

THE PEACEFUL DRAGON



Newsletter

December 05



CHILDREN'S PROGRAM



Message from Our Grandmaster Frank DeMaria

Hi to all Tiny Tigers, Little Dragons and Young Dragons.

This message is for all our children's divisions. I want to speak to you now, while you are young, because of the opportunity you have to train at this time in your life. Don't lose this chance. Training in the arts now, while you are young, can and will make your life so much better in your growing years.

Remember, I started young, and because of that I am where I am now. You cannot go back in time and if you lose these early years of training they will be gone forever. Now is your chance. Will you take it?

I know it is not easy, and at times you don't even want to be in class working hard. You would rather be with your friends or outside playing. But if you sacrifice now, just a little, you will rejoice later at all you have learned.

It is not easy growing up in today's world - just ask your parents. It takes courage, determination, knowledge, and confidence to succeed. All this can be yours if you work towards it now. Your parents have sent you to training because they know the facts of life, and only want you to have every possible chance to succeed in the world. The training you are doing now will offer you these gifts of character.

Don't lose this chance. It will not come again, so grab it and hold on. You will be so glad you did in the future.

You are all very special children. I have seen many of you in your demonstrations and I am indeed impressed with you. When I look at you I see my own early years and how much the arts have done for me.

I sincerely hope you realize what a chance you have now - and don't give up on yourself by quitting. Quitters never win, and I am sure you all like to win. So keep trying. Your teachers and parents will be overjoyed to help in any way possible to help you attain your goals.

I am extremely proud of all our children at every school. You are indeed special. You have proved that just by doing what you're doing now. Keep up all the great work and email me (hqaccs@optonline.net) if there is anything I can do for you, or if I can answer any questions you may have. It would be my pleasure.

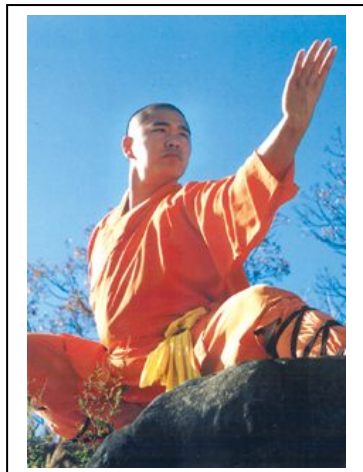
Bless you all,

Grandmaster Ma

WORKSHOPS AND EVENTS

TRAIN WITH VENERABLE SHI GUOLIN

Friday, January 27 - Sunday, January 29



Plan ahead for your chance to learn from Venerable Shi Guolin, 34th generation monk and the lineage transmission disciple of Abbott Shi Yongshin of China's famed Shaolin Temple. Called the "Iron Arhat" because of his tremendous qigong skills, he came to the U.S. in 1992 to spread the word of Chan (Zen) Buddhism. In 1995 he founded the Shaolin Temple Overseas Headquarters, which he currently directs in Queens, NY, and at the same time allied with our parent school, The American Center for Chinese Studies (ACCS) with the mission of teaching and practicing Chan meditation and martial arts. The former coach of the authentic Shaolin Temple kungfu monks, he has appeared on The Discovery Channel and has been featured in numerous magazine articles.

Venerable Shi Guolin seldom travels outside of New York for lectures or workshops, so this is a rare and unique opportunity to train with a world-renowned lineage Shaolin master right here in Charlotte, NC.

There will be a special session for children on Sunday afternoon. Details of this upcoming workshop will be announced.

CHINESE NEW YEARS FESTIVAL AT THE PEACEFUL DRAGON

January 28, 1-4pm

More than a billion people around the world celebrate this Asian cultural event rich in history and meaning. The Peaceful Dragon will be hosting its annual Chinese New Year's Festival on Saturday, January 28 from 1 – 4pm so mark your calendar now!

The festival will begin with a traditional Lion Dance to bring good luck to everyone in the New Year. The entire family will enjoy this ceremony, as well as exciting demonstrations of Chinese martial arts and health arts including Gong-fu, Taiji and Yoga, plus a program of performing arts that includes Chinese dance, music and more. Local experts will demonstrate and talk about Asian arts and practices such as acupuncture and origami, and there will be an ongoing children's game and activity room.

In Asian countries, preparations begin weeks in advance including cleaning, cooking and making travel arrangements so extended families can be together. Charlotte's Asian population has grown rapidly in recent years with many ethnic associations hosting their own celebrations and events around the area. The Peaceful Dragon's celebration is open to everyone, especially Americans who want to know more about Asian culture.



The guest of honor at the festival will be Venerable Shi Guolin, world famous for his qigong and "iron body" skills (see above for more about Master Guolin). Other events include a raffle, and discounts on

classes at *THE PEACEFUL DRAGON*. Admission is \$3 per family (free for Peaceful Dragon students). All proceeds go to The Peaceful Dragon Scholarship Fund. Please join *our* extended family!

CHINESE NEW YEAR DINNER CELEBRATION

Saturday, January 28, 6pm

For adults, children and their families, the New Year dinner celebration is the annual highlight of our study and association at *THE PEACEFUL DRAGON*. During the evening, award ceremonies are conducted to recognize individual achievement, one-year students are formally inducted into the Guan, and of course there is always great food followed by toasts, dancing and more. We are extremely fortunate again this year to have Venerable Shi Guolin as our guest of honor. This event will be catered right here – details to come.




EVENTS

At this time of year, people reflect upon the experiences of the year as they anticipate what may need to change or be recommitted to in the coming year. *THE PEACEFUL DRAGON* already has an exciting lineup for 2006. Go to <http://thepeacefuldragon.com/studentsspecialerevents.shtml> and see what's coming!

ANNOUNCEMENTS

Holiday Sale

Saturday, December 3, 9am – 3pm



Enjoy free hot cinnamon tea and holiday cookies while you **browse** the offering of martial arts supplies, tea pots, lamps ceramics, fabric pieces, ceremonial and devotional items and more

- All in-stock merchandise is 20% off*
- Selected items and clearance martial arts supplies are discounted up to 50% off
- All special order martial arts supplies are 15% off*

**Discounts do not include CDs, DVDs or books*

WEBSITES OFFER INFORMATION, SUPPORT, SERVICES

The PEACEFUL DRAGON and the **ACCS** present a tremendous amount of information about martial arts including special events, classes, teacher bios, lineage, age-appropriate programs, expert articles, histories, and of course newsletters, to begin a list. For example, there are a couple of new historical pictures on Grandmaster's site. To see them, go to <http://kungfu.org/historicphotos.shtml>. All students should regularly visit our school sites to keep up with current events, but also to explore the wealth of material accumulated there. Perhaps you are one of the many new students who haven't seen any of the articles by Grandmaster Ma Foren, or learned about the history of your school. Why not take the time now and see what you've been missing – these websites are being added to continually.

PARTNERSHIP BENEFITS PEACEFUL DRAGON



We're delighted to announce the reading list recommended by Master Sbarge is now online! See the link on our front page, or go directly to <http://www.thepeacefuldragon.com/books.shtml>.

Thanks to our partnership with Amazon.com, a percentage of **everything** you purchase goes to *THE PEACEFUL DRAGON*. Use the **Amazon search tool** on our books page and anything you buy – from electronics to house ware to clothes, music or outdoor – in addition to books, will generate some money to help support our school. And you don't pay any additional fees. If you're shopping for "that something" this holiday season or anytime, Amazon probably has it, so remember our link. Save money and support your school at the same time! Students who want to order together can save on shipping, too!



WISDOM OF MA FOREN



This is the third 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. Don't forget to add Grandmaster to your approved senders list.

Eight Key Points to Mastery

1. **Xin** – You must have the Love to want to learn this art, or soon you will give up.
2. **Yi** – You need to be able to use your mind to see intent; without this nothing makes sense.
3. **Yao** – The waist must be flexible and open; without this nothing will work right.
4. **Qua** – This works in conjunction with Yao; if they are not in harmony stepping will be incorrect.
5. **Song** – Without relaxation you will be too stiff and clumsy.
6. **Li** – Without power there will be no effect of your strike or block.
7. **Shi-ER-men** – The 12 gates must be open: wrist, elbow, shoulder, waist, knee, and ankle.
8. **Kwai** – Speed is needed; this works in conjunction with Song.

As I have said before, first you need the love which comes from the heart, then you need the mind to understand. Only then does skill manifest in the fist. If the above is understood and practiced, Qi

(internal energy) will be manifested naturally; then timing and gauging will take care of itself with practice of these eight points.

ON THE DRAGON PATH

MASTER SBARGE HOSTS YEAR-END DISCUSSION

Wednesday, December 7

Sifu gives informative lectures, or leads focused discussions, on the first Wednesday of every month, and he has been doing so for several years, putting time and insight into every topic. It has become a Peaceful Dragon tradition that the discussion in December is an open forum for students to share their thoughts, concerns, and dreams about any relevant subject. Sometimes there are ideas that become the basis for forward planning; often there is a look back at school business. And frequently there are questions for Sifu. All students are encouraged to participate in this year-end meeting, following Taiji class.

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.

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.

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.

