



# THE PEACEFUL DRAGON

MARTIAL ARTS, Tai Chi, YOGA & MORE!

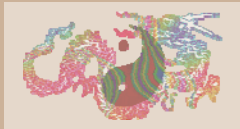


## Newsletter

September, 2006

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

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## CHILDREN'S PROGRAMS



### OCT. 7 Kids PROMOTION DAY

The next promotion ceremony is just over a month away. Everyone has been working hard and this is the day when your efforts are recognized by your teachers and fellow students alike. Everyone who is up for promotion is expected to attend.

### PARENTS' NIGHT OUT SEMINAR

Friday, Sept. 15, 6:30pm-9:30pm

#### Board Breaking Skills!

Master Eric Sbarge will lead an exciting seminar on Board Breaking skills – and all participants will get to experience real wood boards! Students don't often get the chance to practice board breaking with real boards because the boards are so expensive. But there is a difference in confidence between breaking the plastic practice boards, and breaking the real thing.

At this seminar, kids will learn and review good fundamental breaking techniques on the practice boards, then put their skills to use on an Obstacle Course that finishes off with a real board break. The cost of the boards is included in the fee! For little more than the cost of a babysitter, parents get a break and children have a great time learning new skills they will love!

The event is open to all children ages 5-13. Fee is \$29 for the first child, \$5 for each additional student in the family. Register and pay at the front counter by Sept. 13.

**Membership Drive Special:** *Bring up to two friends absolutely FREE! Friends or family members who are not Peaceful Dragon students must pre-register and must have a permission slip and waiver signed by their parent or guardian. Please ask staff for the waivers.*

# EVENTS

## TEAM TOURNAMENT DAY PLANNED

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October 14

Four school teams will compete against each other in this traditional and fun event, which gives students an opportunity to find out what a martial arts tournament offers for personal growth, peer evaluation, bonding with fellow students and fostering school spirit. Everyone always has a ball at this in-school tournament. 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. There will be judging and awards just like for sanctioned tournaments, and the team with the most points at the end of the day will have a team picture and their names on a plaque to commemorate the event. Parents and friends are encouraged to come, and even if you are a student not competing, come and support your fellow students! The fee for competitors is just \$18.00 for unlimited events! Medals and certificates will be awarded to competitors. Spectators pay a small \$3.00 fee to help cover the cost of putting on the tournament. Regular classes will be canceled for this event.

## ANNUAL TAI CHI FESTIVAL A HIT

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The festival came off well. Thanks to everyone who helped make it go, or just came to celebrate. *THE PEACEFUL DRAGON* signed three new students and turnout was about the same as last year. Special thanks to Tim Myers and Carolene Chun for event coordination; Dale Guadagna and Carrie Chun for putting demos together – a repeat of the outstanding version that was done for Grandmaster; and thanks Kim LeNeave for kids' activities – it was nice to see several non-students having fun.

## ACCS AND PEACEFUL DRAGON HAVE BANNER DAY AT KUOSHU TOURNAMENT

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**ACCS Students from the Brewster and Croton schools, and Peaceful Dragon students from Charlotte, competed outstandingly at the recent internationals in Baltimore. Sifus in our lineage also judged events in a variety of other styles. This was a proud day for our schools, our lineage, teachers and students alike. Details of the competition, along with a terrific group photo commemorating the event, are posted at <http://kungfu.org/2006kuoshureresults.pdf>.**

## BEGIN TO TRAIN AND PLAN NOW FOR FALL TOURNAMENT

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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

## IMPORTANT STUDENT TRAINING REQUIREMENT EXPLAINED

Sifu's monthly on-line lessons on The Way of Shaolin have been a valuable addition to the benefits that Peaceful Dragon students enjoy, and Sifu says that he has already found many of the responses to be thoughtful and inspiring. The lessons should be coming to you on the first Monday of each month – and you should be completing and returning each assignment before the next month's lesson.

Regardless of your level of experience, completing the exercises in these lessons and taking the time to do the assignments can only enhance and deepen your understanding of the arts you train in -- and of yourself. Each student should quickly make these lessons part of their regular training plan.

Please understand that doing the exercises and sending assignments is not optional – Sifu expects every active Peaceful Dragon student to participate. So far, many students have not sent their lessons. To ensure participation, Sifu has decided that he must require students to present a record of their completed assignments on Testing Day in order to promote from one level to the next. From the perspective of a senior student, the superb quality and value of these lessons is evident. One is humbled by the effort Master Sbarge has put into creating them. Clearly, the lessons would have been an invaluable tool had they been available ten years ago, but they are a gem of opportunity today, and unquestionably it is more than just good *wu-de* to respond. — *the Editor*

## “TALLADEGA NIGHTS” TAI CHI SCENE – COURTESY OF MASTER SBARGE



Master Sbarge with Ricky Bobby's mother (Jane Lynch) and sons, shot during their tai chi training at The Peaceful Dragon

If you've seen Will Ferrill's new hit movie, Talladega Nights, you may remember the short scene where Ricky Bobby's mother (Jane Lynch) is outside practicing Tai Chi with Ricky's two young sons in an effort to calm them and cure them of their unruly behavior. Master Eric Sbarge, our head instructor, taught the actors their Tai Chi right here at The Peaceful Dragon!

When the producers were seeking a qualified Tai Chi instructor to teach the cast here in the Carolinas, Master Sbarge's name was recommended to them from several sources. With his busy schedule Master Sbarge declined the job, not wanting to travel to the movie set in Gastonia over the course of several days.

The producers were persistent, calling over and over and urging Master Sbarge to help. He politely continued to say no. When they at last offered to send the cast to The Peaceful Dragon for private training, Master Sbarge agreed to teach them. In the end, Master

Sbarge did spend a day on the set with the cast and crew while they shot the scene. The actors, who had never done a day of tai chi in their lives, worked very hard, and look better in the movie than many students, after just a couple of days of practice!

## STUDENTS THRIVE AT NEW BOOT CAMP

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“Have you lost weight?” asked Rick. “You look great.” Debra Wright beamed with happiness. Yes, she had lost weight already, and Lyn’s boot camp just a few sessions old. “It’s really a hard workout, but it makes you feel so good.” Kim Edwards loves the bootcamp too, the challenge of pushing her body and the bond with other students. “The energy created by these two factors sustains me throughout the week and keeps me coming back for more,” she says. Lyn has tailored a fitness program that uniquely serves the highly motivated individual. Debra and Kim are great examples of that. Are you motivated for this program, or do you know of someone who is serious about losing weight and getting into great physical and mental shape? Check out this exciting and effective program at [www.LynsBootCampThatWorks.com](http://www.LynsBootCampThatWorks.com).



## Sifu’s MONTHLY LECTURE

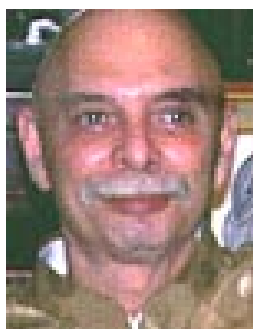
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Wednesday, September 6

The topic is **Human Anatomy for the Martial Artist**. Guest lecturer Dr. Karen Bartley, M.D., will discuss basic structure of the body and how knowledge of the way we’re put together, what the weakest points are, and so on, gives the martial artist much advantage over the unschooled opponent. This knowledge can also be important to how you train. Doctor Bartley is a fellow taiji and shaolin practitioner with a unique perspective, and this promises to be a valuable and exciting lecture. Tai chi class will end early, at 7:30pm for this special presentation. All students are encouraged to come, ask questions, and learn!

## WISDOM OF MA FOREN

### Ten Points to Consider Concerning the Power of Your Techniques



1. **Descension of Root** – This means you have learned how to sit in your stances and be able to draw your power from Mother Earth, which is the source of power. Without this connection there is no true power.
2. **Channeling Your Power** – Without stance and body structure the power you draw from Mother Earth cannot be transmitted to the target.
3. **Qua and Yao** – Without the full understanding of how to generate power from the waist and thigh muscles then there can be no true Kung Fu power.
4. **Torque** – Without including the principles of torque in your techniques you will suffer a great loss of power. Torque is like pulling the hammer back on a gun; it is ready to fire in an instant.

5. **Strength in softness** – Power is influenced by speed, but to move fast requires softness. On your strike you explode, then relax to move again. This increases speed, and where there is speed there is power.
6. **Inner and outer coordination** – The body must be connected by the mind. When you move, the body must follow. It is the movement of the body mass that generates great power. There are no arms in Kung Fu there is only body. Kung Fu is one.
7. **Flow without the Loss of Form** – Form and flow must work as one. Where there is flow there is continuance of undisturbed power. Find the flow and find the power therein. There are three blades to a fan, and all three must work as one to generate the power of the wind. Be like a fan.
8. **Chi** – All power comes from natural chi, and natural chi comes from the breath. Without the harmony of breath and movement, there will be a disconnection from your source of power. Always allow breath to work with your techniques, not against it.
9. **Intent** – Intent is the commitment to the attack. It must have full intent to be powerful. Anything less will yield less.
10. **Da Dyan** – Hitting the point has everything to do with effectiveness. No matter how much power one musters, if it does not hit the target point then that power is lost. Unfocused power is no power.

*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.



### 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, by the month.



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)

## **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.