Above: Nunchuks

JULY BIRTHDAYS

2 nd	Kyle Hoellein	17 th	Joan Martin
4 th	Cheryl Telk	19 th	Chuck Denhart
5 th	Deanna Valeo	20 th	Sherry Kordecki
5 th	Paul Campanelli	20 th	Kate Lyons
7 th	Kaleb Anderson	21 st	Marc Houle
9 th	George James	21 st	Tameka Carpenter
9 th	Andre' Washington	23 rd	Emily Richardson
12 th	Jessie Brown III	23 rd	Aron Huss
12 th	Patricia Rosa	26 th	Maxwell Tan
13 th	Issac Cuthbertson	27 th	Ruth Kalinich
14 th	Logan Alden	28 th	Noah Whitworth
17 th	Lori Eidsness	30 th	Katarzyna Hallman

PEACEFUL DRAGON SCHOOL NEWS (ALL REAL!)

Quarterly Cleanup and Volunteers

Thank you to everyone who helped with quarterly cleanup last weekend. It is only through your help that we are able to get so much done.

Would you like to play a more active role in helping to keep YOUR SCHOOL one of the top martial arts and yoga schools in the Carolinas? Join one of our Volunteer Committees. If you have a few minutes here and there, you can now sign up for any of the following committees at our front counter: Building and Grounds Maintenance and Repairs; Cleaning; Office and Clerical; Computers and Technology; Marketing and Promotions. You don't need to be an expert in any of these fields, just enthusiastic! As Sifu's message mentions, Wu-De is very important to keeping our school running. Show your wu-de by volunteering for a committee. Sign-up is at the front counter.

Baltimore Kuo Shu Tournament

Congratulations to our Kung Fu and Tai Chi teachers who have continued advancing their judging certifications at this year's Kuo Shu Tournament in Baltimore. Hank Kadel has earned his certification for International A level. Jason Field has earned his certification for National B. David Block and Rick Towell also attended at judges certified at the National A level.

Send Us Your Event Photos or Short Video Clips

If you get some nice shots of Peaceful Dragon events please send them to Holly@thepeacefuldragon.com for display in our newsletter, social media pages and our new upcoming lobby-area TV!



Did You Know...

- ❖ Plastic straws are nearly as menacing as plastic bottles for our oceans and landfills? Americans alone use roughly 500,000,000 plastic straws a day, harming aquatic wildlife and polluting our shores. Skip the straw, or use paper ones, along with skipping the plastic bottles.
- ❖ Almost one-third of Americans claim to have practiced yoga at some point in their lives?
- ❖ More people speak Chinese as a first language than any other language?

CHILDREN'S PROGRAM NEWS

A Message from Mr. George

Time goes by fast and summer break will soon be over. I hope all the kids enjoyed the time off and got a bit taller too. As the schools starting later on this month, the daily routine will be adjusted as well. Most kids wake up early during school years and sleep in during summer breaks. Prepare items to bring for school the next day, or scramble the last minute then run out the door. Having a successful school year by having a great routine. Keep up the great work and enjoy the last bit of the summer break!

Powerful Words

This month's Powerful Word is Compassion! Compassion is the emotion you feel when others are suffering that makes us want to help them. Dr. Robyn's letter to the parents includes tips to encourage compassion and empathy in your children.

NEW STUDENTS AND PROMOTIONS

Welcome to our new students!

Tai Chi – Tyson Tran Alan Aronoff Joanna Rice Joan Martin
 Mathew Martin

Kung Fu – Brandon Miles Jared Harris Dawn Potter Ryan Potter
 Hannah Jackson Jarrett Jackson

Yoga – Jessica Webb

Young Dragons – Davidson Pierce

STUDENT OF THE MONTH RECOGNITION

Adult Student of the Month— BREE SORRELL

1st runner up— Karthik Kannan

2nd runner up— Jose Cardoza

Bree is one of the most consistent students and she puts out 110% effort in each class.. Good job, Bree!

Child Student of the Month— Sophia Mullis

1st runner up— Brenda Rizzo

2nd runner up—Caya Barefield

Sophia teaches consistently and works hard in classes. She is always willing to put in the extra effort. Keep up the great work, Sophia!



Disciple's FORUM

Do You Let Obstacles Get Between You And Your Training?

by: Lao Shr David Block

How often do you think about training and a reasonably good justification comes up to defer to another time?

It could be; I am too tired, have too much work to do, sore from my previous workout, have an injury, ate too much, ate too little, have too many distractions, do not have a good location to train, not sure what to practice, do not feel that I am very good, do not have enough time and on and on it could go.

This is a very normal problem for many practitioners of Martial Arts and many other things in life. The techniques of avoidance are many and for some, very artfully performed.

If one is serious about learning the Arts and progressing to your desired goals, it is necessary to come to an agreement with yourself on not paying attention to the many reasons that come up to avoid training.

While staying in the moment is important in training and in life, it is also important to keep the end goal in mind. You should have a vision of where you would like to be in one year, five years and ten years. Keeping your awareness on these goals in the forefront will help push through the obstacles set before you.

I have found that when I am too tired and train anyway, I feel energized and much better after I train. When I feel I have too much work to do, I find I have more time and become more efficient after I train. Whether I am hungry or have eaten too much, I always find some training that fits my body needs. There is so much we can do from

sitting meditation to iron body training, that in spite of injury, we can always find some thing we can do to better ourselves in what we are training for.

Perhaps if you experience obstacles, list them and come up with justifications to ignore them before they arise. That way you will be prepared to obliterate them and get on with your training.

The bottom line is, how much desire and willpower and commitment do we have in reaching our goals. Having said that, if we have no enjoyment in what we do, we should think carefully about our choices.

The funny thing is that enjoyment often comes through the hard work in bypassing the obstacles and feeling the progress of success.

Enjoy your training and work hard (Kung Fu)!

GETTING TO KNOW THIS MONTH'S DISCIPLE

Each month, we will be asking our Disciple's Forum writer to answer a few questions. Here are this month's Disciple's questions and answers:

What inspires you?

What inspires me is seeing others conquering fears and overcoming difficult situations.

If you won the lottery, what business would you open?

If I won the lottery I would not have to open a different business than the Martial Arts School I have already opened. I guess I don't have to win it in that case.

What vacation location is on your bucket list?

Someday I would like to visit Hawaii with my wife.

What do you want to be when you grow up?

When I grow up (probably too late by now) I would like to be a teacher. Maybe I did already grow up in that case.

What do you do in your free time?

I don't have a lot of free time but I enjoy a good action movie.

STUDENTS ASK MASTER SBARGE

Question: Where did you and Debra meet?

Answer: At the Chuang Yen Monastery in New York. She was my Chinese language tutor.

MISSION STATEMENT FOR THE PEACEFUL DRAGON

Our mission is to help each of our students reach his or her fullest potential for physical, mental and spiritual development through the teaching of traditional Asian health arts and martial arts. We accomplish this by offering the most authentic and effective curriculum, by providing the best possible service to our students and their families, and by maintaining a warm and caring family environment in which every student, guest, and staff member is treated with respect, dignity and love.

Classifieds

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. Send your copy to holly@thepeacefuldragon.com. Pay at the front counter.

George runs two social clubs in Charlotte through Meetup.com:

<http://www.meetup.com/North-Carolina-Mountain-Biking/>

<http://www.meetup.com/Charlotte-Pool-Shootin-Fun-Meetup/>

Mountain biking, shooting pool, hiking, trying out new restaurants or cruising to the Bahamas!



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