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Students of the Month

2014 and 2015 Winner of
TWO Charlotte Observer Reader Awards!
• Best Martial Arts Studio
• Best Yoga Studio

Like us on Facebook: http://www.facebook.com/ThePeacefulDragon

November Holidays!
International Drum Month

At a Glance…
What The Peaceful Dragon Offers

Adult Programs
• Tai Chi
• Kung Fu
• Zen Meditation
• Yoga
• Asian Culture and Philosophy

Children’s Programs
• Kung Fu and Leadership Classes

Other Services
• Seminars and Presentations
• School Field Trips
• Community Demonstrations
• Corporate Team Building

Tai Chi, Martial Arts, Yoga and More

The Peaceful Dragon
For the Contemporary Mind, Body and Spirit

www.ThePeacefulDragon.com
November 2016
704-504-8866

Looking for Circles Day
Guy Fawkes Day
Election Day – Vote!
World Kindness Day

Homemade Bread Day
National Adoption Day
Thanksgiving
French Toast Day
We all want happiness, and if we have a sense of compassion and justice we want happiness for everyone else, too.

But happiness is not an entitlement that is due any of us from our family, friends or legislators. In fact, even if others decided that we were owed happiness, they couldn’t provide it for us. We have to earn it ourselves.

The Chinese often repeat the phrase, “You have to eat bitter to taste sweet.” If you want deep and lasting happiness, you may have to struggle and suffer and be willing to work really hard to attain it.

What kind of work may be involved? Start with taking care of your body – eating healthy foods, exercising regularly, avoiding harmful toxins including excessive alcohol or drugs (including prescription drugs), getting to bed on time, and cultivating abundant energy through qigong and pranayama breathing practices. Happiness is not dependent on a fit and healthy body, but illness and disease can be a hindrance to finding happiness.

Then work on your mind. Do you continually train yourself to be present and in the moment, or do you wallow in regrets of the past or worries of the future? Do you take responsibility for your actions, and accept that you are where you are mainly due to choices YOU made? Do you choose to focus on the beauty of people, things and situations rather than the ugliness? Do you cultivate mental neutrality under stressful circumstances?

The mind is driven by habit and attitude. Improve your mental habits and attitude, and greater happiness will begin to happen automatically. I’m not suggesting it is easy for many people to change deeply ingrained habits, or to instantly develop a positive and uplifting attitude. For many it can be really hard work at times. But if you’ll keep working at it and accept the bitter, there is no reason you cannot enjoy the sweet.

“Happiness is not something ready made. It comes from your own actions.”
- Dalai Lama

If you are not a current student of The Peaceful Dragon, there are many ways to improve your mind, body and spirit through the programs available at The Peaceful Dragon. Visit www.ThePeacefulDragon.com and click on Adult Classes or Children’s Classes. You can then register for a Free Semi-Private, No-Obligation Introductory Class and an Introductory Tour.
Upcoming Events

Adult Block A Testing
Saturday, November 5th, 11am

Makeup Day Wednesday, November 16th, 6:30pm

Good luck to all of our testing adults! Please fill out your Testing Application no later than one week before your chosen promotion date. They are available at the front counter.

Parents Night Out
Friday, November 18, 6:30-9pm

This month’s theme is Movie Star Night! Would your child like to be the next Bruce Lee or Jackie Chan? The Peaceful Dragon will be teaching your child the power of teamwork. Working in small teams the children will use their Kung fu to make an awesome martial arts flick! Please sign up at the front counter by no later than Thursday, November 17th so we can properly staff this event.

Intro to Ayurveda Weekend
Session Three of 200hr Teacher Training
with Mara Healy
Friday-Sunday, November 11-13th

This weekend covers elements, 20 gunas, doshas, prakriti, purusha, vrikriti, yoga diet, ayurveda diet, samkhya philosophy, vayus, yamas/niyamas, pathways of yoga, postures named for lifeless forms, intro to chakras, intro to basic inversions.

New Yoga Class begins
Sunday, November 13th, 11am-12:15pm

Beginning Sunday, November 13, we have added a new weekly yoga class from 11am – 12:15pm (right after tai chi class) led by certified Universal Yoga teacher Stephanie Rosa. Come check it out!
Holiday Party and Pot-Luck Supper
Friday, December 2\textsuperscript{nd}, 6:30-8:30pm

The Peaceful Dragon will be hosting our annual Holiday Potluck! All students and their families are welcome to join us for food and fun. We will have games and an obstacle course for kids. Please bring a sweet or savory dish of your choice. Sign up with your dish on the front bulletin board.

Our complete 2016 Special Events Calendar is at http://thepeacefuldragon.com/specialevents.shtml.
Mark your planning calendar now!

NOVEMBER BIRTHDAYS

\begin{tabular}{ll}
2\textsuperscript{nd} & Kevin Lopez-Shirley  \\
6\textsuperscript{th} & Benjamin Bornstein  \\
9\textsuperscript{th} & Andrea Chew  \\
9\textsuperscript{th} & Komala Chandran  \\
12\textsuperscript{th} & Aparna Swaminathan  \\
12\textsuperscript{th} & Faith Bornstein  \\
13\textsuperscript{th} & David Oates  \\
15\textsuperscript{th} & Angela Boyle  \\
15\textsuperscript{th} & Aaron Vargas  \\
15\textsuperscript{th} & Ian Loomis  \\
16\textsuperscript{th} & Rick DeVere  \\
18\textsuperscript{th} & Jon Hall  \\
18\textsuperscript{th} & Dale Guadagna  \\
19\textsuperscript{th} & John Viner  \\
20\textsuperscript{th} & Steve Duke  \\
21\textsuperscript{st} & Wayne Johnson  \\
24\textsuperscript{th} & Philip Kelly  \\
27\textsuperscript{th} & Jorge Torres \\
\end{tabular}
Equipment Needed for Classes

**Adults**
- Shaolin: None
- Tai Chi: Block D: Jian

**Kids**
- 4-12 year olds: Full Sparring Equipment
Peaceful Dragon School News

Ten-Day Level-300 Yoga Training with Lama Andrey Lappa Concludes

More than three dozen advanced yoga teachers from Asia, Europe and around the United States traveled to The Peaceful Dragon for a successful intensive ten days of training with world-renowned yoga guru Andrey Lappa. Studio B was transformed into dozens of meditation “caves” thanks to the handiwork of Holly, Sifu, George, Mara and other volunteers!

Send Us Your Event Photos or Short Video Clips

If you get some nice shots of Peaceful Dragon events please send them to Holly@thepeacefuldragon.com for display in our newsletter, social media pages and our new upcoming lobby-area TV!


Did You Know…

❖ Master Hank Kadel is not only a fine martial arts teacher, but he was also our engineering consultant who played a key role in constructing The Peaceful Dragon’s building?
❖ Chan (Zen) meditation began in the Shaolin Temple over 1500 years ago, and is integral to the Shaolin kung fu that we teach? Our next 10-week course in Chan meditation will begin in January.
❖ Stress management remains the number one reason adults come to The Peaceful Dragon?

Children’s Program News

A Message from Mr. George

Happy early Thanksgiving! This month we will be focusing on sparring for the advanced students. The most important thing to go against any attack is to get out of the way. The sparring equipment for the sparring session is like the seat belts for the cars. The contact should still be under full control as the speed and power increase. Full power practice is for the heavy bag training. You would not want to swing wildly at the heavy bag; often the bag wins and you get injured. With sparring with partners, the session becomes hitting and dodging with moving target. If the partner hits too hard, or if you hurt your partner, the sparring session will be ER session soon. Once the students can attack and defend at full speed and under full control, the accidental contact will be protected by the sparring equipment.

Mr. Hank said to me years ago: “there is no protection with your heels, shin bones and forearms, you better keep those hands up.” Keeping the guard hands up creates distance from the attacks. The stance is low yet agile, so you can attack and evade with ease. Good flexibility and strength (kung fu basics) will help with sparring. Cardio, cardio and more cardio are required after first minute of sparring. Real self-defense ends in seconds and often not so pretty. Sparring is about self-control, foot work, hand work, combinations, and a lot of cardio! Keep up the hard work!

Powerful Words

This month’s Powerful Word is Dependability! Dependability means the ability to show others they can rely on and trust you. Dr. Robyn’s letter to the parents includes tips for improving your child’s responsibility with homework, chores, and cleaning up their own messes.
Student of the Month Recognition

Adult Student of the Month—Kathy Campanelli
1st runner up—Don Kodzai
2nd runner up—Jerry Stringfellow

Kathy is consistent in her attendance to class, where she is always focused and determined. The improvements that she has made in her time here show that she is just as consistent with her home practice.

Child Student of the Month—Hurditya Katta
1st runner up—Aiden Lynch
2nd runner up—Carter Mixon

In the month of October Hurditya has earned his Yellow Sash and throughout the month he’s been getting praise from all the teachers. He has been a good example to the newer students with good focusing skills, and trying his best on the difficult kung fu drills. Good job Hurditya!

New Students and Student Promotions

Congratulations to all of our new students!

Tai Chi: John Gilmore Logan Alden Noah Whitworth
Issac Cuthbertson Amy Whitworth Michael Alden

Yoga: Jeff Winterich

Young Dragon: Ian Burstein Marilyn Whitworth

Congratulations to our newly promoted students!

4-7 years old
Orange Sash Black Stripe: Myra Hoellein
Orange Sash Blue Stripe: Aiden Lynch
Orange Sash Orange Stripe: Jacob Wittwer
Orange Sash White Stripe: Henry Fox Sahana Sanjay Kyle Hoellein
Yellow Sash Black Stripe:  Carter Mison
Yellow Sash Brown Stripe:  Ian Loomis
Yellow Sash Blue Stripe:  Kaleb Anderson  Raymond Rutzell
Yellow Sash Purple Stripe:  Owen Vanourny  Maitland Vanourny
Yellow Sash Orange Stripe:  Addison Harmon
Yellow Sash While Stripe:  Aksahtaa Vijay Kumar  Christian Alford
                  Kyle Elhardt  Hurditya Katta  Raghav Karthik
Yellow Sash:  Aditya Vetury
White Sash Level 2:  Harsheen Hora  Lily Rose Sadowski
            Kobea DeWalt  Ronald Hall III  Kaashvi Sanjay  Summer Tan
            Connor Hardee  Ah’Mauri Kiser  Peyton McDonald

**8-12 years old**

Brown Sash Level 3:  Preston Hawley
Brown Sash Level 2:  Dhatreyi Katta
Brown Sash:  Gabriel Jugan
Blue Sash Level 3:  Colin Barber
Blue Sash Level 2:  Zoe DeWalt
Purple Sash Level 4:  Ben Upham
Purple Sash Level 3:  Cardon Hawley  Sophia Mullis
Purple Sash Level 2:  Hugh Harris
Purple Sash:  Alessandro Beninca  Nathan D’Costa
Green Sash Level 2:  Jordan Baker  Zeke Anderson  Kasen Anderson
             Zeke Steele
Orange Sash Level 2:  Connor Hill
Orange Sash:  Balamir Sahin
Yellow Sash:  Adrianna Demoura  Benjamin Mullis
              Michelle Tan  Maxwell Tan
Students Ask Master Sbarge

Question: How was the Mountain Retreat last month?

Answer: Wonderful -- hope you can join us next year!

Mission Statement for The Peaceful Dragon

Our mission is to help each of our students reach his or her fullest potential for physical, mental and spiritual development through the teaching of traditional Asian health arts and martial arts. We accomplish this by offering the most authentic and effective curriculum, by providing the best possible service to our students and their families, and by maintaining a warm and caring family environment in which every student, guest, and staff member is treated with respect, dignity and love.
George runs two social clubs in Charlotte through Meetup.com:

http://www.meetup.com/North-Carolina-Mountain-Biking/

http://www.meetup.com/Charlotte-Pool-Shootin-Fun-Meetup/

Mountain biking, shooting pool, hiking, trying out new restaurants or cruising to the Bahamas!