

THE PEACEFUL DRAGON



Newsletter

MAY, 2005



WORKSHOPS AND EVENTS

CACMA 2005 REGIONAL TOURNAMENT



THERE IS STILL TIME TO REGISTER FOR THE TOURNAMENT!

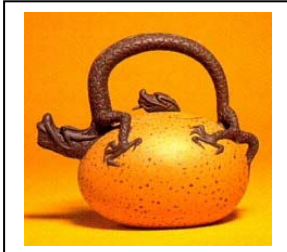
May 7 at the Charlotte Convention Center, schools in our area will compete in empty hand forms, weapons forms, continuous sparring, taijiquan hand and weapon forms, push hands and chi sao/luk sao. Special events include Lei Tai fighting and masters demos, a special guest to be announced and a CACMA judge certification seminar. **Registration is \$40 in advance, \$50 at the door, \$30 if you're a CACMA member.** You can register on line at

www.mhkungfu.com/Events/events.html and consider becoming a CACMA member – lower tournament fees are just one of the benefits. The schedule is:

Judges seminar – 8am • Competitors meeting – 8:30am
Opening ceremonies – 9am • Masters demonstrations
Competition begins – 10am • Lei Tai follows

COME TO FREE LECTURE, TASTE SOME OF THE WORLD'S BEST TEAS

Saturday, May 7 at 7:30pm



Every year, staff at *THE PEACEFUL DRAGON* invite people to find out more about tea. Tea is the most popular drink in the world, after water, yet most people in this country think it is either a little bag of some fragrant herbal dust to be dunked in boiling water, or that colored sugar water that is a staple in many restaurants. We invite you to come and find out what tea is really about; the amazing variety of color, palate, bouquet, traditions, equipment, services and benefits that abound in the world of tea. Especially today people are looking for ways to enhance their pursuit of the healthy lifestyle. It would seem that no

single plant on earth offers a broader range of health giving and even curative properties than *Camellia Sinensis*, the seemingly simple yet deeply complex tea shrub. *THE PEACEFUL DRAGON* carries loose leaf teas from some of the renowned tea plantations of the world. Join us for a taste and enjoy a 20% discount on teas, tea pots and accessories!

FREE SELF-DEFENSE LECTURE FOR WOMEN TO BE FOLLOWED BY HANDS-ON WORKSHOP



Lecture on May 14 at 3pm • Workshop on May 21 from 3 – 5pm

Lyn Adams, certified self-defense instructor, has lectured several times at *THE PEACEFUL DRAGON* and conducted numerous workshops. The world may or may not be any more dangerous or uncertain than it has ever been, but there are definitely attitudes, behaviors and circumstances that can put anyone at greater risk. During the lecture, Lyn will explain how to change, avoid or minimize those risk factors, and answer your questions. Then, at the workshop, you'll get a chance to practice the hands-on, direct, simple and proven techniques that could save your life if you are caught in a bad situation. As Lyn reminds, the statistics are not in your favor, but there is no reason to live in fear if you are prepared. The workshop is \$39 if paid before the 18th – after that add \$10.

INTERNATIONAL DINNER SERIES TAKES OFF TO CUBA AND THE CARIBBEAN



Tuesday, May 17 at 7pm

The dinners you've come to love and anticipate all year long continue with a visit to Cuba and the Caribbean with their exotic blend of African and East Indian as well as touches of Dutch, French, Spanish and Chinese. Reserve your table now for a delightful culinary journey with Chef Geoff Bragg on. Price not including tax and gratuity is per person, \$40 for the public, \$30 for students. The menu for the evening's journey is:

Tostones with Tamarind dipping sauce

•

Calaloo Soup

•

Mixed Green Salad

with Pickled red onion, Chile toasted almonds and grapefruit dressing

•

Pecan Crusted Sweet Potato Blackbean empanadas with Smoked Tomato Corn salsa, Peas and Rice and Braised Greens

•

Vanilla Coconut Custard with Mango coulis and Strawberry quenelles

MEDITATE ALL DAY LONG??

Sunday, May 22 from 9am – 4pm



Well, one of the possible outcomes of meditation is that the practitioner reaches a point where every action is meditation. You're invited to sit for shorter periods of time, briefly interrupted with an engaging and very knowledgeable discussion of the principles and methods of meditation, and discover or deepen your own practice of Chan (Zen) meditation. Master Eric Sbarge has studied with Grandmaster Ma For Ren, practiced with world-renowned Chan Master Sheng Yen in New York and maintains a regular practice that includes a meditation class for students every

Wednesday at *THE PEACEFUL DRAGON*. The all-day Sunday workshop includes a vegetarian lunch at the very reasonable early bird fee of \$29 for students, \$39 for the public. After May 19 add \$10.

ANNOUNCEMENTS

MASTER SBARGE TO PRESENT COMPARATIVE HISTORY OF MARTIAL ARTS STYLES AT MONTHLY LECTURE

You picked this school. Find out where our tradition comes from; what makes a style anyway? Are some better than others – if so, how? Do styles develop for the same reasons, from the same people in different cultures? These questions and more will be answered as Sifu shares his broad knowledge and experience. Be sure to attend this valuable addition to your training, **Wednesday, May 4 following Taiji class.**

MARK YOUR CALENDAR FOR THESE IMPORTANT COMING EVENTS IN JUNE

- The first Wednesday in June, Sifu's lecture topic is "Taoism and Taoist Meditation"....
- And you'll want to be around for our Quarterly Clean up day, June 12 – yes, it seems like we just had one of those, but it is every quarter, the time goes by fast, and there's lots to do.
- AND, you definitely won't want to miss the ever-popular always slightly crazy Peaceful Dragon students only Summer Barbecue and Field Day, June 26.



CHILDREN'S PROGRAMS



SUMMER CAMP AT PEACEFUL DRAGON

SUMMER CAMPS ARE JUST A MONTH AWAY for all children between 5 and 12 years old. Don't miss this exciting opportunity to provide an extra dimension in your child's training. Featuring martial arts, Chinese culture and language, lion dancing and crafts, there are four one-week camps each with a different theme. **The tuition for each camp is \$299 and includes lunch each day.** Hours are from 10am – 3pm daily. Join all four and save 15%; two from the same family save 30%. The camps are:

June 27 – 31: Striving for Excellence
July 4 – 8: Ultimate Fitness
July 11 – 15: Confidence and Leadership
July 18 0 22: Superior Safety

At the end of each camp (Fridays, 2pm) a martial arts demonstration and lion dance will be presented to parents and guests. See the flier on our web page, www.thepeacefuldragon.com.

A \$100 non-refundable deposit will reserve your child's place. Each camp requires a minimum of eight children and will be full at 25 so reserve early. Non-Peaceful Dragon students will be required to buy a uniform for \$39.

PARENTS TO REPEAT Kids Class

Thursday, May 19

Everybody had so much fun the first time that we're doing it again! Parents are invited to join their kids in class. As before, wear loose clothing and sneakers. And remember please no food or drinks in the studios – bottled water only, and keep belongings against the observation window wall.

Saturday, May 6 is Parents Night Out!

MARTIAL ARTS PROGRAM, AFTER SCHOOL TRANSPORTATION COMING THIS FALL

Working parents know how difficult it is to find quality after-school programs. Now you can enjoy safe, structured after-school martial arts with the added benefits of a top-notch life-skills program. If your child's school is one of our member schools, we'll even provide professional transportation from the school to *THE PEACEFUL DRAGON* at no extra cost. The After-School Program includes daily martial arts classes as well as a variety of other activities to benefit your child. Hours are from 2:30 – 6:00pm. [More detail to follow regarding sign-up, fees, etc.](#) Tell your friends.

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. 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.

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.

ON THE DRAGON PATH

On Sunday, May 10, a small group of interested persons crowded into the staff office and watched a documentary about the Dalai Lama that was streamed on one of the computers from a DVD that was playing on a computer in the home of our discussion facilitator Lori Wu in Denver, Colorado. We introduced ourselves and agreed to meet every two weeks on Sunday from 3 – 5pm, joining two other small groups connected via audio-conference for an ongoing study and discussion of the monumental and universally praised Buddhist text, The Great Treatise on the Stages of the Path to Enlightenment, or *Lam Rim Chen Mo*, written by the Tibetan Lama and Scholar Tsong-Kha-Pa in 1402 and newly translated by a veritable Who's Who of modern Tibetan scholars.



Sunday, May 24, we have met for the second time, now in the relative spaciousness of Studio B. We begin with a chanted homage to the Buddha followed by a Sutra Reading Anthem. Our small toe has touched warm and inviting waters, immediately sensed as calm and very deep, with the preparatory reading of Chapter Three: “How To Listen To and Explain The Teachings.” Everyone shares their thoughts about the text. It becomes clear that certain common words like listen or phenomena or intelligence, the understanding of which we take for granted, here have deeper import and exist in a context that is charged with a potential we barely discern.

For example, we learn that we must listen with five ideas in mind! In everyday life surely it is enough to just listen to the person who is talking.... Further, we learn that there are afflictions or impediments to hearing, as well as reliances that help us hear more productively, with the correct frame of mind. And we learn that this active, engaged, single-pointed *hearing* brings the following benefits: that phenomena are understood; that wrongdoing is overcome; that what is meaningless is eliminated; that nirvana is attained. How often in our daily lives do we listen to something, maybe even experience the sweet jolt of resonance that comes with recognition of a truth – or maybe it’s only a funny joke or plans for an upcoming activity or a person’s name – and an hour later never mind the next day we cannot remember it? And so, Tsong-Kha-Pa wisely and in careful detail lays out the steps of how we must listen, how we learn to *hear* the teachings so that study and practice will be meaningful, our time will not be wasted, and we may really benefit. The benefit and any merit we may achieve are dedicated to others, in the Buddhist way. We conclude with a simple dedication.

It seems there is a great deal to this simple business of hearing what is said, hearing what is taught. Can one “hear” with the heart instead of the ear? Like our martial arts training, real skill and real understanding are at arm’s length, and at mind’s length. Were it not so, the hearing of many would long before this have resulted in widespread enlightenment. You are welcome to join this discussion and see what you can hear.

PATHWAYS



Grandmaster writes that “Meditation’s focus is the higher mind we call *Yi*. This mind is connected to the soul and is the one that will allow you to find the answers you seek in life.” He laments that he does not understand “...why you’re not signing up now for this gift your teacher is offering you; it is our most precious gift we can offer within our *Gwans*;

all else is useless without this inner development.

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'd like to sign up, just go to <http://kungfu.org/requestform.shtml> .

Filename: May 05.doc
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