



# THE PEACEFUL DRAGON

MARTIAL ARTS, Tai Chi, YOGA & MORE!



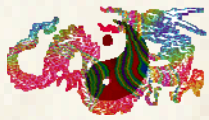
## Newsletter

May, 2006



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

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## CHILDREN'S PROGRAMS



### MAY 19 PARENTS NIGHT OUT SEMINAR

*Parents Night Out Seminar,  
Led by Master Eric Sbarge*

#### *“Fundamentals of Ground Grappling”*

A martial artist need to be well-versed in “Stand-Up” self-defense skills, such as punching and kicking – and ground skills, including wrestling and grappling. Wrestling and grappling is a lot of fun, a great workout, and makes for a more well-rounded martial artist.

**When:** Friday, May 19th, 6:30-9:30pm

**Who:** Open to all children aged 5-13.

**Fee:** \$25 for the first child, free for each additional child in the family, and free for guests (up to two friends).

**Registration:** Register at the front counter by Thursday May 18th.

**Guest Requirements:** Family members or friends who are not Peaceful Dragon students must be pre-registered and must have a permission slip and waiver signed by their parent or guardian in order to join. Please ask our staff for the waivers.

For little more than the cost of hiring a babysitter, you get a break (a perfect time to enjoy a movie or dinner) and your child will have a great time learning exciting grappling and wrestling skills that kids love!

## CHILDREN'S SUMMER CAMP AND AFTER-SCHOOL MARTIAL ARTS PROGRAMS

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Parents, you have seen the announcements under the Children's Programs heading and on *THE PEACEFUL DRAGON* website for our summer camp, and our unique after-school program. We believe that these programs are better than anything else your child could be involved in during the summer and when school starts again next fall. 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. Please check out the After-School Program at <http://www.thepeacefuldragon.com/afterschool.shtml> and begin to plan now for next fall because space is limited and the program fills up fast.

And of course summer is almost here already! Where does the time go? Still, it is 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 all 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.

## WORKSHOPS AND EVENTS

### CACMA TOURNAMENT JUST AROUND THE CORNER

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Saturday, May 6



There will be no classes the day of the tournament, so come out and participate; make up your class another day during the week. Students at all levels are encouraged to participate in tournaments whenever you can, whether you go to compete or just to support your fellow students. You get to see a variety of styles, see how events are judged, and meet people from other schools with interests like yours. The tournament is at the Charlotte Convention Center

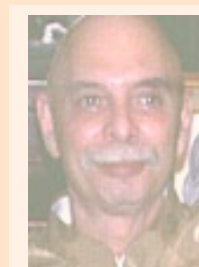
beginning with registration at 8:30 am. Opening ceremonies start at 9:45 and kids competition at 10:00am. (**Check out the flier on the events board for more info**). Events include empty hand and weapons, all styles and ages, as well as two person forms, special competitions and masters demonstrations. Participants can register on line or at the convention center.

## Workshop with GRANDMASTER FRANK DeMARIA AND MASTER CHRIS PECK

Friday-Sunday, June 23-25

**T**his three day workshop is designed for everyone - beginner or advanced, young or old.

Adult Curriculum: Internal Chinese Martial Arts, including theory and applications. Includes tai chi, pakua and hsing-i. The workshop is open to Young Dragons green sash and above. Here is a special opportunity for students to focus, train and learn more deeply about the nature of these wonderful arts.



**Early-bird Special: Just \$159 thru June 1; \$189 after June 1. Cash or money order only, please.** The price is the same for participation in any or all daily sessions. Even if you can only come to one session, it is well worth the price. Remember that workshops are intense because so much is packed into them.

**Special Kids Class!** For children 5-12 years old, Grandmaster will offer 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.** Please pre-register by June 20. This is a good opportunity for children to experience training with their Grandmaster.

A banquet dinner is also being planned, which is a traditional part of these special events with Grandmaster DeMaria and Master Peck. The location and price for the banquet dinner will be announced soon. All Peaceful Dragon students should make every effort to take the workshop or at least attend the banquet.

### 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

## MASTER PARK WORKSHOP DRAWS DEDICATED GROUP

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Amidst the seemingly familiar information come gratifying new insights. Master Sbarge says he discovers something new with every workshop and most students agree. Everyone knows that words convey meaning; less familiar is that words have energetic content that connects their potential with what you are able to understand. Thus a word or concept “on the page” does not give up the same meaning to everyone. Master Park has been reluctant to present advanced material too soon, when many cannot remember basics from one year to the next; however, following this workshop, he has agreed that it would be possible to include advanced training next year for those who are ready.

## ANNOUNCEMENTS

### Sifu's MONTHLY LECTURE

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Wednesday, May 3, following Tai Chi Class, 7:45 p.m.

You won't want to miss this one. Find out what the Chinese terms you've been hearing really mean. What's a *ting zi bu* anyway? Or *dan tien*? From *Chinese Language: Basics for the Martial Artist*, you'll learn to talk more comfortably about your training and also connect to the meanings and concepts that open the door to greater understanding.

### RANKS ACKNOWLEDGED

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Patches and chevrons for all disciplines and ranks are now available at the front counter. Each student needs to buy and wear them on your sash as soon as possible in order to help move the structured programs forward as smoothly as possible. Patches are just \$2 each, chevrons just \$1 each. If you aren't sure what you need, see Master Sbarge.

### CLASS SCHEDULE AND CURRICULUM REMINDERS

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**A**dult Students – If you have not already done so, please follow the link and review the revised Weekly Curriculum Guide on the members web page at <http://www.thepeacefuldragon.com/curriculumguide.shtml>. The training week has been divided into “A” and “B” days so that you can be certain to cover all the material for your block. For example, you are responsible for knowing when to bring a weapon or sparring gear to your class – just follow the guide. If you have any questions about any aspect of the curriculum talk to an instructor or senior student for assistance.

### QUARTERLY CLEAN-UP DAY

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Saturday, May 13

**M**irrors, windows, bathrooms, fixtures, floors, trim, shelves, etc., all need your help to look their best. Please give a little of your time to this important maintenance work so that everyone can enjoy a clean, well-ordered space in which to train.

## NEW LINK OFFERS QUICK ACCESS

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Other ACCS schools, sister organizations and other websites with related interests are now just a click away. All students are encouraged to explore, browse and study. Just go to <http://www.thepeacefuldragon.com/links.shtml>.

## GRANDMASTER MA'S BOOK SOLD OUT

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Copies of Grandmaster DeMaria's book *Ch'ang Shih Tai-Chi Ch'uan* are currently out of stock. Students may find used copies occasionally available through various on-line book search. Taiji and Xing-i videos are being produced. More information will be announced later.

# WISDOM OF MA FOREN

## Tuai Shou

### How to Find Perfection



Perfect push hands is not easy for the human mind, because it should not be done with the *Xin* mind, that's where the problem lies. When two people cross hands the first thing that comes to their minds is "*I wont be pushed.*" It is at this point that *Tuai Shou* has lost its power. The practitioner no longer will follow what the classics teach us, which is to be soft and follow, yield to force and redirect. If you fight off the force, this is not yielding and also not true Push Hands.

Most fail to realize the only way to learn is through the experimental interplay of moves, but because of the *Xin* mind we find this hard to do. The *Xin* mind has to prove something, it does not want to lose face, it wants to be the winner, it wants to prove it is superior. All these attributes have no place in the *Yi* mind, which is open to anything and willing to try anything and does not worry about ego or loss of face because *Yi* knows it is these very things that teach mastery.

If you are always in a defense mode then how can you learn? The answer is you can't. You have to be willing to let go and open the doors of possibilities wide so you can see the possibilities and try them; otherwise, little progress will be seen in your level of skill. Your only goal in *Tuai Shou* is to stay relaxed, change and follow; don't plan attacks or tricks on your opponent, just follow, and in their attempt to push you there is always the chance they will fall into emptiness and lose their root. Only then do you add to their imbalance and send them flying.

*Tuai Shou* done correctly is a wonderland of opportunities to learn the true secrets, but so many are afraid to let go. Is this not the story of our life as well? This is why we all suffer so much: everyone is afraid to let go. Think about that for a while, then move from the *Yi* mind and try again. Maybe the next time, you will experience the true power of correct Push Hands and also see the differences between the two minds. The *Xin* mind is hell and the source of most all of our problems in life. Ascend to the *Yi* mind for that is where heaven resides and who can resist the power of heaven? Now go and cross hand and try again until you succeed in finding true *Tuai Shou*.

This is the eighth 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

### 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](mailto: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.

### Job Hunting for Sam

Many of you know Debra's brother Sam, who has been a friend of *THE PEACEFUL DRAGON* and many of us, and worked here for a while last year. Sam is retired in China, but has no income there. He has a valid green card and international drivers license, and could return to the States tomorrow – as long as there was a job. At home, the competition for jobs is so fierce there is nothing for a retired man.

Sam ran his own business and possesses a broad range of skills. Any student who knows of a full or part time job that might be good for Sam, please see Debra or Sifu immediately. We would like Sam to be able to come back as soon as possible.

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!

Go to <http://www.thepeacefuldragon.com/books.shtml> and use Search Amazon.com for the products you want.

