

THE PEACEFUL DRAGON



Newsletter

OCTOBER, 2005



CHILDREN'S PROGRAMS



PARENTS NIGHT OUT EVENT CANCELLED

Friday, October 7, Parents Night Out seminar has been cancelled to allow us to work full steam ahead on the studio remodeling until it is completed.

CHILDREN'S PROMOTION DAY ON SCHEDULE

Saturday, October 15 is Children's Promotion Day. The ceremonies will begin promptly at 1:30pm. There will be no classes for children on that day. All children and parents are urged to be there. If your child can't make it, the make-up promotion ceremony will be on Thursday, Oct. 27th at 5:30pm.

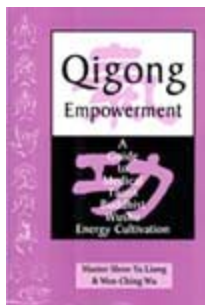
WORKSHOPS AND EVENTS

MEDICAL QIGONG SEMINAR WITH MASTER ERIC SBARGE

Saturday, November 5, 12 – 5pm

Master Sbarge has not taught Medical Qigong since 1999, so this is a rare opportunity and special treat.

In this intensive workshop, emphasis will be on teaching 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.

Sifu suggests that interested students might wish to buy the comprehensive book Qigong Empowerment, written by Master Shou-Yu Liang and Wen-Ching Wu, before the workshop. 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.

OCTOBER MONTHLY LECTURE A PERFECT INTRO TO QIGONG SEMINAR

Whether or not you plan to come to the medical qigong seminar, you won't want to miss this informative lecture/discussion. Qigong permeates everything we do, not only the martial arts we study, and there is no better tool or practice to enhance and maintain our health at any age. Find out about this amazing aspect of our study, Wednesday evening, October 5, following Taiji class.

SPECIAL CHANCE TO VISIT MONASTERY, STUDY WITH DALAI LAMA



Geshe Dakpa Topgyal of the Charleston Tibet Society, and friend of *THE PEACEFUL DRAGON*, has made a special offer for all students.

His home monastery, the Drepung Loseling Monastery in Karanataka, India – <http://www.drepung.org/Monastery.cfm> - is currently undergoing renovations. Plans call for the new building to be done in October, 2006. If things proceed on time, in December, 2006 there will be two weeks of celebrations and teachings, led by His Holiness the Dalai Lama. Geshela says all Peaceful Dragon students are invited, and will be provided with free lodgings. Each person would be responsible for their own air fare so start saving your pennies if you're interested in this truly once-in-a-lifetime opportunity! There will be more information as the dates for completion of the monastery and following celebrations become more definite.

ANNOUNCEMENTS

QUARTERLY CLEAN UP DAY

Sunday, October 16

Four times a year, students are asked to pool their efforts to attend to the cleaning and maintenance of our beautiful school. The somehow, someone else mindset that we are all prone to doesn't work very well in a traditional school setting. Rather, it is helpful as part of your training to develop the thought, when you see something that needs attention, that it is there because *you* didn't take care of it yet. This is not recognition of duty or shortcoming so much as it is one of opportunity. With any luck, our renovations will be completed by October 16 and the place will need a good cleaning. The more the merrier - and the faster it goes. Cleaning will begin at 9am and continue until it's done.

SCHEDULE CHANGES MARK CONTINUED GROWTH

Due to growth in the Children's Program and scheduling changes as a result of the restaurant closing and new studio space, we have made some changes to the Class Schedule. We hope these changes will be beneficial to the majority of our students, and apologize for any inconvenience it may pose for a few. The new schedule will begin this Monday, October 3rd. You can see it online at <http://www.thepeacefuldragon.com/schedule.shtml>.

Children's Program

We have split the 5-13 year-old children's classes (Little Dragons and Young Dragons) into two levels -- Beginner and Advanced. Until our remodeling is complete both groups will continue to meet together in Studio A if they are scheduled simultaneously, but as soon as the remodeling is complete (anticipated before the end of October) Little Dragons and Young Dragons will train in separate studios.

The beginner classes will include White through Orange Level II sashes (Blocks A and B). The advanced will include Green through Black Sash (Blocks C and D).

We are offering additional Beginners Children's Classes and Tiny Tiger Classes at new times:

- Little Dragons beginners on Monday and Thursday from 4:30-5:00pm;
- Young Dragons beginners on Wednesday 4:15 – 5pm, and Saturday 11:15am – noon
- Tiny Tigers on Monday and Thursday from 4-4:30pm.

Any student who is currently enrolled in the old time slots who would like to move to the new earlier time slots is encouraged to do so as these classes will initially be significantly smaller which some kids do better with. Those who prefer a larger and more dynamic class may continue in their current class and time slot. Most new students enrolling in the future will be required to enroll in the new class times to balance out the numbers of students in all classes. If you wish to change your class times, please see instructors George Lu, Wes Adams or Master Eric Sbarge as soon as possible.

Finally, we have added a sparring class on Tuesday evenings from 6:15-7:15, to be led by Master Eric Sbarge. This class is open to all Black Sash Club members who are Green Sash and above as a Black Sash Club benefit. There is no additional fee for this class.

Adult Program

We have added a sparring class, to be led by Master Eric Sbarge, on Tuesdays from 6:15-7:15pm. This is open to all adult students with at least six months of training at The Peaceful Dragon, with the permission of Master Sbarge, and, as noted above, to Black Sash Club children who are Green Sash and above.

We have modified the Sunday schedule, eliminating the brunch break between yoga and Shaolin kungfu since we are no longer serving brunch.

The Friday night Xing-i/Bagua class has been dropped, since for the most part only a handful of Disciple-level students were attending. Master Sbarge will periodically extend the training time for the Disciples class to continue focusing on Xing-i and Bagua for those interested.

The times for some of the other classes may have been adjusted slightly, so please check your new schedule carefully.

TEAM TOURNAMENT A BIG SUCCESS

We had a turn-out worthy of our school for the second annual Team Tournament Day. If you were there, you were a winner whether you placed in your event or not because the experience of doing your best in a competition cannot be duplicated through normal practice. Everybody competed hard and had fun. A special thanks to students and parents who volunteered as judges, timekeepers, scorekeepers and with setup. Congratulations to **Team Crane**, the overall tournament winners.

Event	First Place	Second Place	Third Place	Fourth Place
LD Basic	Emi LeNeave	Nicholas Sappe	Christopher Shalosky	Haley Sappe
LD Form-N	Vincent Wolf	Alex Mendoza	Taylor Stewart	Olivia Kearney
LD Form-A	Emi LeNeave	Nicholas Sappe	Haley Sappe	Christopher Shalosky
LD Techniques	Nicholas Sappe	Haley Sappe	Christopher Shalosky	Anastasia Hill
YD Basics	Nicole LeNeave	Cole Mumpower	Nathan Cuddy	Marshall Berry
YD form-N	Cody Eidsness	Nathan McConville	James Adams	Ben Wolf
YD Form-A	Cole Mumpower	Nicole LeNeave	Charlie Wagner	Marshall Berry
YD Techniques	Nicole LeNeave	Cole Mumpower	Hayley Miller	Matthew Rumierez
YD weapons	Cole Mumpower	Nicole LeNeave	Charlie Wagner	
Adult Basics	Natalia Hill	Jeff LeNeave		
Adult Form-N	Robert Beaver	Jeff LeNeave		
Adult Form-A	Geoffrey Bragg	Carrie Chun	Sunny Kasoji	Hameed Sanders
Adult Weapons Form	Geoffrey Bragg	Sunny Kasoji		
Adult 2-Person Form	Eric Mullis	Lyn Addy	Sunny Kasoji	Carrie Chun
Sparring 10 - 13	Nicole LeNeave	Cole Mumpower	Matthew Rumierez	Charlie Wagner
Sparring 13 - 17A	Sunny Kasoji	Carrie Chun		
Sparring 18+ A	Hameed Sanders	Eric Mullis	Raleifoot Chisolm	
Taiji Form-N	Robert Beaver	Leslie Imholt		
Taiji Form-A	Lyn Addy	Dale Guadagna	Russell White	Hameed Sanders
Xing-i/Bagua Form	Eric Mullis	Lyn Addy	Dale Guadagna	
Internal Weapons Form	Carrie Chun	Hameed Sanders		
Linear Push Hands	Geoffrey Bragg	Hameed Sanders	George Lu	David Pankey
Circular Push Hands	George Lu	Hameed Sanders	Dale Guadagna	Russell White
Shuai Chiao Lt-weight	Patrick Saleeby	Lyn Addy	Robert Beaver	Carrie Chun
Shuai Chiao Hvy-weight	Eric Mullis	Geoffrey Bragg	George Lu	Hameed Sanders

Matthew Helm Stephanie Bernedo

WISDOM OF MA FOREN

In a new feature, each month *THE PEACEFUL DRAGON* newsletter will present a quote or excerpt from Grandmaster's emails. If you would like to sign up to receive these insightful emails from Grandmaster Ma Foren (Frank DeMaria), go to <http://kungfu.org/requestform.shtml> and be sure to include a very brief thank you to Grandmaster. While you're there, take a moment to look around. There is a true wealth of information and inspiration. *You must add Grandmaster to your approved senders list to get email.*

Take Note of These Eight Points

1. Exert no Strength - The idea of Tai Ji is to move without muscular exertion. This process can take years to develop. Slowly we withdraw the physical strength and we are left with a light body that seems to float through the form. However, be aware this process is not as easy as you might think. You have to be constantly focused and aware of where the tension lies. Then you can ease up, until you feel light

and receptive.



2. Contemplation - It is said that before any movement we must think: the mind before the move. Many students move without thinking first. It is the thought that activates the Yi mind (intent) to act in accordance with the movement. It is the Yi Mind that activates the power of Tai Ji, not the Xin Mind (emotions), which only serves to decrease real Qi power. Yi mind helps with intent as well as presenting undistorted facts of the situation, so we can see clearly what must be done; there are no incorrect answers with the Yi Mind. On the other hand with the Xin Mind, all answers received are clouded with emotions and you can't be sure of anything, leaving you confused and prone to errors.

3. Slowness - All your moves are at an even speed. Try to be alert to controlling your speed; all moves should happen at the same rate. This promotes a smooth, even form. The only exception to this might be your kicks, as we want to bring our legs back to the ground a bit sooner to maintain a good root.

4. Evenness - This means continuity. All moves seem to blend, one into another, appearing and disappearing without any breaks or stops.

5. Roundness - Avoid sharp angles in your moves. All moves in Tai Ji are rounded with no sharp edges. This allows the Qi to flow uninhibited. When you have sharp angles Qi is blocked and the strength of the form is lost.

6. Solid and Empty - The classics tell us to be aware of the full and empty. This means be aware of which hand or leg contains the weight. This can also be said of the upper body and lower body, or the left side of the body and the right side of the body. Lack of awareness of where your weight is greatly lessens your skills. A Master of Tai Ji can see quickly someone who has lost track of their weight; that person is easy to overcome.

7. Breathing - This is something you can't do much about except to look at it once in a while. Never try to control your breathing. Breath has to harmonize with movement and this will happen naturally; it can never be forced. The day they do harmonize you will notice extreme power in your moves.

8. One Part Moves, All Parts Move - Remember, Tai Ji works with the power of the entire body, never just your arms or any single part of the body. It comes from all parts of the body moving as one. Try to find total involvement of the body in each move. If you see yourself standing still and moving your hands only, you are most certainly making an error.

DRAGON CLASSIFIEDS

Fine Asian-Style Tableware

THE PEACEFUL DRAGON purchased new high-quality Asian tableware for the restaurant just before the decision to close the restaurant. Most of it is still in the original boxes, having never been used, and the rest of it has been used for only one month. We are selling sets to any interested students at 30% off the already-discounted restaurant price we paid for it. Sets include matching dinner plates, dessert plates, small bowls, soup bowls, tea cups, tea pots and more. See Debra if you are interested.

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.

