



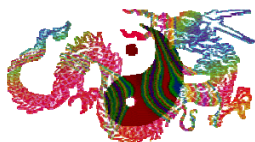
TRADITIONAL MARTIAL ARTS
THE PEACEFUL DRAGON
FOR THE CONTEMPORARY MIND, BODY AND SPIRIT
Newsletter



www.thepeacefuldragon.com

March, 2007

704.504.8866



Children's Programs

PROMOTION DAY IS COMING

Saturday, March 31, 1pm.

Any student who is planning to promote at the end of March has one month to get prepared, confer with your teacher, and make plans to be there for this important training milestone. You will need to fill out and return a promotion application, available at the front counter. For questions and concerns, please see Mr. George right away in person, or contact him at George@thepeacefuldragon.com. Don't wait until the last minute.



Announcements

ANNUAL CHINESE FESTIVAL AND NEW YEARS CELEBRATION Enjoyed by All

We had a good response from the public for our annual festival. The Lion Dancers are really coming along, working nicely together and always a pleasure to watch. Everyone enjoyed the demonstrations, especially from the children, who were impressive in their progress. The sample Taiji (Tai Chi) classes were well-attended. Overall, the festival showed once again why The Peaceful Dragon continues to be the premier choice for martial arts school in the region.

About 160 people attended the New Year Dinner. Notably, Disciple Level Greg Vick, from our sister school in Indiana joined us; long-time friend and *feng shui* adept Juanita Muñoz joined us, along with dear friends Doctor Peizhi Li and his wife Ruiqing. The Design Center provided the setting and the excellent food for the evening,

and to accommodate the restriction on traditional fireworks, everyone popped confetti-laced balloons. Conversation was lively and there was lots of mingling throughout the evening.

Many students formally became A.C.C.S. family tree students, receiving the traditional slap from Sifu Sbarge. It was especially nice to see many children among them. As well, several older children marked the end of their training in Children's Programs and have begun another phase of training now in the adult classes. Several students were promoted to Disciple Level; one was recognized at *Gao-Shou* level; and one became our newest *Laoshu* level. To see the latest additions to the family tree, visit <http://www.thepeacefuldragon.com/art/tree.pdf>. Several awards were also given to deserving students in recognition of their performance. Categories included most-improved, most helpful to new students, and hardest training to list a few.

Students presented Sifu with an iPod which he wants to use to keep videos of the various forms close at hand. Also, a preliminary plan to up-fit Sifu's office with weapons racks was given to him. Sifu thanks everyone for these generous gifts, and for the red envelope, and offers his congratulations to those who received awards or were promoted. Finally, as people got coffee and dessert, the deejay's sounds pulled folks to the floor for the opening electric slide, soon followed by a conga line and much more dancing.

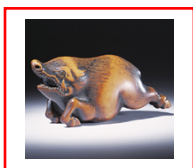
Adult Testing, Block A

Saturday, March 10, 10:30am

By now, the word is out that nobody dies at any of these events, and it is necessary to engage in this short, fairly informal process in order to advance your training. Fill out and return a promotion application, available at the front counter. Teachers are there on the panel to support and guide you, with the aim that everyone should succeed at their level of achievement. We look forward to seeing more people in Block B!

China Trip

The exact costs and detailed itinerary for our ten-day trip to China are being worked out, and should be finalized by the end of the month. If you need a passport, you need to get it now; don't wait. You will also need to get a travel visa and recommended vaccinations – more information about these things will be available in April. See <http://www.thepeacefuldragon.com/chinatrip.shtml> for dates and rough idea of where we'll be going. Several people are already making plans to go on this "once-in-a-lifetime" journey.



Events

YOGA AND MEDITATION RETREAT

Saturday, March 3, 9am – 5pm

In response to comments from several students who felt a whole day of meditation or yoga alone was more than they could handle, here's a perfect opportunity to combine the inner focus of meditation with the invigorating and relaxing forms of Shaolin yoga, as taught by Master Eric Sbarge. Whether you practice one,

both, or neither of these life disciplines, you will find value in this day-long retreat. Sifu makes things accessible for the beginner, and more advanced students will always find a challenge and a new insight. There's still time to sign up for this great value.

Workshop with Master Park

Friday, April 13, 5 – 10pm, and Saturday, April 14, 11am – 5pm

World-renowned Bagua Master Park Bok Nam comes to The Peaceful Dragon this year with new topics in *Advanced Fighting Methods and Applications* Friday evening. Saturday, he will focus on *Qigong for Health and Strength*. Master Park's workshops are open to adults of all ages and levels of experience, and to Children's Program students green sash and above. Bagua (Pakua) is one of the three internal martial arts, and emphasizes circular movement, quick footwork, and continuous change. *Elbow and knee pads are recommended for fighting applications.*

Students can pre-register, both days \$180, one day \$100; the public both days \$260, one day \$150. *Cash or money orders only, please; at the door, add \$20.* Workshops of this caliber are rare. A lot of material is given for the low price, where you would otherwise spend much more time and money in regular classes to get the same thing. If you have an interest in Bagua, you will take this opportunity to enhance your understanding and skills.

Sports Activities for the Month

Feb. soccer was rained out, so we're looking forward to a soccer match Sunday, March 4 at 2pm. The schedule for the year is listed in the February newsletter. These informal events provide a way for students to get together for fun outside class. These events are at Wingate Park, just two miles from The Peaceful Dragon. *Neither the school nor its staff is responsible for these informal events or for your health and safety when you participate.* We hope students will find these get-togethers enjoyable and worthwhile.

Sunday, February 25, 2:00pm
(Rain date Sunday, Mar. 4, 2:00pm) **Soccer**

Saturday, March 17, 3:30pm
(Rain date Saturday, March 24, 3:30pm) **Touch Football**

Monthly Discussion with Master Sbarge

Wednesday, March 7, 7:45pm

The topic for March is **Fighting Theories and Strategies**. Whether or not you are interested in fighting, some understanding of these theories and strategies is invaluable to your training. Many masters have acknowledged that it is not possible to get the full health benefits from Taiji, for example, unless you have some feel for it as a martial art. *THE PEACEFUL DRAGON* is not primarily a "fighting" school; but we are a traditional school, and the fighting aspects of the arts are the foundation of what is taught. All students are encouraged to attend this discussion, which promises to be very informative and helpful regardless of your level of training.

Wisdom of Ma ShrYa

Horse to Bow Transition



Many ask me: “what is one of the big points in learning that makes a huge difference in my skill level?” The answer is the transition between Ma Bu and Kung Bu, Horse Stance and Forward stance. Every basic that you learn in the beginning points to this as being the most important transition. If you don't find this and master it, your true kung fu power will never be fully realized.

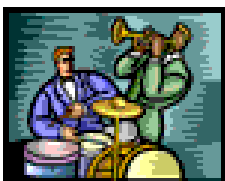
In Basic Tan Tui Spring Legs One, the main point is to master this transition; in Chinese Kenpo One, the main theme is this transition as well. I could go on with more examples, but my point is that this transition, although not difficult to understand, is hard to instill into your subconscious mind. When students move fast they lose this transition, thus real kung fu power becomes nonexistent.

The Horse Stance is truly the Mother Stance. From here all stances are born, but the one to focus on is the basic Horse to Bow transition. This is where we learn how to do this. You simply have to focus on this point and not lose yourself in the hands methods. As they say, kung fu is in the feet, not the hands, and this does not mean kicking, it means transitions. The feet must not rise up from Mother Earth, which is our source of power. The Bow pushes from the ground much like a runner at the starting gate. It is the turning waist from the Horse to Bow that snaps the Horse into a Bow, transmitting power from the ground through the legs, up your back, over the shoulders and down the arms to your hands.

Once you have the feel for this burn it into your mind. It will happen without conscious thought. If it is not burned into your transitions, then real chi power will not be realized. However, once mastered this technique will bring power to almost every move you know. Don't overlook this method or you will waste years of training trying to find real kung fu power, never knowing all along that the power lay at your feet.

NOTICE: If you want to get email directly from Grandmaster Ma, go to <http://kungfu.org/requestform.shtml>. Include a brief thanks for Grandmaster's generosity. Make sure the punctuation and spelling on your email address are correct. 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 Ads



ALL THAT JAZZ! Barbara Nail (well known jazz radio

personality) is hosting [David Pankey's group for a jazz concert at the Mint Museum of Art](#) on Randolph Rd on [April 15 at 3 pm](#). The program will last slightly over one hour. David will be accompanied by his usual guys (guitar, string bass and drums). There will also be a guest trumpet soloist coming to feature some Miles Davis tunes.



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

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.

PLANNING TO BUY something for the house or garden, indulge a favorite pass-time, or 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! Go to: <http://www.thepeacefuldragon.com/books.shtml> and use Search Amazon.com for the products you want.

