



THE PEACEFUL DRAGON

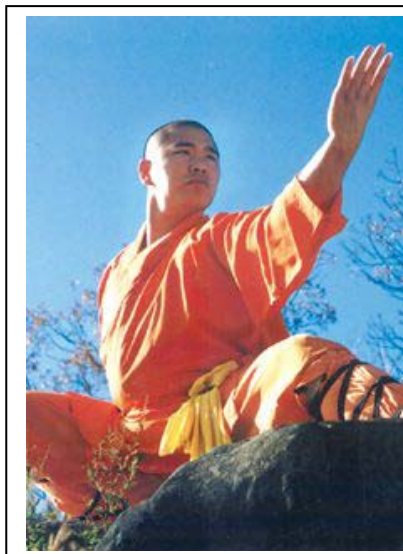
Newsletter

OCTOBER 2004



Special Announcements

REV. SHI GUOLIN TO VISIT PEACEFUL DRAGON



Quoting from the website, *The Shaolin Temple Overseas Headquarters is the official subsidiary branch of the legendary Shaolin Temple at Song Mountain in China. The sacred mission of the Shaolin Temple Overseas Headquarters is to propagate and proliferate Shaolin's traditional culture by providing the unique "Unity of Chan and Body" way of teaching. We aim to enrich the society with our focus on strengthening both the mind and the physical body as one.* With these words, Rev. Shi Guolin, 34th generation Shaolin Monk and Abbott of the Shaolin Temple Overseas welcomes visitors.

How Rev. Shi Guolin came to the United States, and ultimately chose the relationship with the American Center for Chinese Studies (ACCS) run by Grandmaster DeMaria, has been well-documented. Many interviews are available on the internet, advertisements for classes around the country that Shi Guolin taught are posted, as well as many pictures of previous workshops at *THE PEACEFUL DRAGON*. Currently, the Shaolin Temple Overseas Headquarters website is largely under construction and promises to offer extensive information about the kungfu, the Dharma and Shi

Guolin's efforts to spread both of these treasures. In the meantime, please follow the link below for an excellent interview, an early one between Grandmaster DeMaria and Shi Guolin following the formalization of their relationship in the desire and intent to carry these teachings to the rest of the world.

<http://www.kungfu.org/messagegm27.shtml>

Workshops and Events

Workshop to Coincide With Chinese New Year Celebration

In February, Guolin, 34th generation Shaolin Monk has assented to come to *THE PEACEFUL DRAGON*

to celebrate the Chinese New Year with us and to conduct a special workshop. Part of the workshop will

focus on martial art; part will attend to more detail on the *Yi Jin Jing* or the Classic of Muscle Tendon Ligament Change. This Classic is treasured for its health-giving ability as well as for its unique value as a tool to strengthen the body for martial arts. Deceptively simple, this form with its twelve postures holds within many secrets that the average person would not discern through practice alone. Guolin may share some deeper understanding of the form and it's correct. Details of the workshop and the celebration will be worked out in the coming months. Students are encouraged to plan now for this rare opportunity to celebrate and study with this exceptional master.

9th ANNUAL FALL CLASSICS KUNG FU TOURNAMENT SUPPORTS SACC



Sifu Panico's Hung Gar Kung Fu Academy of Mooresville, with the support of CACMA, once again will host this regional event that has annually helped to fund Structured Athletics for Challenged Children.

The competition will be at Lake Norman High School at 182 Doolie Road in Mooresville on **Saturday, November 13, 2004**. The \$50 fee covers unlimited competition. CACMA member discounts apply. The fee for spectators is \$5 adults, \$3 students, free to children under six. Opening ceremonies begin at 10am. Check the website under "Events" for more information, <http://hgkfa.tripod.com/hgkfa.htm>.



What's Up?

<http://www.kungfu.org/newslettersummer04.pdf>

Click the link for excellent articles and interviews from the ACCS Summer Newsletter. Grandmaster talks about Sifu Bob; Master Peck talks about his life in the arts.

Sifu's lecture on Optimizing Your Diet

Wednesday evening, October 6, taught us that we can use what we eat and how we eat to enhance our health and that we have more control than we generally think

we do. The message behind the theories, ancient and proven culinary habits of Asian cultures is that food is essentially prescriptive, and that our diet should correspond with and support our individual natures as well as the principles and rhythms of the natural world. In our environment, the logical and natural are difficult to come by and apply with any coherence but it is possible to go a long way towards the ideal of optimized diet. Some of the basic lessons are: eat seasonally and locally. Eat earlier in the day, and eat moderately. Chew more, breathe more. Avoid processed foods and artificial ingredients. Sifu also recommends Healing with Whole Foods by Paul Pitchford, an encyclopedic Way of Asian traditional healing and modern nutrition. The book is dedicated *To you, the reader, that you find Guidance and choose to follow it toward healing, awareness, and peace.* ISBN 1-55643-220-8.

The next lecture is Wednesday, November 3, 8pm after tai chi class. The topic is **Why Set Goals if We Live in the Moment?**

FIRST ANNUAL PEACEFUL DRAGON TEAM COMPETITION PROMISES MORE TO COME

There has been no other event quite like this one; the wonderful success of our first school team tournament gave everyone a chance to enjoy friendly yet serious competition in a familiar environment. Young Dragons who had just started to learn basic stances competed for



best stances; older beginners competed in basic forms; students who had never competed tried it for the first time; more advanced students got to find out what it's like

to judge competition. Everybody came away from this experience a winner. And many parents helped to run the event. There were four teams: Tiger, Panther, Crane and Snake. The team with the most points was the Panther team.

Congratulations to the Panther Team, Winners of the 2004 Team Tournament Day

A team picture will be available soon. Panther team members are:

Dale Saufley, Anastasia Hill, Christopher Shalosky, Natalia Hill, Hayley Miller, Brian Weaver, David Pankey, Lyn Adams, Dale Guadagna, Tim Brown, Charlie Wagner, Nicole Leneave, Trey Hensing, Joselle Jepson, George Lu

Tournament results

4 to 6 years old Novice Stances and Basics

- 1st Nicolas Sappe (Crane)
- 2nd Hailey Sappe (Tiger)
- 3rd Anastasia Hill (Panther)
- 4th Christopher Shalosky (Panther)

4 to 6 years old Novice Stepping

- 1st Hailey Sappe (Tiger)
- 2nd Nicolas Sappe (Crane)
- 3rd Christopher Shaloskey (Panther)
- 4th Connor Bailey (Snake)

4 to 6 years old Novice Form

- 1st Nicolas Sappe (Crane)
- 2nd Christopher Shalosky (Panther)
- 3rd Connor Bailey (Snake)

4 to 6 years old Advanced Form

- 1st Emi Leneave (Tiger)
- 2nd K.J. White (Snake)

4 to 6 years old Two Person Techniques

- 1st Andrew Weaver (Snake), 1st Emi LeNeave (Tiger)
- 2nd K.J. White (Snake)

7 to 12 years old Novice Stances and basics

- 1st Stephanie Bernedo (Tiger)
- 2nd Nathan Cuddy (Snake)
- 3rd Alan McDonald (Crane)
- 4th Mercedes White (Tiger)

7 to 12 years old Novice Stepping

- 1st Nathan Cuddy (Snake)
- 2nd Hayley Miller (Panther)
- 3rd Stephanie Bernedo (Tiger)
- 4th Mercedes White (Tiger)

7 to 12 years old Novice Form

- 1st Alan McDonald (Crane)
- 2nd Nathan Cuddy (Snake)
- 3rd Christopher Bernedo (Crane)
- 4th Hayley Miller (Panther)

7 to 12 years old Advanced Form

- 1st Cole Mumpower (Tiger)
- 2nd Brian Weaver (Panther)
- 3rd Nicole LeNeave (Panther)
- 4th Miles Harris (Snake)

7 to 12 Two Person Techniques

- 1st Miles Harris (Snake), 1st Cole Mumpower (Tiger)
- 2nd Nicole LeNeave (Panther)
- 3rd Jessica Harris (Crane)
- 4th Marshall Berry (Snake)

7 to 12 years old Weapons

- 1st Nicole LeNeave (Panther)
- 2nd Cole Mumpower (Tiger)
- 3rd Charlie Wagner (Panther)
- 4th Brian Weaver (Panther), 4th Marshall Berry (Snake)

10 to 12 years old Sparring

- 1st Josh Carr (Tiger)
- 2nd Nicole LeNeave (Panther)
- 3rd Tim Brown (Panther)
- 4th Brian Smith (Tiger)

13 to 17 years old Sparring

- 1st Carrie Chun (Snake)
- 2nd Jarreth Brown (Crane)

13 years and up Advanced Form

- 1st Carrie Chun (Snake)
- 2nd David Block (Crane)
- 3rd Kevin Deal (Crane)
- 4th Sonny Kasoje (Tiger)

13 years and up Weapon Form

- 1st Carrie Chun (Snake)
- 2nd Sonny Kasoje (Tiger)
- 3rd Shawn Hammond (Tiger)
- 4th Hameed Sanders (Snake)

13 years and up Two Person Form

- 1st Lyn Adams (Panther), 1st Eric Mullis (Tiger)

18 years and up Sparring

- 1st Eric Mullis (Tiger)
- 2nd Kevin Deal (Crane)
- 3rd Michael Khaldun (Snake)

Shuai Chiao 160 lb or less

- 1st Lyn Adams (Panther)
- 2nd Carrie Chun (Snake)

Shuai Chiao 160 lb and up

- 1st Hameed Sanders (Snake)
- 2nd Natalia Hill (Panther)
- 3rd Kevin Deal (Crane)

Tai Chi Advanced Solo Form

- 1st Michael Ballantyne (Snake)
- 2nd Lyn Adams (Panther)
- 3rd Dale Guadanga (Panther)
- 4th David Block (Crane)

Tai Chi Two Men Form

- 1st David Block (Crane), 1st George Lu (Panther)

Pa Kua/ Hsing I Form

- 1st Eric Millis (Tiger)
- 2nd Vince Subbs (Crane)
- 3rd Dale Guadagna (Panther)
- 4th Shawn Hammond

Internal Weapon Form
1st George Lu (Panther)
2nd David Block (Crane)
3rd Michael Ballantyne (Snake)
4th Dale Guadagna (Panther)

Tai Chi Push Hands Linear
1st George Lu (Panther)
2nd Tim Myers (Tiger)
3rd David Crowe (Snake)
4th Leslie Carlson (Tiger)

Tai Chi Push Hands Circular
1st George Lu (Panther)
2nd Vince Stubbs (Crane)
3rd Dale Saufly (Panther)
4th Leslie Carlson (Tiger)

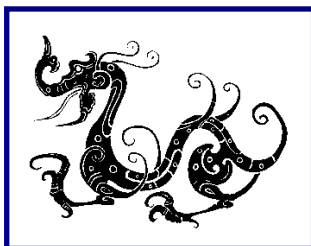
Sifu adds:

Congratulations to all of you who competed in our first annual Team Tournament Day on Saturday, September 18, and a special thanks to all parents and guests who supported the competitors and whose volunteer efforts helped keep the tournament running smoothly.

Sixty students competed, many in multiple events. Frankly this was more than we anticipated for our first time. Next year we'll have more rings and judges working to keep things moving a little faster, but I was thrilled to see such strong participation. The level of competition was very high in many of the divisions and all of the competitors showed great effort. The purpose of competing isn't just to win, but rather to push yourself to do your very best and overcome doubts, insecurities, fears and egos. Virtually everyone succeeded in this.



Young Dragons



Young Dragons Testing Date Change:

Promotion testing has been moved to October 16. There will be regular Young Dragons classes that day. We apologize for any

inconvenience.

Starting the month of October, you will need to bring the following required equipment for every class.

4 to 6 years old:
Yellow and Orange Sash, Short Staff
Green Sash and above, Nunchuks

7 to 12 years old:
Yellow and Orange Sash, Short Staff
Green Sash and above, double Short Staffs, and sparring equipment

Sparring equipment for every Young Dragon student: head gear, hand gear, foot gear, and mouth piece. Boys, include a cup. Girls, include a chest protector. Other protective equipment is optional.

If you have any questions about the curriculum or about the equipment, please ask any one of the Young Dragons instructors. You may also e-mail Mr. George at george@thepeacefuldragon.com

Volunteering

Quarterly Clean-up and Maintenance Day is Sunday, October 17. Last quarter, there were not enough volunteers and most people came earlier in the day and then left. As a result, the carpets did not get done. Sifu hopes a few can come in the afternoon nearer closing time to do the work.

Dragon Classified Ads

Simplify

Unclutter your life and spaces

Barbara Johnson
704/552-7583
704/577-1364 (c)

NOW brand Vitamins, Herbs & Food Supplements a Bargain!

Save 20% off retail for these top quality products. Carefully researched and chosen by Debra and Sifu, these 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 are generally 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.

On the Dragon Path

A few months ago, Sifu gave a lecture on Trinities in Chinese Martial Arts and Culture. Each of the trinities is probably a book length subject by itself, alone and in combination applying to every aspect of our training and application in daily life. The bare list is reproduced here and students are encouraged to explore deeply as their practice and interest take them in various directions.

Trigrams: one begets two; two begets three...
Heaven, Man, Earth
Tai Chi, Hsing-i, Pakua
Jing, Chi, Shen
Mind, Body, Spirit
Three dan-tiens
Three gates of ascending chi: tailbone, dorsal, jade pillow
Three qigong categories: medical, martial, religious
Three qigong characteristics: breath, body, mind
Three internal martial arts
Yi, chi, li
Triple Burner
Three ways to augment breath
Three ways to stop an attacker
Three gates to attack: upper, middle, lower
Three directions: forward/back; sides; up/down (fan jang)
Three religions
Three planes (Taoist): upper, middle, lower; then divided further
San Ti: (three "bodies"): root, mid-section, extremities
Unified attack/defense: hand, waist, foot
Three harmonies: hands/feet; elbows/knees; shoulders/hips
Three liftings: tongue, anus, crown

At a Glance

For an idea of what is to come, check out the 2005 Complete Calendar posted on the bulletin board in the hallway. Sifu comments that the calendar is not finalized and some dates will probably change, but for those who like to use outlines, it would be smart to plug these dates into your electronic calendar and set reminders for those you are most interested in.

