



# THE PEACEFUL DRAGON

MARTIAL ARTS, Tai Chi, YOGA & MORE!



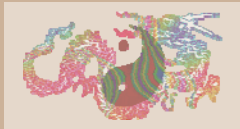
## Newsletter

October, 2006



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

704.504.8866



## CHILDREN'S PROGRAMS



The After School Program is off to a great start this year. If you know of someone in need of after school care that can benefit from the martial arts while enjoying a safe and fun environment, please encourage them to contact us directly here at the school to discuss their needs. Inform them of these benefits that your child already enjoys:

- 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

and encourage them to check out the **After-School Program with Transportation** at <http://www.thepeacefuldragon.com/afterschool.shtml>.

## EVENTS

### PEACEFUL DRAGON TEAM TOURNAMENT FUN FOR EVERYONE

**October 28, 11 am – 4pm** (Note: this was posted erroneously on the Events web page for Oct. 14)

**W**ith divisions for ages 5 and up, beginner through advanced, four school teams will compete against each other in this traditional and very enjoyable activity. And this is a perfect warmup for the fall CACMA tournament posted below. **At just \$20 to compete in unlimited events – less than half the cost of larger sanctioned tournaments outside our school – students will have an opportunity to find out what a martial arts tournament offers for personal growth, peer evaluation, bonding with fellow students and fostering school spirit.** Medals will be awarded to the top three competitors in each division; certificates to all other competitors.

Everyone always has a ball at this in-school tournament, with special Team Activities included throughout the day. Participants are assigned to teams so as to balance skills and give each team a chance to win. The more students who come and participate, the better the balance, the more fun we have. Parents and friends are encouraged to come, and even if you are a student not competing, come and support your fellow students! Spectators pay a small \$3.00 fee, all of which will be given to our Scholarship Fund. **Competitors must turn in their registration form no later than Wednesday, October 11.** *Regular classes will be canceled for this event.*

## SCHOOL MAINTENANCE

---

**Sunday, November 4**



Plan now for this important work to help keep your school in top shape. Our quarterly clean up and fall landscaping day is a perfect chance to show your wu-de and get together with your fellow students to take care of the necessary building and grounds maintenance – everything from cleaning mirrors to pulling leaves. Lots of hands needed, and whatever talents you have will be put to good use.

## BEGIN TO TRAIN AND PLAN NOW FOR FALL CACMA TOURNAMENT

---

**Saturday, November 11**



The Fall CACMA Tournament in Mooresville is a major area event, hosted annually by Sifu Rick Panico. All Peaceful Dragon students are encouraged to attend as competitors, volunteers or supporters. Further details will be announced next month.

## ANNOUNCEMENTS

### HELPING HAND ASKED FOR HUGH

---



**Everyone has probably met, or at least seen, Debra's brother Hugh** working hard around The Peaceful Dragon this summer, keeping things clean and in good repair. Having been forced to take early retirement in Taiwan, he is now our full-time maintenance person.

Hugh has just purchased a house within walking distance of The Peaceful Dragon, but because much of his small salary that we are able to pay him as our handy man goes back to Taiwan to support his wife and son, he has little or no extra money to furnish the house or purchase household items. If you have any unwanted furniture, housewares, linens or the like that you are willing to donate, please bring them in to The Peaceful Dragon. *On behalf of Hugh, we thank you for your contribution!*

## GRANDMASTER'S NEWSLETTER

---

There are lots of pictures from Grandmaster's workshop this summer, pictures of the tournament, a terrific interview with Sifu John Scattaretico, and lot's more, at <http://www.kungfu.org/summer06newsletter.pdf>.

## CONGRATULATIONS, UNCLE SCATT!

---

A heartfelt kung fu salute to Sifu John Scattaretico, Master Sbarge's longtime friend and kung fu brother, on the start of his new school. You can see pictures of the school and read an article on him and his school entitled, "It All Started at a Pizza Parlor" in the latest A.C.C.S. newsletter – just follow the link above. **We are taking up a collection to send his students and him a gift of quality training mats for the school. If you have not made a donation and would like to, please do so at the front counter.**

## NEW STUDENT SERVICES LINK

---



In the June newsletter, we mentioned that we were in the process of developing a Businesses and Services page for students who wanted to be able to offer their professional services to other students. Now we have a web page link on *THE PEACEFUL DRAGON* website to provide information about the expert services of students such as attorneys, realtors, financial advisors, designers, etc., being offered to fellow students. Any student with a business or service they wish to promote should send it to the editor, [maibu@carolina.rr.com](mailto:maibu@carolina.rr.com). The listing will not be endorsed by the school but will be free as a stand-alone student service linked to our website. *Note that ads for selling stuff will continue to be a separate column in the newsletter unrelated to this service.*

## WISDOM OF MA FOREN

### Internal and External



**People can study the martial arts for years and never fully understand the differences between the external and internal Arts.** Do you really understand how power is issued through these arts? Most don't, so don't feel bad.

**There really are major differences.** The external uses muscle strength, aided by the rotation of Qua/Yao for its power source. Of course, other sources of power are also used such as forward energy, backward energy, upward energy, downward energy and body mass movement, to name the most common. On the other hand, the internal arts mainly use soft whipping energy, which is summoned by a calm mind and relaxed body, working as one unit and moving as a whip to derive its power. This is Pung Jing Power.

**Both internal and external work in harmony with each other.** There is always an element of the internal in an external art, and there is always some component of the external within an internal art. Neither could exist without the other. Internal power is often misunderstood and associated with some kind of mystical connotation. Some even say that it does not exist at all, that it's all in the mind. But the reality is that it does exist and is not mystical, but is a very natural ability of the human body. It is just a matter of knowing the differences and then focusing on those differences so we can develop each skill to its optimum.

**Once this is done, we have to learn how to combine both the internal and the external to function naturally as one working unit.** This is called Jungwo Ch'uan Fa, (Chinese Fist Methods). Using everything - with no divisions, no styles, no systems, yet encompassing all styles and all systems; employing no special techniques, but having all techniques; unrestricted and flowing harmoniously as one unit - this is the internal and external working naturally together in harmony.

**We have to separate each art form to dissect it, and to better study its component parts.** Without this deep study we can never fully realize the subtle differences. The better we understand something, the better we can make use of it. This is the purpose of finite study of the arts: to know it, recognize it, and apply it properly.

**The internal and external arts are nothing more than a representation of Yin and Yang.** All of creation is composed of these energies, and so are we. It is a powerful force that Nature uses, and with it the universe remains in harmony. Just think what we could do with such control over these natural forces that we too possess.

**Martial Arts study helps us to find our naturalness again,** and stir our nature back into action so we may again use the power of Yin and Yang properly and effectively. You can do it if you study it long enough, but don't expect immediate gratification. It takes time, patience and determination to succeed. If you have these qualities then, this skill can be yours. Keep studying, all the answers await you.

*Eleventh installment of selections from Grandmaster's email. To receive email directly from Grandmaster Ma Foren, go to <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

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.





What could be more fun than a party right here! That special someone and guests will enjoy lots of fun and games (including the obstacle course), plus an exciting martial arts class. All guests receive a gift certificate for a FREE private introductory class and the birthday boy or girl gets a special present from The Peaceful Dragon! Read all about it at:

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

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, by the month.

## 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.