



THE PEACEFUL DRAGON

Newsletter

JANUARY, 2005

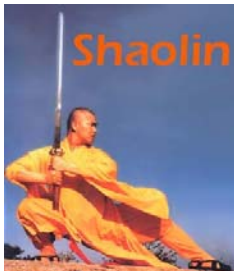


SPECIAL ANNOUNCEMENTS

REVEREND SHI GUO-LIN WORKSHOP TO COINCIDE WITH ANNUAL CHINESE NEW YEAR FESTIVAL AND DINNER CEREMONY

Nothing could be more auspicious than to have the rare opportunity to learn from renowned Shaolin monk Guo-Lin, at the same time that we celebrate the Chinese New Year with our annual public festival followed by our student banquet. Please review the calendar of events carefully and make your plans now to participate. Curriculum, times and prices have been arranged so that everyone will have an opportunity to enjoy these special events. Sifu reminds us every year that if there is only one event that you can come to, this is it.

WORKSHOPS AND EVENTS



Guo-Lin will conduct a special workshop February 4 – 6 where part of the focus will be deeper training and understanding of the powerful and historically significant Yi Jin Jing that we have started to

practice in yoga class. While there are several variants of this muscle/tendon changing form, Guo-Lin explains that this is the original, brought by Bodhidharma from India and taught to the Shaolin monks who still practice it today. Guo-Lin credits this form for much of his unique iron-shirt capabilities. As with so much of what we practice, it is not just the form but what lies beneath it that makes it valuable.

During the same weekend, our annual Chinese New Year Festival open to the public, will take place. This is an important event for us because it provides an opportunity to share the cultural heritage – in which the arts we practice evolved – with friends and the

public during this specially symbolic time. *THE PEACEFUL DRAGON* has become a beacon for the best of healthy choices that nurture and develop us physically, mentally and spiritually, and it is our stated mission to open the door for others. **The excitement continues with our annual New Year Dinner Ceremony** during



which time we recognize the achievements of the past year, formally promote deserving individuals to student or disciple status, present awards, enjoy fine food and drink, and look forward to the new year.

The schedules for the workshop, festival and banquet overlap; please note the times, curriculum and prices:

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

WORKSHOP FEES

Early-bird price: \$189 public, \$149 student
After January 22: \$229 public, \$189 student
Kid's Class: \$20 early-bird, \$25 after January 22

DINNER PRICES

Adults: \$30. Children under 12 half price.

The gourmet dinner buffet is catered by *THE PEACEFUL DRAGON* and includes soup, appetizers, multiple entrees, desserts, tea and soft drinks, and sake for each table. A cash bar will be available. Family and friends are welcome. Tickets are sold first come, first served. Our many young students are encouraged to come and enjoy this occasion.

WHAT'S UP

大地回春

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Chinese New Year is rich in meaning and intimate traditions. One of the traditions is writing *chun lian* (spring couplets) to commemorate the new year. The top panel in this example says: **Whole Earth Returns Spring**. The left panel reads: **Winter Gone Mountain Clear Water Sparkles**, and the right panel states: **Spring Comes Bird Sings Flower Fragrant**. Taken together these represent a message of hope and renewal.

春
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Here is a picture showing how these colorful panels are used at the entrance to a home.



Another part of the New Year tradition which we are more familiar with and certainly have heard more about is the association of an animal from the Chinese Zodiac with each year. Many believe that the sign they are born under determines what kind of life they will

have. If the horoscope columns of our popular culture are any indication, there is a strong current of belief in the power of these symbols in our lives in the West as well. 2005 is the year of the rooster. The rooster is the only one of the 12 animals of the Chinese zodiac with wings, and is believed to be the messenger that connects heaven and earth. Historically the rooster has exemplified the five virtues of knowledge, military expertise, courage, benevolence and credibility. There is a strong correlation to our values of *Wu-de*. The Chinese believe that focus on these virtues during the fifteen days of new year celebration determine our mind for the coming year and thus the kind of fortune we will have.

The PEACEFUL DRAGON has been honored with a request from the Charlotte Chinese American Association to do a Lion Dance and Martial Arts Demonstration at their annual Chinese New Year Celebration on February 12, 7pm, UNCC. Watch the board for details of team practice.

YOUNG DRAGONS



The Year of the Rooster – *Yiyou* – encourages us to focus on our personal development; yet as part of that growth is expression through play. You can participate in the celebration of Chinese New Year in your own

home by making your own *Fu* poster. *Fu* 福 means luck. Go to www.chinapage.com/word/luck.html and follow the instructions to bring luck all year to you and your family!

Our traditional programs for children have been expanded to enhance the experience and better meet the needs for children of different ages.

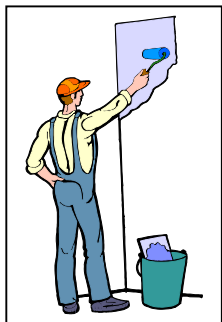
The **Tiny Tigers** program will look to the developmental needs of our three to four year old students; Five to seven year old students will be in the **Little Dragons** program, and eight to twelve year old students will continue to be **Young Dragons**. Thirteen and above will belong in the adult programs. There will be more details as these new class structures are presented in 2005.

VOLUNTEERING

The festival, banquet and workshop coming together will require the help of many people to do even the smallest things in order for these events to go smoothly. The festival is for the public, and we expect a large number of people this year. Ask one of our volunteer coordinators what you can do.

Quarterly Cleanup Day is just around the corner. Sunday, January 9. Last quarter, there were not enough volunteers and most people came earlier in the day and then left. As a result, the carpets did not get done. These are practical matters which must be addressed. Sifu hopes a few can come in the afternoon nearer closing time to do the work. It is important to remember that *THE PEACEFUL*

DRAGON exists for students and as a traditional style school relies on the *wu-de* – the responsible and aware support of students – for necessary upkeep.



We need your help to paint the school.
Saturday, January 22,
8:30am – 8:30pm and

Sunday, January 23, 8:30am – 5:30pm.

Some of you senior students will remember the “painting party” we had at Sifu’s old house a few years ago. Let’s bring the same spirit to this endeavor as we brighten things up for the new year. Bring your favorite brushes and rollers, ladders, etc. and the work will go quickly.

DRAGON CLASSIFIEDS

THE PEACEFUL DRAGON is looking for a used **video camera** that someone might be willing to donate for students to tape themselves as a way to better understand and improve their forms. Please see George or Sifu if you have a video camera you would like to donate.

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

A little over a year ago, Sifu discontinued his regular monthly column in the hope instead that students, especially disciples, would contribute an essay about their training or general experiences at *THE PEACEFUL DRAGON*. Informative articles about the arts we teach were welcomed. And we also felt it would be very exciting and appropriate to see the words of our younger students in this space. The response has been small but of very high quality, with only one excellent young student piece and less than a handful of provocative articles by senior students. As we move into yet another year full of promise, all students are encouraged to be part of this newsletter. You can give your hardcopy to Sifu or George or email me, maibu@carolina.rr.com.

PATHWAYS

“Every day of our lives we are on the verge of making those slight changes that would make all the difference.” – *Mignon McLaughlin* “



Sifu and Debra Sbarge offer their best wishes to all students for a healthy and prosperous year.

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	● ● Shaolin Kungfu Workshop Venerable Monk Guo-Lin
Saturday, February 5	● Chinese New Year's Festival and Chinese New Year's Dinner (for Peaceful Dragon students)
Monday, February 14	● Romantic Valentine's Day Dinner Chef Geoff Bragg
Saturday, February 26	● Free Lecture: Stress Reduction Master Eric Sbarge
Sunday, March 6	● Vegetarian Cooking Workshop Chef Geoff Bragg
Saturday, March 12	● Stress Reduction Workshop Master Eric Sbarge
Tuesday, March 15	● International Dinner Series Chef Geoff Bragg
Saturday, March 19	● Free Talk: Child Safety Peaceful Dragon Instructors

- Sunday, March 26 ● **Child Safety Seminar**
Peaceful Dragon Instructors
- Friday-Saturday, April 22-23 ● **Pakua Kungfu Workshop**
Master Park Bok Nam
- Saturday, May 7 ● **Free Lecture: Women's Self-Defense (afternoon)**
Lyn Adams
- Saturday, May 7 ● **Free Tea Tasting and Lecture on Teas (evening)**
Peaceful Dragon Staff
- Tuesday, May 17 ● **International Dinner Series**
Chef Geoff Bragg
- Saturday, May 21 ● **Women's Self-Defense Seminar**
Lyn Adams
- Sunday, May 22 ● **Day-long Meditation Retreat**
Master Eric Sbarge
- Sunday, June 26 ● **Summer Barbecue and Field Day**
for Peaceful Dragon students
- June 20 - July 22 ● **Summer Classes**
for new children
- June 27 - July 22 ● **Weekly Summer Camps**
- Friday-Sunday, July 8-10 ● ● **Kungfu Workshop**
Grandmaster Frank DeMaria
- Saturday, August 6 ● **Gourmet Vegetarian Barbecue**
Chef Geoff Bragg
- Friday, August 12 ● **Campout and Sleepover**
for Young Dragons
- Saturday, September 10 ● **Tai Chi Festival/
Back-to-School Martial Arts Open House**
- Tuesday, September 13 ● **International Dinner Series**
Chef Geoff Bragg
- Saturday, September 24 ● **Martial Arts Team Tournament Day**
for Peaceful Dragon students
- Saturday, October 8 ● **Free Talk: Child Safety** Peaceful Dragon Instructors
- Saturday, October 22 ● **Child Safety Seminar** Peaceful Dragon Instructors
- Saturday, October 29 ● **Medical Qi Gong Seminar, Part I** Master Eric Sbarge
- Sunday, November 5 ● **Medical Qi Gong Seminar, Part II** Master Eric Sbarge
- Saturday, November 12 ● **Free Lecture: Women's Self-Defense**
Lyn Adams
- Tuesday November 15 ● **International Dinner Series** Chef Geoff Bragg
- 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