



# THE PEACEFUL DRAGON

MARTIAL ARTS, Tai Chi, YOGA & MORE!



## Newsletter

June, 2006



[www.thepeacefuldragon.com](http://www.thepeacefuldragon.com)

704.504.8866

## CRAZY NOT TO BE THERE FOR GRANDMASTER'S WORKSHOP!

Friday-Sunday, June 23-25



A WORKSHOP WITH YOUR GRANDMASTER HAPPENS BUT ONCE A YEAR. IT SHOULD BE YOUR TOP TRAINING PRIORITY REGARDLESS OF YOUR LEVEL OF EXPERIENCE. WORKSHOPS CONDENSE INFORMATION YOU COULD NOT OTHERWISE GET IN WEEKS OF TRAINING AND ARE WORTH FAR MORE THAN THE MONEY COVERS.

Adult Curriculum: Internal Chinese Martial Arts, including theory and applications for tai chi, pakua and hsing-i. Open to Young Dragons green sash and above.

**Early-bird Special: Just \$159 thru June 1; \$189 after June 1. Cash or money order only.** *The price is the same for participation in any or all daily sessions Even if you can only come to one session, your money is well-spent!*

**Special Kids Class!** For children 5 – 13 years old, Grandmaster has a special one-hour class on Saturday, June 24, from 2:30-3:30 p.m., tailored to their needs and capabilities. **The fee is \$20, cash or money-order only.** Pre-register by June 20. This is a good opportunity for children to experience training with their Grandmaster.

**The traditional banquet dinner for Grandmaster DeMaria and Master Peck is at WanFu.** **The price is \$30 per person.** Tea is included; there will be a cash bar. Tickets are first come, first served at the front counter. Attending the workshop is not a prerequisite for attending the banquet. All Peaceful Dragon students should make every effort to take the workshop or at least attend the banquet to share with your school in honoring your Grandmaster.

### Schedule:

#### Friday:

- Workshop 10am-1pm
- Lunch 1pm-2:30pm
- Workshop 2:30-5:00pm
- **Banquet dinner 7pm-10pm**

#### Saturday:

- Lion Dance & Demo 10am-10:30am
- Workshop 10:30am-1pm
- Lunch 1pm-2:30pm
- Workshop 2:30pm-5:30pm

#### Sunday:

- Meditation 10-11am
- Workshop 11am-1pm
- Lunch 1pm-2:30pm
- Workshop 2:30-5:30pm



# CHILDREN'S PROGRAMS



## CHILDREN'S SUMMER CAMP AND AFTER-SCHOOL PROGRAM WITH TRANSPORTATION

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It's not too late to enroll your child in the 2006 Summer Camp. Activities at the camp are geared for all children and cover

- Intensive Authentic Martial Arts
- Chinese Language
- Lion Dancing
- Crafts
- Sports
- Games

Details about the Summer Camp are at <http://www.thepeacefuldragon.com/summercamp.shtml>, including times, pricing and so on. The summer camp is expected to fill quickly with many slots going to children who are already in the after-school program, so we urge parents who have been undecided not to miss the chance to enroll their child while there is still time.

In addition to our outstanding children's martial arts classes and summer camp, The Peaceful Dragon offers an After-school Program with Transportation that is ideal for working parents in the Steele Creek area who need transportation in order for their children to participate. We believe that these programs are better than anything else you could do for your child. If you have not enrolled your child in one or both of these programs, here are some reasons why we think you should.

- Greater Confidence
- Improved Self-control
- Optimal Fitness
- Higher Self-Esteem
- Real Self-Defense
- Greater Respect for Others
- Improved Concentration
- Anti-Bullying Strategies
- Better Grades
- Better Study Habits and Self-Discipline
- Reduced Stress and Anxiety

Don't you wish programs that provide these valuable benefits had been available in your neighborhood when you were growing up? Your child can have all of this at reasonable cost. Check out the **After-School Program with Transportation** at <http://www.thepeacefuldragon.com/afterschool.shtml> and begin to plan now for your space in the program next fall!

## SUMMER SPECIAL – INTRODUCTION TO MARTIAL ARTS

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Refer your friends and neighbors, schoolmates and church acquaintances for a great chance to try a quality martial arts program! For just \$99, kids 5 – 13 can get five weeks of age-appropriate classes at *THE PEACEFUL DRAGON*. We're sure they'll like the experience enough to sign up for a full program. *New students only, please!*

## IMPORTANT PROGRAM DETAILS FOR PARENTS

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If you haven't yet, you need to fill out the sheet for class times for your child and turn it in at the front counter in order to ensure that your child is participating in the right class at the right time and progress being recorded.

New attendance and make-up policy for missed classes is posted on the Children's Section of our website. Familiarize yourself with these guidelines and please see one of the instructors if you have any questions. These policies are important to our ongoing effort to provide the best martial arts training experience for every child.

## ANNOUNCEMENTS

### Call for Support

Shortly after our Chinese New Years dinner last February, one of our teens who had been recognized that evening for his wu-de had a serious skiing accident. James Malaquit has been a student with the ACCS since he was 8 years old. At sixteen he is now facing a hard road as a paraplegic. Although he is in PT the progress is slow. How much he can regain will not be through medical sciences alone – but with time and hard effort, which is something that all martial artists appreciate. We call it Kung Fu!

This May 21 the Brewster Kwon is joining with the Brewster High School and community for an event, "Carnival for a Cause," a benefit for James, to raise money as well as his spirits.

We are asking for your help – no, not money. All we ask of you is a few words of encouragement via email for a young man who needs it now. We've set up an email site that became active on May 12: [James@brewstermartialarts.com](mailto:James@brewstermartialarts.com). So take just a moment or two and help one of our own on his path. Thank you all – in advance!

Any questions can be addressed through [staff@brewstermartialarts.com](mailto:staff@brewstermartialarts.com)  
Master Phil Sant  
Brewster ACCS

### ANNUAL PICNIC/BARBECUE POSTPONED

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The annual picnic/barbecue listed on our website has been unavoidably postponed. A new date and time will be set. This has always been a fun-filled, well-attended event. *THE PEACEFUL DRAGON* will move ahead with plans and announcements as soon as possible.

## Sifu's MONTHLY LECTURE - & ADULT PROGRAM Q & A

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Wednesday, June 7, following Tai Chi Class, 7:45 p.m.

This month we have another very timely topic: **Self-defense – The Mental Part.** Why is fighting more than just physical? Is there a right and wrong and does it matter? How do fear and anger affect us? Is there a difference between self-defense and fighting? You may think you know where you stand, but the discussion with Master Sbarge may lead to some surprising answers or new questions. Open to all students; please join us. The school is going through important growth and change. Details of the new adult program structure were recently emailed to everyone. If you have questions, please bring them to this lecture.

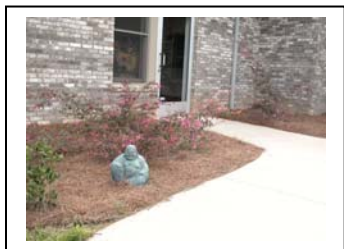
## CLASS SCHEDULE AND STUDENT RESPONSIBILITY

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Make sure to review the revised Weekly Curriculum Guide on the members web page at <http://www.thepeacefuldragon.com/curriculumguide.shtml> in order to know what to expect each day when you come to class. One important note that some students may not realize: it is not necessary to come to an A and a B day class each week. Because the curriculum revolves, those with limited time who only ever get to A day classes for example, will still see everything. You are on your honor to make sure you come to enough classes to cover the material, and to check with your teacher if you think you have a problem. Another reminder: get your patches and chevrons which are available at the front counter. It is your responsibility to make sure you get the appropriate insignia for your level of training and wear it on your sash as soon as possible.

## QUARTERLY CLEAN-UP DAY HELPERS APPRECIATED

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Time is at a premium for everyone. Master Sbarge and all the Staff at *THE PEACEFUL DRAGON* thank everyone who took time from their personal schedules to offer this special and irreplaceable support to their school. With over 320 students enrolled, there should always be plenty of fresh faces to take up the slack for these necessary duties. Almost all of the activities that go into running a traditional-style Chinese martial arts school are performed by students as an important part of their training.

## STUDENT SERVICES LINK IN THE WORKS

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Some students have discussed with Master Sbarge the idea of being able to offer deals on professional services to fellow students. This has developed into a plan for a Businesses and Services page for students who want to be able to offer their professional services to other students. We've been doing some of this by word-of-mouth for years, but what we envision now is a web page link on *THE PEACEFUL DRAGON* website that would provide information about the expert services of students who are attorneys, realtors, financial advisors, designers, etc., being offered to fellow students. The criteria for doing this are still being developed. The listing will not endorsed by the school but will be free as a stand-alone student service linked to our website.

Note that ads for selling stuff will continue to be a separate column in the newsletter unrelated to this service.

## STUDENT VOICES

Beginning with this issue of the newsletter, we will include a section for, by, and about students. This column will feature family news; knowledgeable and accurate articles about the arts we study; and personal experiences of students which offer insight or encouragement. Any student can be featured in or contribute to an article. Send your article to the Editor, Michael Ballantyne, at [maibu@carolina.rr.com](mailto:maibu@carolina.rr.com). All work is subject to editing for content and length. To kick off this new feature, there could be nothing better than this news about Missy Ilardo!



### NCSSM H. S. Junior Competes With Ph.D. Astronomers

*Editor's note: this article originally appeared in the alumni newsletter.*

A research proposal by Junior Melissa Ilardo was accepted by the Arecibo Observatory, a radio astronomy observatory in Puerto Rico that is used by the international community of astronomers. In order to use the Arecibo radio telescope, scientists must submit proposals for peer review, putting Melissa in competition with Ph.D. astronomers for the limited amount of telescope time available this summer. Proposals are graded based on their scientific merit. Melissa, whose proposal involved the study of giant pulse emission by pulsars, will now spend three days at Arecibo, the world's largest radio telescope. "Writing and getting a scientific proposal approved by a review board of professional astronomers is an incredible accomplishment," said Dr. Jonathan Bennett, Melissa's Research in Physics instructor, "and I doubt that there are many other high school students who have ever done it."

## WISDOM OF MA FOREN

### Power

#### Ten Steps to Find True Power



True power comes from the unification of our body with our mind. However, this can take years to find, especially if you're not pondering on what your teacher is trying to tell you and if you neglect your errors.

1. Don't tense up during movement. Relax the body and let it go.
2. Don't get lost in one part of the movement, check the body as a whole.
3. Be sure you understand your sources of natural power: side to side, upward and downward, backward and forward.

4. Once you know these sources make sure you are riding the power, meaning you generate the force, then you allow your body to follow it. This is called Riding the Dragon.
5. Be sure all your postures are correct for transmitting the power to the target. Incorrect postures block energy from moving as it should. It is like a water hose - if you bend it, the water won't come out.
6. Don't chop your movement up. Kung Fu is not chop-chop art, like cutting wood. It is circular, like the blades of a fan.
7. Look at yourself in a mirror. This art requires that you look at what you're doing. Many errors are seen in students who simply can't copy what they see their teacher do. They are blind to their own bodies. Only looking can clean this up.
8. Be sure you understand that the body is always moving. Never deliver a strike in a fixed, unmoving stance. We call this movement the shuffle move. Movement generates power.
9. Be sure you can recover your stance after you deliver your energy to the target. Most students cannot. They lose their form and never recover it properly, therefore the next move is even worse.
10. Let your breath flow as it should, many hold their breath. Without air, fire can not burn.

Start with these 10 points and see how your fare.

*This is the ninth installment of selections from Grandmaster's email. Any student who wishes to receive email directly from Grandmaster Ma Foren should visit <http://kungfu.org/requestform.shtml> and include a brief thanks for Grandmaster's generosity. Make sure the punctuation and spelling on your email address are correct. And very important, don't forget to add Grandmaster to your approved senders list. If your computer is blocking email, get help from someone locally; Grandmaster Ma cannot help you with these matters.*

## DRAGON CLASSIFIEDS

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](mailto:maibu@carolina.rr.com). Pay at the front counter.

### 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.



What could be more fun than a party right here! That special someone and guests will enjoy lots of fun and games (including the obstacle course), plus an exciting martial arts class. All guests receive a gift certificate for a FREE private introductory class and the birthday boy or girl gets a special present from The Peaceful Dragon! Read all about it at:

[www.thepeacefuldragon.com/birthdayparties.shtml](http://www.thepeacefuldragon.com/birthdayparties.shtml)

## Job Hunting for Sam

Many of you know Debra's brother Sam, who worked at The Peaceful Dragon last year. Sam has moved here and is still looking for a permanent job. He has a valid green card and international drivers license. In China, the competition for jobs is so fierce there is nothing for a retired man. Sam ran his own business and has a broad range of skills. Anyone who knows of a permanent job that might be right for Sam, please see Debra or Sifu immediately.

## Need Real Estate Help?

Wondering about the market value of your current home or buying a new one? Want to learn about real estate investing? Peaceful Dragon students Mike Khaldun and Brian Trainum would like to make their services available to fellow Peaceful Dragon Students!

Mike, A Peaceful Dragon Disciple and licensed real estate broker, can help you buy or sell any real estate in North or South Carolina. **If you close on any real estate transaction with Mike's assistance, you'll receive a free home warranty (up to a \$400 value).**

Brian Trainum, a mortgage broker w/8+ years of experience and Peaceful Dragon student, can provide you with valuable information about financing a new home, refinancing your existing one, and interest rates. **If you close on any mortgage transaction with Brian, you'll receive a free appraisal (a \$350 value)!**

Let these real estate professionals help you sort through the maze of options that are out there!

*If you have an exclusive buyer or seller agreement with another real estate agency, this offer is not intended to be a solicitation.*

**Mike:** 704-307-6969; [mike.khaldun@sgrmail.com](mailto:mike.khaldun@sgrmail.com)

**Brian:** 704-661-6251; [brian.trainum@sgrmail.com](mailto:brian.trainum@sgrmail.com)

PLANNING TO BUY something for the house or garden, indulge a favorite pass-time, get that hot new DVD or the latest gadget? Consider shopping through Amazon first where you'll find competitive pricing on everything PLUS – through arrangement between *THE PEACEFUL DRAGON* and Amazon – a percentage of your purchase goes to help our school flourish. Get what you want and support your school too!

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and use Search Amazon.com for the products you want.

