

THE PEACEFUL DRAGON



Newsletter

November 05



CHILDREN'S PROGRAM



PARENT ADVISORY COMMITTEE MEETING

The Parent Advisory Committee will meet on Thursday, November 10 at 5:30pm. Several parents have been strongly involved in helping to shape the future of Children's Programming at *THE PEACEFUL DRAGON*. Master Sbarge encourages parents to get involved with their children's activities – all are welcome to attend the meeting.

PARENT/STUDENT CLASS

Everyone has a great time when parents come to one of their children's classes and train side by side with them. There is no better way to get your child's perspective than to take one of their classes. Plan to attend with your child on November 17.

CACMA TOURNAMENT A VALUABLE OPPORTUNITY FOR CHILDREN

The CACMA (Carolinas Association of Chinese Martial Arts) tournament is just around the corner. Please see George if you plan to compete, have any questions or need help with the registration form. **NOTE: there will be NO regular classes at The Peaceful Dragon the day of the tournament.** Students can make up Saturday classes on any other day. The following guidelines for tournament competitors are suggested:

Forms:

Elbow Set for the Novice Division;

Fu Shin Yi or Fu Shin Er for the Beginner Division;

Fu Shin Yi and Fu shin Er combined, or Kempo One, or Kempo Two, or Mei Jung Two, Lo Han Form for the Intermediate and Advanced Divisions.

Weapons:

Staff Form for all Divisions.

Sparring:

All Green Sashes and above who have sparred during our in-school Team Tournaments before.

Check out the Tournament Flier online at: <http://hgkfa.tripod.com/Tournament2005.htm>

Fill out the downloadable registration form at: <http://hgkfa.tripod.com/TournamentRegistrationForm.doc>

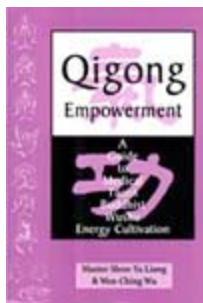
George will host a Tournament Preparation class for those who want to go over presentation, forms and sparring techniques, on Saturday November 5, at 1:30pm. This class is free to Black Sash Club members; there is a \$20 fee for all other students. Please see Ms. Debra to sign up ahead of time.

WORKSHOPS AND EVENTS

MEDICAL QIGONG SEMINAR WITH MASTER ERIC SBARGE

Saturday, November 5, 12 – 5pm

This workshop is just days away, but there is still time for you to sign up. Master Sbarge has not taught Medical Qigong since 1999, so this is a rare opportunity and special treat.



He will emphasize practical medical chi kung (qigong) methods to help you maintain your health, or to help you overcome current illnesses and diseases. Discover for yourself how the mind impacts the health and balance of your vital internal organs, and how the state of these organs affects the state of your mind. Learn why dozens of "symptoms" may really be indications of greater illness or imbalance in the heart, lungs, liver, kidneys or digestive system, and learn specific exercises and meditations to help you overcome such ailments.

Master Sbarge brings nearly 30 years of qigong experience to his teaching, and holds a medical chi kung teaching certificate from Master Shou-Yu Liang, one of China's top "Coaches of Excellence" who has practiced chi kung for over fifty years, traveling extensively throughout China to find the most effective methods. Interested students may also benefit from the comprehensive book Qigong Empowerment, written by Master Shou-Yu Liang and Wen-Ching Wu. The book is available online and at major bookstores, and it has an accompanying Medical Qigong video.

The workshop runs from noon to 5. Early bird prices: \$99 public, \$69 students; after November 1, add \$20. Please register at the front counter.

CACMA FALL CLASSICS TOURNAMENT

November 12

There will be no classes November 12. Master Sbarge encourages all students to attend, either as competitors or as spectators. Either way, the experience is valuable to your training and helps foster school spirit. This event is put together each year by Sifu Rick Panico and draws martial artists from many other schools in the Carolinas. Please visit his website, <http://hgkfa.tripod.com/Tournament2005.htm>, where there are links to many area schools and additional information about tournament divisions, events and competitive classifications.

Hosted by the Hung Gar Kung Fu Academy of Mooresville

Please note: This is a fund raiser for [Structured Athletics for Challenged Children \(SACC\)](#)

THE GENERAL PUBLIC IS WELCOME!!



Saturday November 12, 2005
Opening Ceremonies at 10am
Competition at 11am

\$50 All-you-can-compete
CACMA members receive a \$5 discount



Spectator Donations: Adults - \$5, Students - \$3, under 6 - Free

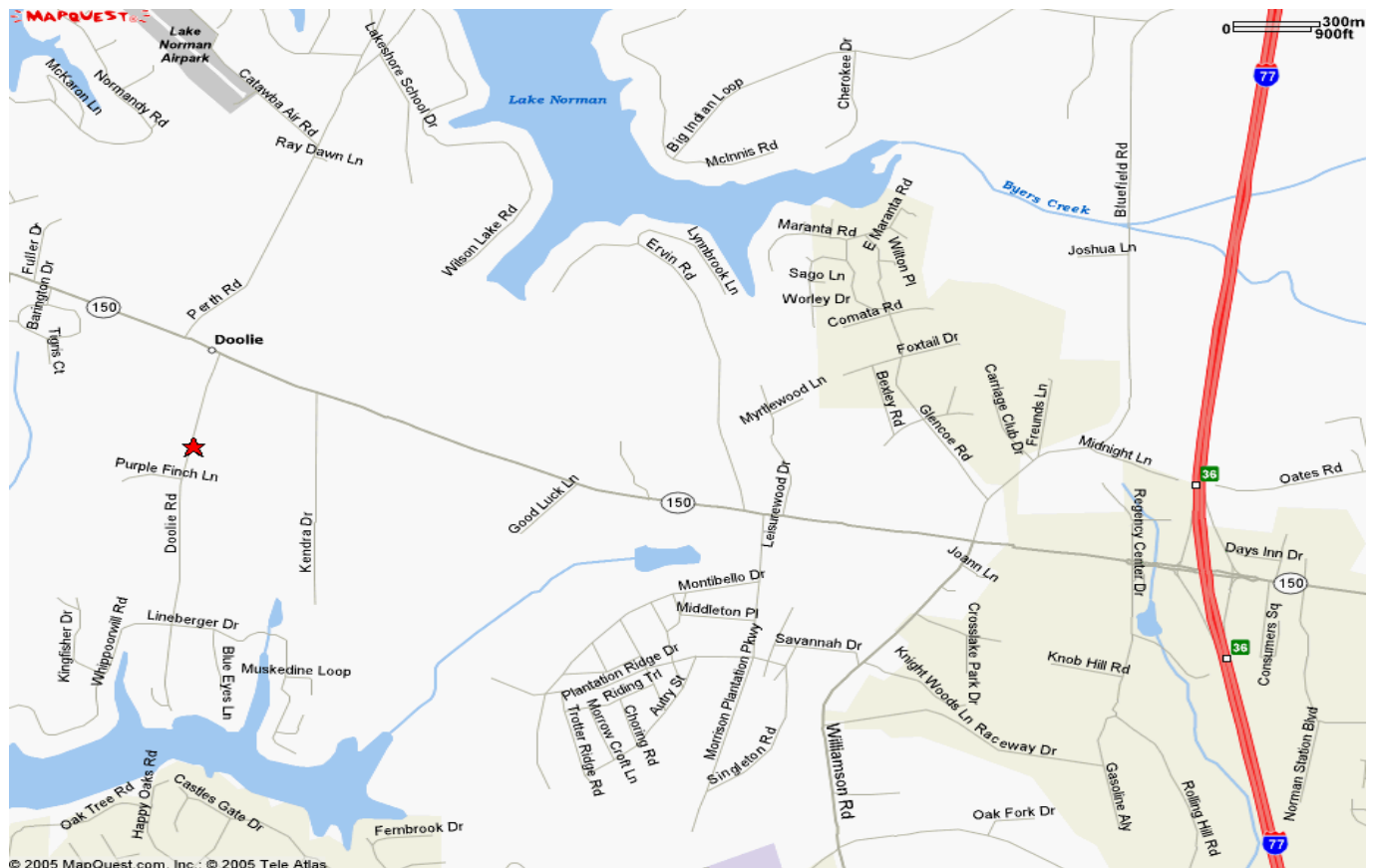
Lake Norman High School
186 Doolie Rd
Mooreville, NC 28117
(2 miles west of I-77 Exit 36 on Hwy 150)
High school's number: (704) 799-8555

TOURNAMENT REGISTRATION FORM - [CLICK HERE](#)

RULES/REGULATIONS - [CLICK HERE](#)

TOURNAMENT RULES & PROCEDURES FOR TAIJQUAN EVENTS - [CLICK HERE](#)

Below is a map showing how to get to the school on Doolie Road in Mooreville from Charlotte.



WOMEN'S SELF-DEFENSE LECTURE AND WORKSHOP

Saturday, November 12, 3 – 4pm Free Lecture



Lyn Addy, certified instructor at *THE PEACEFUL DRAGON*, has spoken many times about proven strategies to avoid and defend against assaults, rapes and other life-threatening situations. If you're a woman, you owe it to yourself to learn how not to appear vulnerable and the things you can and must do to cope with personal danger.

On **Saturday, November 19, 10 am-6 pm**, Lyn leads a hands-on **workshop**, suitable for all ages. Learn real techniques for dealing with real situations that you could face. Statistics show that one out of three women will be assaulted in their lifetime. You can prevent that for yourself or someone you love. The cost for the workshop is \$69 for the public and \$49 for Peaceful Dragon Students if you register by November 16. After that, add \$10.

NOVEMBER MONTHLY LECTURE

Wednesday, November 2

The topic is **Daoism, Confucianism and Buddhism: Their Role in Martial Arts**. This broad and fascinating subject can provide a framework not only for better understanding of how belief and tradition have informed and invigorated martial arts, but also for the meaning of our own involvement in these arts. Master Sbarge brings a unique perspective and years of experience to the lecture series, and you certainly won't want to miss this one, following Taiji class.

ANNOUNCEMENTS

Remodeling has been completed, thanks to all who helped. The former restaurant space has been made into well-lighted, spacious new studio C with a unique ambience thanks to its original fine dining design. The kitchen space has kept the utilitarian feel in a well-appointed training room featuring heavy bags, resistance and focus striking equipment. A moderate size storage room now holds extra equipment. Students began using these new rooms Saturday, Oct. 29th. The rules for the training room and equipment room are posted in the rooms, but for everyone's benefit they are repeated here. Sifu expects all students will follow these rules for the safety and benefit of all.

Training Equipment Rules

1. Any adult students on our Standard or Optimum Programs may use equipment at any time.
2. Black Sash Club members may use equipment only when accompanied and supervised by a parent or adult student. Children who are not in the Black Sash Club may not use the equipment outside of class time.
3. Only use equipment that you have been taught how to use in class.
4. When finished, all equipment must be returned exactly where you found it.
5. No board breaking is permitted except under the supervision of an instructor.

Training Room Rules

1. Any adult students on our Standard or Optimum Programs may use this training room at any time.
2. Black Sash Club members aged 9 and up (Young Dragons) may use this training room only when accompanied and supervised by a parent or adult student. This room is **Off Limits** for all children under 9, and for those not in the Black Sash Club, unless an instructor brings a class in.
3. Only use equipment that you have been taught how to use by an instructor or disciple-level student.
4. As a courtesy, be sure to close doors to other rooms before using any striking equipment in order to minimize noise.

WISDOM OF GRANDMASTER MA FOREN

Proper Learning



In order to learn this art you need to follow the suggestions below:

1. Be patient. This art is not learned in a day or week or a year or two years. It is an ongoing learning process. If you try to rush learning you will only attain poor Kung Fu skills.
2. Set up training schedules both at your Gwan and at home so you get plenty of practice time. It is all in the practice. That's where Masters are made.
3. Try not to miss your training sessions. Much can be said for consistency of training. By being consistent and never making excuses about why you can't train today, by finding ways even in hard times to attend your classes, you will strengthen your determination never to stop.
4. Catch the errors your Teachers points out to you. That's why you go to a class. You go not only to learn new techniques or forms, but mainly to bring out your errors and rid yourself of them. When errors are gone, mastery takes their place.
5. If you love the arts, then be sure to study them completely, to have a complete picture. Focusing on just one aspect, such as Shaolin Chuan, only allows a small glimpse of the total picture. Only with the total picture can you be called a Master of the arts.
6. Work with your classmates as often as possible. There is nothing better than having a partner. It allows you to test your skills on another human being. Only through partner work can you sharpen your skills in gauging, focus, flow and timing. Fighting the air won't help in these matters.
7. Contemplate and ponder what you learn. Don't just take things in superficially, but think over carefully all you hear and see. Read, study, ponder and apply what you learn.
8. All comes from the mind, no matter what aspect of this art you study. Make meditation a part of your training. Without the mind working as it should, little if anything can be appreciated and executed correctly.

9. Test your skills in tournaments or class fighting. Without this aspect you will never know how you perform under pressure. You don't want to find this out in a real street condition when it is too late.

10. Most importantly, this art is for your personal growth and health and defense. Never compare yourself to others. Each of us must focus on the self, not others. Kung Fu is a very personal experience that cannot be compared to other's personal experiences.

This is the second installment of a new feature where a selection from Grandmaster's email is shared in the newsletter. 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. Don't forget to add Grandmaster to your approved senders list.

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. 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.

For Sale by Owner

4 BR, 2 1/2 bath, 2 story house – 1975 sq. ft. with fenced-in yard; only 20 minutes from The Peaceful Dragon. If interested, call our disciple-level student, Tina Dickens, (704) 523-1370.