



THE PEACEFUL DRAGON

Newsletter

JANUARY – FEBRUARY, 2004



On the Dragon Path

Sifu Sbarge, the Peaceful Dragon staff, disciples, and all our student family take this special opportunity at the start of a new year to welcome all of our many new students. You have all made a choice to discover how the practice and discipline of martial arts can change your life and enhance the lives of those around you. We hope you will stay, take the time to really become part of the martial arts circle, work hard, and also enjoy as we walk together on the dragon path.

Special Announcements

THE PEACEFUL DRAGON HOSTS CHINESE NEW YEAR FESTIVITIES

Saturday, January 17, 11 – 3pm



THE PEACEFUL DRAGON IS HOSTING A FREE CHINESE NEW YEAR'S CELEBRATION FOR OUR students, their families and the general public. Specially prepared traditional Chinese New Years dishes will be served in lieu of our regular menu.

Young Dragons martial arts testing and promotions will kick off the day at 10:45AM, then from Noon till 3PM there will be demonstrations in lion dancing, martial arts, tai chi, yoga, Chinese dance, calligraphy and much more, plus free classes in many of these activities. Children can also enjoy a variety of games, crafts and activities, while adults can enjoy informative lectures and discussions on a variety of topics ranging from Feng Shui to Acupuncture. And don't miss the gourmet tea-tasting featuring fine Chinese and Japanese teas. There's fun and entertainment for everyone. **Celebrate with a billion people!**

Workshops and Events

CHINESE NEW YEAR DINNER & CEREMONY

Saturday, January 24, 5:30pm until...Our annual Chinese New Years dinner and ceremony for students and their families is **January 24**. We always have

awards ceremonies, student promotions, lion-dancing, and lots of other dancing, partying and more. No



Peaceful Dragon student should miss this important annual event! The gourmet dinner buffet is again catered by **THE PEACEFUL DRAGON** and includes soup, appetizers, multiple entrees, desserts, tea and soft drinks, and sake for each table.

A cash beer and wine bar will be available. Family and friends are welcome. Tickets are sold first come, first served, adults: \$30, children under 10: \$15. Note the starting time: **5:30 for the demo, dinner starts at 6.** We have many more Young Dragons now and encourage all of them to come with their families. Tickets are still available so hurry and get yours!

DAY-LONG TAI CHI RETREAT

Sunday, February 15, 8:30am – 5:00pm

THERE IS NO BETTER WAY TO RE-INVIGORATE YOUR PRACTICE than to just immerse yourself in it for a day. Check out the pictures of the last mountain retreat posted on the board in the hall, then sign up for all the benefits and



fun of intensive focus for an entire day of tai chi training with no distractions. You can get a whole lot out of a tai chi workshop whether

you've studied any tai chi or not. Beginners will receive detailed support on fundamentals; advanced students will learn several new push-hands patterns and self-defense applications as well as rigorous training of the solo form. Students, sign up early for just \$29, public \$59. After February 11, add \$10.

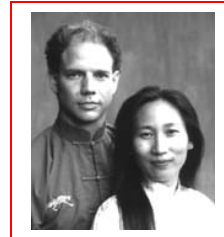
Lunch tickets are available for \$6.50 each. Remember that the regular menu is closed to workshop attendees; however you may bring your own vegetarian meals if you wish.

What's Up?

With the January-February newsletter, *THE PEACEFUL DRAGON* is making the switch from a snail mail newsletter to a digital newsletter. This was done to save money, present a more attractive venue for our news, and a more easily expandable format. Students will receive their copy of newsletters via email as a PDF file. One print copy will be posted in our cultural center, and of course we'll continue to post on our website. In keeping with our desire to expand the newsletter, here's a reminder that your short experience, memoir or how-to article – or something else – is welcome and needed. Please give your hard copy to Sifu or George, or email to the editor, bm@carolina.rr.com.

A SINCERE THANKS FROM DEBRA AND Sifu

Debra and Sifu wish to thank all those students who



helped tremendously with their house moving. They want to invite everyone who helped with the move, or who helped lead classes while Sifu took time off to get moved in, or who wished they'd helped with the above, to

a house-warming party on Sunday, Feb. 22 at 4:30pm. Bring a covered dish and your favorite beverage!

YES YOU – USE YOUR ATTENDANCE SCAN CARD!

EVERY STUDENT, EVEN IF YOU'VE BEEN AROUND FOREVER and we know you're always in class, must scan your attendance card every time you come to class. Failure to do so creates lots of unfair extra work for our office staff and the volunteers who help them. Thanks for your cooperation. *New students – you should have received your scan card in the mail within 10 days of joining. If you haven't, please see George Lu or Shawn Hammond right away.

MONTHLY LECTURES/DISCUSSIONS led by MASTER ERIC SBARGE

Our student lectures/discussions generally take place on the first Wednesday of each month at 7:30pm in Studio A. Take advantage of this opportunity to learn from Sifu -- and each other -- on various topics related to our training here at *THE PEACEFUL DRAGON*. All adult students are encouraged to participate as often as possible not only for the valuable topics covered, but because we also discuss any school business on these evenings and your input is valuable.

Remember, you can enjoy drinks or meals during the sessions – orders will be taken right in Studio A.

Feb. 4 – Wu-de: The Core of Your Peaceful Dragon Training. *All students (adults) are asked to please make every effort to come to this discussion.

Mar. 3 – Connecting Chi Development Through Feng Shui, Tai Chi and More.

April 7 – The Value of Herbs, Vitamins and Dietary Supplements

May 5 – Ch'an (Zen) Training

June 2 – Three: Trinities in Theory and Practice of Healing and Martial Arts

July 7 – Perfecting Your Martial Arts Skills

Aug 4 – Lifestyle Choices for Optimal Health and Fitness

Sep 1 – Taoist Wisdom of the Tao Te Ching

Oct 6 – Optimizing Your Diet

Nov 3 – Why Set Goals if We Live in the Moment?

Dec 1 – Open Forum!

PEACEFUL DRAGON GARDEN CLUB MEETING

Sunday, Feb. 8 at 12:15pm

All garden club members are asked to try to attend this meeting and also stay and work for an hour if you can and the weather permits. Anyone not currently in the club who would like to join us and see what we have going on are welcome! Please mark your calendars.

NEW FRIDAY NIGHT BOOK CLUB

Peaceful Dragon students Leslie, Joselle and Jen would like to get a book club started to encourage us to read some books relevant to our training here and have someone to discuss them with. We will have our first meeting on Friday Jan. 23 at 6pm and we will meet every other week. We thought we could eat while discussing! Our first book will be the Tai Chi classics. We discussed many time options and settled on this for now. If we get more people interested we can discuss another time option. Anyone interested please join us.

Young Dragons

A HEARTFELT THANK YOU TO ALL of the Young Dragons parents who have given of their time and energy to help us make this program a success. Good teachers and authentic studies need good students to give them life. And young people are the life and the future of these arts. We also want to offer an extra thanks to those

who have helped with our Chinese New Year Festival and Parents Night Out!

Remember **Saturday, January 24, starting at 5:30pm**, which will be our school banquet. We will present awards, promotions and get to meet everyone in the school. The following Young Dragons will be added to our Family Tree, so please be sure to attend the banquet for the ceremony; tickets are for sale at the counter.

K.J White

Macie Imholt

Andrew Weaver

Nicole LeNeave

Timothy Brown

Joey Tafoya

Matthew Rumierz

Brian Smith

Emi LeNeave

All yellow sash level and above Young Dragons will start the rubber short staff training at the end of January. 7 to 12 years old Young Dragons green sash level or higher, bring you full sparring equipment starting in February.

Volunteering

Get involved. Do something for your school. It's good training and good *wu-de*.

Dragon Classified Ads

Order Quality Martial Arts Supplies and Weapons and Save!

Save 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 Vitamins, Herbs & Food Supplements a Bargain!

Save 20% off retail for these top quality products. Carefully researched and chosen by Debra and Sifu, these 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 are generally ready for pickup in a week or so.



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Pathways

Combat Training

Adapted from Aikido in Action, Terry Dobson
In Bits & Pieces

The quiet of a Tokyo subway was broken when a drunk man got on and began bullying other passengers, shouting and shoving people out of his way. Everyone was frightened, except for one young American, in Japan to study martial arts, and this was his chance to use what he had learned.

He stood up and caught the attention of the drunk man who immediately turned on him. Blowing a kiss to further anger the drunk and justify defending himself, the young man coiled to strike as the drunk prepared to charge.

But before this could happen, an elderly Japanese man called loudly to the drunk, in the voice of a man who has just recognized a friend. "Hey, what are you drinking?" Confused, the drunk replied that he

was drinking sake. The old man happily described how he liked to drink sake too, especially at the end of the day with his wife as they sat in the garden watching the sun set. He was sure the drunk man had a wonderful wife too.

"No," said the drunk. "My wife died." He began to cry, revealing that he had also lost his job and his home. "Sit here and tell me about it," said the old man quietly.

As the young martial artist left the train, the drunk had put his head in the Master's lap, and they were talking. Ashamed of what he had almost done, the young man recalled the words of his teacher: "If you try to dominate, you have already lost. Study how to resolve conflict, not start it." The young man realized he had much to learn.



At a Glance

2004 Special Events Calendar

Use this calendar to start planning now! Highlights include a unique two-day Pakua Weapons (staff) workshop by Master Park Bok Nam, the return of your Grandmaster and Master Peck for what's always an exciting weekend of intensive tai chi and kungfu training, and our traditional tai chi mountain retreat! Details on events will be available soon. Remember, new events are added as the year progresses so check our web site often.

Jan 17 – Chinese New Year Festival

Jan 24 – Chinese New Year Dinner Celebration

Feb 15 – Day-long Tai Chi Retreat

March 6 – Self-defense Workshop

March 14 – Cooking Workshop

April 23 - 24 – Pakua Weapons Seminar
with Master Park Bok Nam

May 16 – Day-long Meditation Retreat

June 27 – Peaceful Dragon Summer Barbecue and Field Day

July 9 - 11 – Workshop with Grandmaster

July 24 - 25 -- Young Dragons Campout

August 7 – Back- to- School Open House

September 18 –Team Tournament Day (Young Dragons and Adults!)

Oct. 8 – 10 – Mountain Tai Chi Retreat

Oct. 23 – Self-defense Workshop

November 7 – Cooking Workshop