

THE PEACEFUL DRAGON



Newsletter

MAY, 2005



WORKSHOPS AND EVENTS

Workshop with GRANDMASTER DEMARIA

FRIDAY, JULY 8 – SUNDAY, JULY 10



Students, there are two events each year that should be on your calendar every year no matter what else you choose to do. One is our annual Chinese New Year event where we celebrate our art and each other; the other is this training event. It is true that THE PEACEFUL DRAGON sponsors other one-of-a-kind events every year which the interested student could not likely find elsewhere. Grandmaster DeMaria is not just another visiting martial arts luminary. He is the living representative of our school lineage in the larger martial arts world. For that reason alone this workshop is

an especially important event. There are few genuine lineage schools in the world today and Grandmasters are rare.

Grandmaster will once again be joined by his very accomplished high level closed door student, Master Chris Peck, whose own wit and wisdom and heartfelt teaching style are such a great counterpoint to those of Grandmaster. The workshop offers a choice of Xing-i *chin na* and self-defense applications, or *taiji* theory and applications. **There will be an excellent class for children ages 5 - 12 on Saturday, July 9 from 2:30 – 3:30pm. The fee for this class is only \$20. The cost of the workshop for adults is \$159 if paid by July 1, or \$189 after that, for any or all sessions.** Buy lunch tickets separately for \$6.50 per day. Each year as part of the workshop we have a banquet in honor of Grandmaster; you can come to the banquet even if you don't attend the workshop. Tickets for the banquet are \$30 for adults, \$15 for children under ten. Get your tickets at the front counter.

Friday

Workshop	10am – 1pm
Lunch	1pm – 2:15pm
Workshop	2:15 – 5pm
Break	5 – 7pm
Lion Dance & Demo	7 – 7:30pm
Banquet	7:30 – 10pm

Saturday

Workshop	10am – 1pm
Lunch	1pm – 2:15pm
Workshop	2:15 – 5pm
Dinner Break	5 – 7:30pm
Public Lecture	7:30 – 9pm

Sunday

Meditation	10 – 11am
Workshop	11am – 1pm
Lunch	1 – 2:15pm
Workshop	2:15 – 5pm
Concluding Remarks / Q & A Session	5 – 6pm

*Don't miss this opportunity to
train and enjoy time with your
Grandmaster!*



QUARTERLY CLEANUP

Sunday, June 19

Due to Geoff and Sara's wedding, the quarterly cleanup has been moved to June 19. We start at 9am. There's a lot to do, so the more people the better. Also, a few people need to be available to continue with the carpets after closing at 3pm. Let's do a good job and have everything looking great for Grandmaster in July!

ANNUAL PEACEFUL DRAGON BARBEQUE AND FIELD DAY

Sunday, June 26

This is one of our most enjoyable events of the year and one of the biggest fund-raisers. Like the Citibooks or special T-shirt sales, the proceeds go to improve and maintain everything from programs to grounds at *THE PEACEFUL DRAGON*. This year the focus is on the outdoor circuit training, and a playground for the kids. Donation: adults \$10, children under ten \$5, and under 5 is free.

If you're a new student, this students-and-family-only barbeque is a chance to meet more of your fellow students, relax and have some fun. Students who've been to one of these before will be happy to introduce you to the excitement of Shaolin football, be warned it's no holds barred. Volleyball is also competitive but more laid back – even your editor can handle that. And of course there's a basketball hoop this year too. The barbecue goes from 3:30 – 6:30pm. Please pay in advance and sign-up at the front counter for the covered dish or beverage, plates and utensils you wish to bring so we can avoid duplication and make sure there is enough food. Please sign up by Wednesday, June 22 so we can plan where we may need to fill in. Everybody always has a super time and we hope to see all of you and your families on Sunday afternoon!

CIRCUIT TRAINING PROJECT

Aaron Arden and David Block are making progress with the plans for the outdoor circuit training. Many people already helped haul gravel for the path. There will be lots more to do to complete this project, such as digging postholes, constructing the exercise stations, painting and so on. We expect a lot of students will use and enjoy the outdoor circuit training and that many of you will also pitch in to help get it ready.



CHILDREN'S PROGRAMS



FUNDRAISER

Our youngest students and parents are doing a fundraiser to build a playground for their own enjoyment and selling Citipass books to do it. If you want to buy and/or sell these Citipass books, please talk to Kim LeNeave. We'll be doing additional fundraisers including T-shirt sales and more, so get involved!

INTRODUCTORY CLASS

June 20 – July 22

Take five weeks of classes at *THE PEACEFUL DRAGON* this summer and enjoy the best comprehensive martial arts classes for children available. Tell your friends! Only \$99 for five weeks – if you choose to continue, jump right in to one of our regular programs. Please see Cultural Center Manager George Lu or Sifu for details.

DRAGON CLASSIFIEDS

Reiki I

Sunday, June 19, 10am – 4pm
The Peaceful Dragon – small studio
\$175 (\$155 Peaceful Dragon students)
includes book, certificate and hands-on
healing session

Reiki is a non-invasive healing process using the unseen energy that flows through all living things. Modern scientific research increasingly supports this health wisdom that has been a part of many cultures for millenia.

Learn the first level of Reiki with Master Teacher Joselle Jepson. Reiki I training will focus on self-healing methods and a basic process for working with others. You will learn the history of Reiki, experience guided meditation and receive your first attunement. Hand positions will also be introduced and you'll get to practice what you learn to heal yourself, friends and family.

Joselle began training in Reiki and other modalities in 1998 and is also a certified Healing Touch, craniosacral therapy, myofascial release and Geotran facilitator and has taught Reiki internationally.

A catered vegetarian lunch is available for \$11. Sign up at the front counter through June 10; from June 11 – 18 contact Joselle directly at 704.491.7211.

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.

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.

ON THE DRAGON PATH



You all should know by now that Grandmaster Frank DeMaria has been sharing the wisdom of his many years of training with tips, insights, and philosophy sent to those on his new email list. If you're not on the list and want to be, go to <http://kungfu.org/requestform.shtml>. If you signed up but you're not getting the emails, your system may be set to block email with group addresses or attachments and you'll have to adjust your security settings. Make sure Grandmaster is listed in your contacts. Also, any student who has a question about anything Grandmaster has said can write to Grandmaster and he will answer your question or amplify on what he has said. Remember to thank Grandmaster for his time and keep your email brief and to the point.