

THE PEACEFUL DRAGON



Newsletter

July, 2005



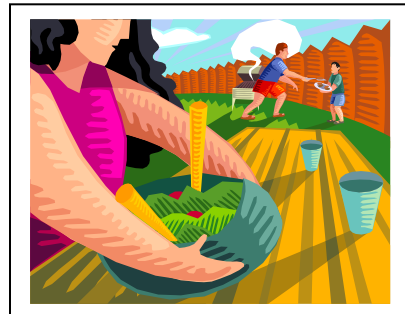
WORKSHOPS AND EVENTS

SECOND ANNUAL KILLER VEGETARIAN BBQ

Saturday, August 6th

After last year's success, there was no doubt we would do this again! \$17.50 for students includes your first beer or glass of wine, then pay as you go. \$20 for the public. **Reservations at front counter.** While some details of the following menu may change, here's a good idea of what to expect. Chef Geoff puts a lot of work into making this a memorable and relaxing feast, so bring your family and friends and a healthy appetite! Festivities begin at 6pm.

- *Grilled Eggplant with Papaya and cucumber*
- *Smoked Seitan Sandwiches*
- *Southern Style Slaw*
- *Bruschetta with Tomato Concasse*
- *Southwest Sweet Potato Salad*
- *Assorted Grilled Vegetable Skewers*
- *Tuscan White Bean Salad*
- *Summer Berry Shortcake*
- *Blueberry Stuffed Grilled Peaches*



KUOSHU NATIONAL TOURNAMENT CLOSE AT HAND

July 22 – 24

To all students who are going to this event to compete or just watch, do your best and learn all you can. Grandmaster and Master Peck will be there again this year. If you've waited until the last minute, you still may be able to sign up, even at the door, but you'll have to drive and a place to stay may be harder to come by. Current information about the tournament, accommodations, etc., is posted at the following website: <http://www.tianshanpai.org/usckf/events/index.shtml>, check it out. Shawn Hammond has information about who is going.

SIFU'S LECTURE SURE TO FIND WIDE INTEREST

The subject is **Feng Shui**. Placement and arrangement in harmony with natural elements can be very simple or quite complex. Learn more Wednesday, July 6 following Taiji class.



CHILDREN'S PROGRAMS



AFTER-SCHOOL PROGRAM

We're very happy to announce an After-School Martial Arts Program with Transportation for children ages 5-13.

The cornerstone, of course, is our top-quality daily martial arts training. Plus, kids will be in a safe, structured and supervised setting, with homework time, snack time, and rest and play time between 2:30pm -- 6:30pm. If your child's school is in the Lake Wylie, Ft. Mill or Steele Creek areas, we'll even provide professional transportation from the school to The Peaceful Dragon at no extra cost.

The After-School Program starts the week of August 7th, 2005. Registration is now open. We are offering special discounts for those who register early, so we want to encourage all interested parents in The Peaceful Dragon family to sign up as soon as possible.

The first 15 children who join will save \$50 a month for the first three months --- a total savings of \$150. The next 15 children who join will save \$25 a month for your first three months --- a total savings of \$75.

To register or for any other questions, contact Sifu or George. Also, please tell your working friends and neighbors about this opportunity and help us spread the word!

PROMOTIONS TO TAKE PLACE DURING GRANDMASTER'S WORKSHOP

The children's class on Friday July 9 with Grandmaster has been expanded to include the upcoming promotions. All children who are eligible to be promoted are encouraged to attend.

CAMP-OUT AND SLEEP OVER

Friday, August 12

George and volunteer parents are anxious to spend the evening with a group of very active young martial artists. There will be plenty of fun and activities for everyone including training and games. Talk to George for details.

PARENT AND CHILDREN COMBINED CLASS

Wednesday, August 24

We've done this a couple of times with a great response. Parents, if you haven't tried a class with your child yet, now's your chance. Wear comfortable clothing. No street shoes. Bags and water bottles against the wall where the chairs are. It'll be fun and your kids will love you for it.

● One thing most American Martial Arts students don't understand fully is Wu-De (the Ethics of our Art) **This is the first thing a Teacher will notice about you and the last thing he/she will judge you by.**

-- Grandmaster Frank DeMaria

ANNOUNCEMENTS

GRANDMASTER'S WORKSHOP, *WU DE* AND RED ENVELOPES

The workshop is upon us but there are still a few days. If you don't come, perhaps you have a good reason, only you can determine that. If you can't be at the workshop, please still come to the banquet Friday the 8th at 7:00pm. If you are unable to be at the banquet, at least come to the free lecture on Saturday evening at 7:30pm. Regardless of whether you attend any of these events, remember your *wu de* and put something in the red envelope at the front counter before the 8th. ***The gift of the red envelope is the symbol of respect for teachers, above the tuition for classes, the courtesy bows, or any volunteering. It is a very traditional thing and the amount is not important, only your intent, your heart.*** July is also Grandmaster's birthday and Sifu's birthday. This year there are three envelopes, for Grandmaster, Master Peck, and Sifu. If you cannot or do not wish to give of course it is your choice, but please still sign the cards as a sign of care and respect for your teachers.

Try It! You'll Like It!

People usually come to The Peaceful Dragon to study one particular art. But don't limit yourself to just one kind of class. If you add tai chi to your kungfu, or kungfu to your tai chi, it will bring new depth and enjoyment to your primary art. Yoga will make you more limber and energetic no matter what you study, and meditation is really at the core of everything we do.

For all students who joined before January, 2005 and some of those who have joined since, there is no additional cost for taking another art. Check with George if you're not sure what your plan includes.

So try something different - you'll surprise yourself!

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.