



Tai Chi, MARTIAL ARTS, YOGA AND MORE

THE PEACEFUL DRAGON

FOR THE CONTEMPORARY MIND, BODY AND SPIRIT

www.ThePeacefulDragon.com

FEBRUARY 2012

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Inside

[MESSAGE FROM MASTER SBARGE](#)

[STUDENT PROMOTIONS](#)

[UPCOMING EVENTS](#)

[STUDENTS OF THE MONTH](#)

[PEACEFUL DRAGON SCHOOL NEWS](#)

[DISCIPLE'S FORUM](#)

[DID YOU KNOW?](#)

[STUDENTS ASK MASTER SBARGE](#)

[CHILDREN'S PROGRAM NEWS](#)

[HOLLY'S RECIPE CORNER](#)

[WELCOME NEW STUDENTS](#)

[CLASSIFIEDS](#)

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AT A GLANCE...

What The Peaceful Dragon Offers

Adult Programs

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

Children's Programs

- Kung Fu and Leadership Classes
- After-School Success Academy with Transportation
- Martial Arts Summer Camp

Other Services

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

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 Chinese 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.



MESSAGE FROM MASTER ERIC SBARGE



We set the goal for all children to earn at a minimum a high school degree, but is the goal really the degree? Of course not – the goal is to be educated, and the degree is simply a symbol of a completed basic education (at least in theory that’s what it symbolizes – not always sure what’s really been completed at some high schools today).

This model is mirrored in martial arts schools. Students may set the goal of earning a black belt, but the goal isn’t really to have the belt – the goal is to attain the character, focus, skills and self-discipline that martial artists are known for. The belt is again merely symbolic of those qualities. (And just like many young people somehow manage to receive a high school diploma without being very well educated, at many martial arts schools students receive a watered-down black belt without the skills or attributes that we expect of a black belt).

Many students, regrettably, fail to make the distinction between the goal and the symbol for the goal. In academics, students will do whatever it takes to pass tests and receive a diploma, but they often show little interest in really educating themselves and broadening their knowledge in various subjects. In martial arts, students will often display minimum proficiency in the exact requirements needed to pass their next belt test, but they haven’t truly cultivated a mindset of ongoing self-improvement and excellence in the arts.

The symbol can of course have practical value: The diploma may get you a job or get you into college, and the black belt may get you the awe and admiration of your friends (at least you may believe your friends are awed by you). But as a student or the parent of a student at The Peaceful Dragon, I hope you will always remember that you are training here for a greater and lasting purpose – namely self-cultivation – and not to receive mere symbols.

The black sash as a mere symbol is about worth the price of the cloth, which is ten dollars or so. But the self-improvement that it symbolizes can be priceless.

**“A successful person realizes his personal responsibility for self-motivation.”
Kemmons Wilson**



UPCOMING EVENTS

Parent's Night Out

Friday, February 10th at 6:30pm-9pm

This month's Parent's Night Out is "Sword Fight Night"! This event is open to children 5 and older. This fun class will teach the necessary drills for sword combat, then put them to the test. All children should have a sparring helmet with their name on it. They will be taught using action bats instead of swords. Please bring yours if you have one, but we will have a few extra to share. There is no charge for Peaceful Dragon students. Please sign up at the front counter no later than Thursday, February 9th. There will be a \$20 late fee if you register after the deadline.

Team Tournament Day

Saturday, February 25th at 10am-4pm

Come out and join your classmates in some friendly competition! This in-house tournament gives you a chance to show off your training, no matter what point you are at. There will be events ranging from beginner to advanced. For example: empty hand and weapons forms, stances and basics, shuai chiao, relay races, and much more! Everyone will be a winner. Registration forms are available at the front counter and must be turned in no later than Thursday, February 23rd. No late registrations will be accepted. Free for competitors. A \$3 spectator fee will go to The Peaceful Dragon Scholarship Fund. Note: All students are encouraged to participate, and any student in the Leadership, Mastery or Disciple programs is expected to take part.

Shaolin Workshop with Master Guolin

Friday, March 2nd at 6:30pm – Sunday, March 4th at 5pm

We are very excited to be hosting a Shaolin workshop lead by the renowned 34th generation Shaolin monk, Venerable Shi Guolin. He will be guiding us through a workshop that is suited to both Tai Chi and Shaolin students, beginner or advanced. It is open to teens and adults, as well as children who are green sash and up, age 9 and over. Master Guolin will teach rarely-seen Qigong and Healing Applications based on the Chinese five-element theory -- we at The Peaceful Dragon will be the first to learn these outside of a few advanced students at his own temple. While this Qigong is ideal for all of our students of all ages and health conditions, he will also teach a series of short combat exercises for those interested in improving their fighting abilities. Master Guolin will also teach a special one hour Children's Class for all other children on Saturday, March 3rd from 12 noon – 1pm. Sign up at the front counter by Saturday, February 18th for the Early-Bird pricing. Full payment or a deposit must be made at that time. The fee for the workshop is \$275 for the public, \$195 for all ACCS students, and \$175 for Peaceful Dragon students. The children's class fee is \$25 per student. After February 18th, there is an additional fee of \$30 for the workshop and \$10 for the children's class.

Additional 2012 Special Events are posted at

<http://www.thepeacefuldragon.com/specialevents.shtml>

MARK YOUR
CALENDAR!

MONTHLY CLASSES, SEMINARS AND DISCUSSION GROUPS

Leadership Seminar – Saturday, February 4, 12:30pm

Topic: Developing Courage in a Sometimes Scary World

Open only to Leadership Club students.

Shuai Chiao Grappling Class – Tuesday, February 7, 6:30pm

Saturday, February 11, 12:00pm

Open only to students age 9 and up in Leadership, Disciple or Mastery programs

Mastery Roundtable Discussion – Tuesday, February 7, 8pm

Topic: The Success Principles

Open only to Mastery Program students.

Future Instructors – Saturday, February 11, 11:00am

Open only to Leadership Club students.

Mastery Workout Class – Saturday, February 11, 1:30pm

Open only to Mastery Program Students.

Lecture and Discussion – Wednesday, February 22, 7pm

Topic: Nutrition for Peak Performance

Presented by Master Eric Sbarge and Peaceful Dragon instructors.

Open to all adult and teen students.



Equipment Needed for Classes

Adults

- Shaolin Blocks B/C/D: Full Sparring Equipment
- Tai Chi Blocks B/C/D: none

Kids

- 5 to 13 year olds: White, Yellow, and Orange Sash: Short Stick
- 5 to 13 year olds: Green Sash and above: Nunchucks

Leadership Equipment: Binder, **NO** Sparring Equipment, Fan

Reading: ***The West Point Way of Leadership***: Review

➔ **Please Tell Your Friends and Co-workers About The Peaceful Dragon** ←

Word-of-mouth is the number one way new students learn about us, and the strength of *your school* is dependent on helping others discover the many benefits of our programs. We thank you for your referrals!



PEACEFUL DRAGON SCHOOL NEWS

Chinese New Year Festival and Banquet

Happy Year of the Dragon! The Peaceful Dragon started off the New Year with a bang! Our festival was packed full of many happy visitors. Everyone enjoyed the demonstrations and the vendor booths. Thanks to the many volunteers who helped us run this so smoothly and to the demonstration participants who put on such a great show.

At the banquet, everyone looked amazing in their dress clothes. Tickets for the banquet were completely sold out. Thank you to everyone who came out to support the school. Everyone who attended had a great time. Lots of pictures can be found on Facebook. Congratulations to all who promoted! We gained a new Gao Shou, several new disciples, and over 75 new people were added to the family tree! Congratulations as well to our award winners!

New Years Award Winners

- Hardest Training Adult Student: Chad Hawks
 - Runners-up: James Boyer and Jason Field
- Most Improved Adult Student: Paul Kelly
 - Runners-up: Trent Chantemerle and Cheryl Telk
- Most Promising Adult Student: Elizabeth Butler
 - Runners-up: Brad McAlister and David Perkins
- Most Helpful to New Students: Holly Field
 - Runners-up: Joseph Underwood and Heather Head
- Best Display of Wu-De: Mary McDaniels
 - Runners-up: Cathy Maday and Richard Price
- Hardest Training in Children's Program: Bryson Byrnes
 - Runners-up: Joseph Blewitt and Hannah Smith
- Most Improved in Children's Program: Robert Dailey Jr.
 - Runners-up: Madhan Vital and Devante Bellamy

FEBRUARY BIRTHDAYS

1st	Brenton Pieper	19th	Eli Head
1st	Ian Somoza	20th	Paul Lester
5th	Joey Blewitt	21st	Rick Towell
5th	Alex Lopez	23rd	Karen Bartley
5th	Christopher Ragon	24th	Lee Brownbill
5th	Stuart Ramsey	24th	David Valle
8th	Marshall Setzer	25th	Micheal Heflin
15th	Eduardo Lopez	25th	Farris Hamilton

Did You Know?

- ❖ This is the Year of the Water Dragon, and the Water Dragon is considered especially auspicious in Chinese culture?
- ❖ The group of Peaceful Dragon students who visited Great Grandmaster Ch'ang Dung Sheng's burial tomb last year was the largest group of students ever to do so?
- ❖ Before settling in to studying Chinese martial arts, for several years as a teenager Master Sbarge studied other styles including Japanese Shito-Ryu Karate, Japanese Goju-Ryu Karate and Filipino Arnis.

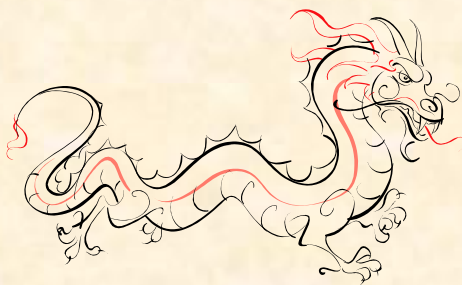
CHILDREN'S PROGRAM NEWS

By: **GEORGE LU**

We've just celebrated and welcomed the Chinese New Year. I hope everyone enjoyed at the Chinese New Year Festival and the banquet. May the Year of the Dragon bring the best of luck for everyone.

We can always learn new things, new forms, new techniques or even new weapons. However, what ties all kung fu movements together? Kung Fu principles. Some learn movements to understand the principles, and some learn the principles then apply to their movements. Both are correct. What's not correct is the mindset of: "I've learned that" or "I've got that under my belt". Remember, in kung fu or in life, nothing is too basic to be beneath us. When we are humble, and bow lower than anyone in the class, you're on the path to be a true master.

Mr. George



WELCOME NEW STUDENTS

Congratulations to all of our new students!

Shaolin: Gerald Blackwell Angela Blackwell
Young Dragon: Kaleb Hickman Aaron Jordan Chase Horner
Elijah Fischer Chelsea Hager

STUDENT PROMOTIONS

Congratulations to everyone who promoted!

Adult Shaolin

Novice: Nubia Castillo Josué Valle
Intermediate: Carolyn Newell Graham Newell Carey Head
John Dever Brad McAlister Cathy Maday
Mid-Intermediate: Cathy Maday
High-Intermediate: Jason Field

Adult Tai Chi

Novice: Paul Kelly
Intermediate: John Varney Karenmarie Marley Dawn King
James Boyer Suzanne Bobbitt George Szalony
Carey Head Dianne Adams John Dever
Holly Field Jason Field Fran Stoever
Mid-Intermediate: Cathy Maday Diane Lucchesi
High-Intermediate: Cheryl Telk

Tiny Tigers (3-4 years old)

Yellow Stripe: Drew Drakeford
Orange Stripe: Maye Glessner Branson Delozier
Purple Stripe: Krishna Khushalani Mila Held
Gage Greene Andrew Guido

Little Dragons (5-8 years old)

White Sash Level 2: Joey Stringer Jacob Morningstar
 Zane Wright Teddy Fox Aaron Antezana

Yellow Sash: Landon Woltman Pierson Brown Jackson Nash
 Lee Brownbill Logan Busted Dathan Dailey

Yellow Sash Level 2: Kaitlyn Horner Oliver Coria Nicholas Tubiolo

Orange Sash: Ryan Hoellein Eli Head Dhatreyi Katta
 Zachary Puryear Elizabeth Mischel Zachary Clendenning
 Zeta Held Madhan Vital

Orange Sash Level 2: Giana Wactlar Seth McGrath
 Zachary Russell

Green Sash: David Valle Tanusree Chepuri
 Ian Somoza Brandon Muniz Malcolm McGowan
 Nick Boyd Elliot Hulsey

Green Sash Level 2: Jackson Woltman Elijah Grant

Purple Sash Level 2: Sydney Biddix

Blue Sash Level 2: Devonte Bellamy

Blue Sash Level 3: Will Ewald

Young Dragons (9-13 years old)

White Sash Level 2: Dylan Looz Justin Clifton Kienon Williams

Yellow Sash: Donovan Hall

Yellow Sash Level 2: Aaliyah Perkins Amanda Hilburn

Orange Sash: Joshua Hill

Orange Sash Level 2: Brennan Wactlar Vincent Nguyen

Green Sash: Madison Dever Brittany Dever
 Samantha Jones Aidan Hanger Jasmine Hurt
 Tucker Price Christian Maliszewski

Purple Sash Level 2: Jacob Stanley Hannah Smith

Purple Sash Level 3: Jonas Newell Zoe Newell

Purple Sash Level 4: Bryson Byrnes

Blue Sash: Jessica Russ

Blue Sash Level 2: Elizabeth Gutierrez

Blue Sash Level 3: Brenton Pieper

Blue Sash Level 4: Joey Blewitt Joshua Ramos-Herrera

Brown Sash Level 2: R.J. Dailey

Brown Sash Level 3: Lynnsey Price

STUDENT OF THE MONTH RECOGNITION

Child STUDENT of THE MONTH— DONOVAN HALL

1st runner up— Zane Wright

2nd runner up— Ryan Hoellein

February's Child Student of the Month is Donovan Hall. Donovan is in the leadership program and puts forth a great example for the newer white sashes. Donovan comes to class ready to give his best “level 10 behavior” and always pushes himself to do better. Keep up the great work Donovan!!

Adult STUDENT of THE MONTH— SUZANNE STORM

1st runner up— All Chinese New Year Volunteers

The Adult Student of the Month winner is Suzanne Storm. Suzanne has been constant in her training. She also works hard as a regular volunteer. We appreciate all that she does for us. Congratulations Suzanne!

“Unselfish and noble actions are the most radiant pages in the biography of souls.”

~David Thomas



Disciple's FORUM

By: Dale Guadagna

What's In It For Them

My daughter asked me the other day what do I wish for, what is it that I want to do? Without hesitation, I answered:

"I want a successful Tai Chi school with lots of students."

Without skipping a beat, she said:

"No, that's not right. Your wish should help people. Now try again. What is your wish?"

You do realize that she's 7 years old! Such deep and thoughtful questions from anyone, let alone a 7 year old child.

But, she was dead on. How often do we make a wish, but forget to think about its impact on other people around us? Not like a "butterfly effect," where we need to take into account how our actions affect people half-way around the world. But, those people close to us, such as our family and friends, or people in our own community.

Let's take the common wish of having a million dollars. Oh c'mon, admit it, you've wished for a million dollars before. It may have even been when you were younger. Go ahead; make it your wish today. There's no shame in that.

Now, turn that wish around. Instead of saying "I wish for a million dollars," say "When I get a million dollars, I will get _____ for _____ so they can _____." Just fill in the blanks. For instance:

"When I get a million dollars, I will buy a house for my family so we can entertain our friends and family."

"When I get a million dollars, I will donate money for breast cancer research so they can find a cure."

"When I get a million dollars, I will setup a fund for my children so they can go to college, start a business or travel the world when they graduate from high school."

Doing this charges the wish with emotion and purpose. Now you have a reason to have that million dollars. Do you want to supercharge your wish? Imagine how those people will feel when they receive the benefit from your wish.

After I recovered from my initial shock of what my daughter asked me, I thought about it for a moment and answered:

"I want to have a successful Martial Arts, Health and Fitness Center in the Lake Norman area that teaches people, young and old alike, the benefits of Tai Chi, Qigong, Yoga, Meditation and other fitness modalities and how they can help us live a healthy, balanced lifestyle, reduce stress and reverse the effects of aging so that we can improve the quality of our lives as we get older."

Sounds like a goal statement, mission statement and manifesto all rolled up into one, doesn't it? And, more importantly, my daughter was happy with my answer.

So you think wishes are fanciful and only for kids? Re-read this article and replace the word "wish," with the word "goal." Magical ain't it!

STUDENTS ASK MASTER SBARGE

Question: My eight-year-old son suddenly puts up a big fuss every time it's time to go to kung fu class and says he doesn't want to do kung fu any more, but I want him to. He seems to always enjoy classes when he's here and it's helped his manners. It's becoming a big hassle for me to fight him on this, should I let him just quit?

Answer: If next year he doesn't want to go to fourth grade anymore, will you let him just quit? When we sign up for kung fu we make a commitment, but that commitment pales compared to the commitment we make when we sign up for raising children. By design there are many huge hassles we confront as we raise and guide our children, but we have to accept them. My best advice is to never forget who the parent is and who the child is – and therefore who the boss is. The boss gets her way.

HOLLY'S RECIPE CORNER

Organic Vegetable Stock

As I was making last month's recipe, it occurred to me that it would probably be even tastier if I made the broth instead of buying the boxed/canned stuff that you are never quite sure what goes in them. This month, I researched homemade stock and found it really doesn't take much time or effort to make a tasty broth. Here is what I found with my usual tweaks and changes. It is Clean Detox appropriate. This recipe is great because it is so versatile. If you don't have the veggies to hand, use what you have!

Ingredients

- 6 ounces fresh mushrooms
- 4 Tbsp olive oil
- 2 large white or yellow onions, chopped
- 6-8 stalks of celery, chopped
- 4 large carrots, chopped
- 4 large parsnips, chopped
- 1 fennel bulb, chopped
- 4-6 large garlic cloves, smashed
- 1 Tbsp rosemary
- 2 tsp thyme
- 1 tsp black peppercorns
- 4 bay leaves
- ½ cup fresh parsley, chopped
- Salt to taste
- 4 ½ quarts of water

Instructions

Thick slice the mushrooms and dry sauté in a small pan until they release moisture and have lightly browned. Heat olive oil in the stockpot. Add all veggies except the mushrooms and garlic. Stir to coat everything with the olive oil, then sprinkle with the salt. Cook over high heat, stirring occasionally until veggies have all started to brown. If yours are anything like mine, they will take longer than you expect to brown. At this point, add the garlic and cook an additional 3 minutes, stirring occasionally. Don't let anything stick to the bottom! Add the mushrooms, herbs, and water. Bring to a simmer, NOT a boil. Once it starts to simmer, lower the temperature until the surface is just barely rippling. Keep at this low simmer for 1 ½ hours. At this point, taste to make sure the seasoning is balanced. Add more salt and pepper as necessary. Using a slotted spoon, remove all big pieces of vegetables and herbs. Place a large pot or bowl that can hold the entire contents of your broth on the counter with a sieve over it. Line the sieve with a paper towel and start to pour stock through it. When the paper towel starts to look clogged, replace it with a fresh one, somewhere between ⅓ and ½ way through pouring the stock. Repeat as necessary to filter all of the stock. This can be refrigerated for up to a week, or frozen for up to six months.

Tips

- Leaving the skins on the onion and garlic add more flavor. Don't worry since you are skimming them out anyway!
- The fresh mushrooms can be replaced with 1-2 ounces of dried mushrooms, just soak them in boiling water before you start cooking down the veggies. Add the mushrooms with the soaking liquid at the same time a previously mentioned.
- I like to freeze broth in ice cube trays. As you are filling your trays, figure out how many cubes one cup of broth fills. Put the frozen cubes into a plastic bag with this number written on it. Now when you need 2 cups of broth you know you just need to thaw that many cubes!
- I recently used this broth recipe to make a very tasty veggie and noodle soup.
- Cooking with this broth is a great way to add flavor to rice or noodles.

As always, any new recipes, tips, or tweaks you want to share with me would be appreciated. Simply email me at holly@thepeacefuldragon.com at any time! Enjoy!

~Holly Field



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