



# THE PEACEFUL DRAGON

## Newsletter

FEBRUARY, 2005



### SPECIAL ANNOUNCEMENTS



There is still time to sign up for the Shi Guo Lin workshop February 4 – 6. The cost is \$229 for the public, \$189 for adult students and \$20 for kids. The curriculum contains valuable instruction for everyone regardless of experience or skill level. The opportunity to learn from such an eminent master should not be missed, yet if it truly is not possible for you, at least sign up for the banquet, Saturday February 5 from 6 – 10pm. Cost of the banquet is \$30, children under 12 half price. In past years our banquet has not coincided with any other event, yet has always been fun, meaningful and memorable. Combined this year with the rare presence of Shi Guo Lin

and our Chinese New Year Festival, it promises to be an outstanding experience for everyone.

### WORKSHOPS AND EVENTS

The agenda and times for February 4 – 6 are:

#### WORKSHOP

Friday, Feb. 4 5 – 10pm  
Saturday, Feb. 5 9am – 12pm

#### FESTIVAL

Saturday, Feb. 5 1 – 4pm

#### DINNER CEREMONY

Saturday, Feb. 5 6 – 10pm

#### WORKSHOP

Sunday, Feb. 6 9am – 5pm

#### KID'S CLASS

Sunday, Feb. 6 3 – 4pm

The CURRICULUM is:

- *Yi Jin Jing*, muscle/tendon changing form
- *Xi Sui Jing*, marrow washing form
- Spear Form
- *San Da* technique, an older term for *San Shou*, referring to full contact fighting

GROUP PHOTO at 4pm by fellow student and professional photographer Lawrence Boblas. Purchase a copy for \$5. Individual photos with Guo Lin also available for \$10. All photo profits go to benefit Master Guo Lin's Shaolin temple.

### HAPPY VALENTINE FROM THE DRAGON

Hurry if you don't want to miss this delectable celebration of love and friendship. The lovely and deeply insightful Rachel Pennington is again this year providing free couples readings. Seatings at 6pm and 8:30pm are selling out fast. For \$85 public, \$75 students per couple, you will enjoy:

♥ A complimentary bottle of champagne for each couple

♥ Pine Nut Crusted Leek Tart  
with Sweet Garlic Cream Sauce

♥ White Soup  
with Red Pepper Coulis

♥ Warm Chickpea Salad  
with Sun-dried Tomatoes and Artichoke

♥ Wild Mushroom Phyllo Triangles  
with Porcini Sauce and Grilled Baby  
Vegetables

or

Classic Lasagna  
with Fresh Herbs

or

Boniatto Croquettes  
with Smoked Vegetable Filling  
Served with Grilled Sweet Onion and  
Asparagus

♥ Lemon Pudding Cake  
with Blueberry Glaze  
and Raspberry Sorbet

or

Triple Chocolate Tower  
with Chocolate Sauce  
and Espresso Sorbet

## TIBETAN BUDDHIST TO SIGN NEW BOOK, OFFER WORKSHOP



Geshe Dakpa Topgyal, head of the Charleston Tibetan Society and friend to *THE PEACEFUL DRAGON*, is coming to the kwoon in March. On Saturday, March 19, Geshe Dakpa will offer a lecture and book signing of

his **Diamond Key for Opening the Wisdom Eye**, just released. There will also be a workshop on Sunday, March 20. Details will be announced in the next newsletter. Meanwhile, read about Geshe Dakpa, read and listen to lectures, at <http://www.scdharmagroup.org/>.

## WHAT'S UP

### MESSAGE FROM Sifu

The new year is traditionally a time of looking back at the accomplishments of the year just past and setting goals for the year ahead. So it's a good time to renew your dedication to your training!

Whether you (or your child) have recently started at The Peaceful Dragon, or been a student for many years, I know you can see progress in health, skill, concentration, and calmness. We are all working on becoming Peaceful Dragons, building the fire and strength that give us the confidence to lead peaceful lives. That's a gift we give ourselves and all the people around us.

In addition to our ongoing classes, this year we have several very special opportunities to enhance our training. In February, Venerable Guo Lin, the head of the Shaolin Temple, will be here as our honored guest for Chinese New Year, and will lead workshops for both adults and children. In April, Master Park Bok Nam, renowned teacher of Pakua, will visit.

And in July, our own Grandmaster Frank DeMaria will give special workshops for adults and children.

In addition there will be shorter seminars throughout the year, including a two-session seminar I'll be leading this fall on Medical Qi Gong. You can see all the events on our special events page, <http://thepeacefuldragon.com/studentspecialevents.shtml>.

I look forward to seeing you in class and training hard together!

*Sifu Eric Sbarge*

### Buddhist Discussion Group to Start

Debra Sbarge, Lauren Leung, and Anthony Iannone are seeking individuals interested in starting a Tibetan Buddhism discussion group. We will be using a newly translated presentation of the world renowned text entitled **The Great Treatise on the Stages of the Path to Enlightenment** written by the Tibetan



master *Tsong-kha-pa* in 1402. Professor D.S. Ruegg calls The Great Treatise "one of the world's great monuments of philosophy and spirituality". If you are interested in joining this discussion group, please contact either Debra at *THE*

*PEACEFUL DRAGON* or Anthony Iannone at 704.201.8181. When we have at least 10 individuals committed to joining, preparations for starting the group will begin.

### MONTHLY LECTURE / DISCUSSION

**The topic is *wu-de*, the core of our practice and most important discussion of the year; Wednesday, February 2 following tai chi.**

### Book NOTES

**M**ike Fomil and Kathy Crowe have been discussing developing a book section where books could be reviewed, notably to begin with perhaps some of the books on the suggested reading list that new students receive. There is also a possibility of a special arrangement with Amazon. In the meantime, here's a short entry, in which Mike observes that

you start reading books about our arts and all the related topics and the more you read the more you discover you need to learn. One thing I discovered about myself is I lacked a historical perspective; so much so that I had never figured out that the "boxer rebellion" really was a bunch of Chinese boxers who rebelled.

So I called up my old friend who is a student of martial arts as well as a historian by education and he put me in touch with this book: **China, A New History** by John King Fairbank and Merle Goldman. According to my friend Ben, Fairbank was a leading expert on Chinese history at Harvard, but don't let that put you off. He writes in a very approachable manner. Goldman added a chapter to cover the post-Mao era.

An interesting book to flip through at random or to pick topics that interest you from the index. However, the introduction is a must-read. There is no simple way to explain a place as big and diverse as China; these authors take 500+ pages to at least give us an overview.

## CHILDREN'S PROGRAMS

**Tiny Tigers, Little Dragons and Young Dragons** have a lot to look forward to just like the adults in your lives. Isn't it true that many of the things you think about are the same as your parents? After all, you live in the same world. It is a good idea to begin to be aware of your thoughts and feelings about your training, about school and your relationships with your friends, family and others. And as you progress, you may begin to think more specifically about the meaning of your training. How is it valuable to you? Do you think it has changed you? This attention to feelings and thoughts about your martial arts training should be a good part of your practice for this new year. Won't it be interesting and fun to see what you find out?

**NOTICE: website pages for our children's programs are up. Please click the Members button on our home page, then look for the kid's links on the right. Included is the full curriculum and much more.**

## VOLUNTEERING

Each student should make a point of finding at least one thing that you volunteer to do outside of coming to class as part of your training. It doesn't matter whether it's a big or time-consuming thing or a small thoughtful act; whether it's for the school at large or a fellow student; a group effort or a private expression of identification with *THE PEACEFUL DRAGON*.

**Sifu thanks everyone who helped with the quarterly cleanup two weeks ago, and those who came to help paint.**

## DRAGON 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. Give your copy to George, or email [maibu@carolina.rr.com](mailto:maibu@carolina.rr.com). Pav 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.

## 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.

## ON THE DRAGON PATH

All students are invited to write an article about your training experiences, submit a book or film review on a subject related to martial arts or Asian culture, or from your own substantiated research and experience a piece dealing with a particular aspect of training or technique. These would be interesting for everyone. While subject to editing, pieces would not necessarily be limited for length, only for content. And of course this space is for sword polishing, not ax grinding. Send your work to [maibu@carolina.rr.com](mailto:maibu@carolina.rr.com).

## PATHWAYS

*“Alas, I know if I ever became truly humble, I would be proud of it.” – Benjamin Franklin*



## AT A GLANCE

### Schedule for 2005

Copied here from our website, you can print and save the following schedule of upcoming events for the year. Mark your calendar in advance for the things that interest you most.

**Key:** ● for adults; ● for children (and their parents); ● all ages

Friday-Sunday, February 4-6	● ● <b>Shaolin Kungfu Workshop</b> Venerable Monk Guo-Lin
Saturday, February 5	● <b>Chinese New Year's Festival</b> and <b>Chinese New Year's Dinner</b> (for Peaceful Dragon students)
Monday, February 14	● <b>Romantic Valentine's Day Dinner</b> Chef Geoff Bragg
Saturday, February 26	● <b>Free Lecture: Stress Reduction</b> Master Eric Sbarge
Sunday, March 6	● <b>Vegetarian Cooking Workshop</b> Chef Geoff Bragg
Saturday, March 12	● <b>Stress Reduction Workshop</b>

	Master Eric Sbarge
Tuesday, March 15	<ul style="list-style-type: none"> <li>● <b>International Dinner Series</b> Chef Geoff Bragg</li> </ul>
Saturday, March 19	<ul style="list-style-type: none"> <li>● <b>Free Talk: Child Safety</b> Peaceful Dragon Instructors</li> </ul>
Sunday, March 26	<ul style="list-style-type: none"> <li>● <b>Child Safety Seminar</b> Peaceful Dragon Instructors</li> </ul>
Friday-Saturday, April 22-23	<ul style="list-style-type: none"> <li>● <b>Pakua Kungfu Workshop</b> Master Park Bok Nam</li> </ul>
Saturday, May 7	<ul style="list-style-type: none"> <li>● <b>Free Lecture: Women's Self-Defense (afternoon)</b> Lyn Adams</li> </ul>
Saturday, May 7	<ul style="list-style-type: none"> <li>● <b>Free Tea Tasting and Lecture on Teas (evening)</b> Peaceful Dragon Staff</li> </ul>
Tuesday, May 17	<ul style="list-style-type: none"> <li>● <b>International Dinner Series</b> Chef Geoff Bragg</li> </ul>
Saturday, May 21	<ul style="list-style-type: none"> <li>● <b>Women's Self-Defense Seminar</b> Lyn Adams</li> </ul>
Sunday, May 22	<ul style="list-style-type: none"> <li>● <b>Day-long Meditation Retreat</b> Master Eric Sbarge</li> </ul>
Sunday, June 26	<ul style="list-style-type: none"> <li>● <b>Summer Barbecue and Field Day</b> for Peaceful Dragon students</li> </ul>
June 20 - July 22	<ul style="list-style-type: none"> <li>● <b>Summer Classes</b> for new children</li> </ul>
June 27 - July 22	<ul style="list-style-type: none"> <li>● <b>Weekly Summer Camps</b></li> </ul>
Friday-Sunday, July 8-10	<ul style="list-style-type: none"> <li>● ● <b>Kungfu Workshop</b> Grandmaster Frank DeMaria</li> </ul>
Saturday, August 6	<ul style="list-style-type: none"> <li>● <b>Gourmet Vegetarian Barbecue</b> Chef Geoff Bragg</li> </ul>
Friday, August 12	<ul style="list-style-type: none"> <li>● <b>Campout and Sleepover</b> for Young Dragons</li> </ul>
Saturday, September 10	<ul style="list-style-type: none"> <li>● <b>Tai Chi Festival/ Back-to-School Martial Arts Open House</b></li> </ul>
Tuesday, September 13	<ul style="list-style-type: none"> <li>● <b>International Dinner Series</b> Chef Geoff Bragg</li> </ul>
Saturday, September 24	<ul style="list-style-type: none"> <li>● <b>Martial Arts Team Tournament Day</b> for Peaceful Dragon students</li> </ul>
Saturday, October 8	<ul style="list-style-type: none"> <li>● <b>Free Talk: Child Safety</b> Peaceful Dragon Instructors</li> </ul>
Saturday, October 22	<ul style="list-style-type: none"> <li>● <b>Child Safety Seminar</b> Peaceful Dragon Instructors</li> </ul>
Saturday, October 29	<ul style="list-style-type: none"> <li>● <b>Medical Qi Gong Seminar, Part I</b> Master Eric Sbarge</li> </ul>
Sunday, November 5	<ul style="list-style-type: none"> <li>● <b>Medical Qi Gong Seminar, Part II</b> Master Eric Sbarge</li> </ul>
Saturday, November 12	<ul style="list-style-type: none"> <li>● <b>Free Lecture: Women's Self-Defense</b> Lyn Adams</li> </ul>
Tuesday November 15	<ul style="list-style-type: none"> <li>● <b>International Dinner Series</b> Chef Geoff Bragg</li> </ul>

Saturday, November 19

- **Women's Self-Defense Seminar**

Lyn Adams

Saturday, December 3

- **Free Tea Tasting and Lecture on Teas** Peaceful Dragon Instructors

Includes special sale on fine teas and teapots