Inside

Upcoming Events

Peaceful Dragon School News

Did You Know?

Children’s Program News

Welcome New Students

Students of The Month

Student Promotions

Students Ask Master Sbarge

Holly’s Recipe Corner

Classifieds

2014 Winner of TWO Charlotte Observer Reader Awards!

- Best Martial Arts Studio
- Best Yoga Studio

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

Happy St. Patrick’s Day!

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
Message from Master Eric Sbarge

Invest in Loss

We’re advised by tai chi masters to “invest in loss”, which can seem absurd to anyone used to investing for gain. But if you understand the concept of yin and yang, then it makes total sense.

To gain something, you have to lose something. If you want to make more money in real estate investments, you have to lose or get rid of under-performing properties. If you want to gain a thinner or shapelier body, you have to lose weight by losing your poor eating or exercise habits. If you want to gain happiness, you have to lose negativity and depressing thought patterns.

We are culturally indoctrinated into looking at the yang or gain side, at the expense of seeing the importance of the yin or loss side. Taoists and tai chi adepts understand that yin and yang must be balanced, and so we pay attention to both sides of the equation.

A bowl isn’t particularly useful, but the space inside the bowl is. Beautiful sounds of music are only beautiful because of the quiet spaces between the notes. The words you are reading right now on your computer screen only function because of the empty white space behind them. Any insights or “aha” moments you have when reading this or any other new material can only occur because your mind is quiet and momentarily empty enough to instead focus on the new material. And so on.

The masters are not saying we shouldn’t gain things (although they do warn against trying to gain excessive wealth, power, attractiveness and other external attributes that may hinder or even supplant our spiritual progress) but instead they’re saying that if we want to maximize our gains, we should equally pay attention to maximizing the appropriate losses.

Practice “Investing in Loss” at the upcoming CACMA Tournament (see details below in the Upcoming Events section)

I hope you will be participating at the annual CACMA kung fu and tai chi tournament held later this month at UNCC. Why do I think it is worth cancelling our classes so that our students can participate in this tournament? Because taking part in tournaments provides an excellent opportunity to “invest in loss” as we seek to become winners.

Admittedly, tournament play can be counterproductive if you’re only wanting the external rewards or attributes (trophies and medals for power; recognition for attractiveness; and so on.) But if you seek the more meaningful internal rewards of developing enhanced knowledge, humility, self-discipline, courage and the like then tournaments have a world of benefits to offer you.
You are indeed advised to invest in loss at the tournament if you want to gain and maximize the internal rewards and benefits. Lose your pride and ego so that you can humbly accept any outcome. Lose the fear of embarrassment or “losing face” that keeps you from expanding your horizons and trying new things. Lose your laziness so you can practice hard and prepare to compete well. Lose your current conceptions or preconceptions of the arts you train in so that you can gain new knowledge and ideas to further your understanding of these arts.

In short, balance your desire to win with an investment in loss, and you will gain the greatest return for your efforts.

“Games are won by players who focus on the playing field - not by those whose eyes are glued to the scoreboard.”

Warren Buffett

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 one Free Introductory Class and an Introductory Tour.
Upcoming Events

Exciting China/Taiwan Tour This October – Make Your Reservations Now!

Important News: To lock in the rates currently posted for this trip, you must register and send in your deposit by April 30th. After that, you can still join through July, but airline and visa rates are subject to increases and availability cannot be guaranteed.

Guilin, China – Just one of the amazing places you’ll see on our China tour next year!

For tour details and Registration Form, see our Events page at http://www.thepeacefuldragon.com/2015-taiwan-china-tour/

Open to all students, family and friends of The Peaceful Dragon of all ages, this promises to be a once-in-a-lifetime experience. The tour includes visits to numerous top cultural and historic attractions as well as natural wonders and scenic destinations throughout China and Taiwan. Experience chic Taipei, the magnificent Taroko Gorge on Taiwan’s east coast, China’s beautiful Guilin River and quaint town of Yangshou, the world-famous Shaolin Temple where our kung fu and Zen practices originated over 1500 years ago, and Western China’s bustling metropolis of Chengdu with its famed Panda Research Center, plus more! The itinerary also includes the
chance to join daily morning practice in tai chi and kung fu with our own Master Sbarge and teacher-level instructors, plus training with local masters and visits to several spiritually-uplifting temples and monasteries.

We hope you can join us for this custom-designed, first-class tour to experience the awe and wonders of China and Taiwan for yourself. If you have any questions contact Master Sbarge, otherwise go ahead and make your reservation early!

“Walking 10,000 miles of the world is better than reading 10,000 scrolls.”
~Chinese Proverb

Adult Block A Testing
Saturday, March 14th, 11:00am
Makeup Day Wednesday, March 25th, 6:30pm

Good luck to all of our testing adults! Please fill out a testing application no later than one week before testing. Applications are available at the front counter.

Fundraiser Workshop: Women’s Self-Defense
Saturday, March 14th, 1:00-3:30pm

This workshop is one of a series of fundraising workshops to help provide funds for qualified Peaceful Dragon students in need of scholarship assistance.

There’s a 50% chance you’re a female, but even if you’re not then your sister, daughter, mother, wife, neighbor or friend surely is and you don’t want any of them to risk missing this potentially life-saving training.

Led by Master Eric Sbarge and Sifu Carrie Chun, in this workshop you’ll learn essential tactics and strategies to develop the awareness to avoid most assaults and confrontations before they occur, and to fight back against assaults or rape attempts should they be unavoidable.

Open to all teens and adults. The suggested donation for this fundraiser event is just $29, but you can pay more or less as you wish based on your personal budget. Please register at the front desk by Tuesday, March 10th.
Parents Night Out “Sword Fight Night”  
Friday, March 20th, 6:30-9:00pm

This month’s Parents Night Out is Sword Fight Night. Your child will learn the necessary drills for sword combat, then they will be put to the test against each other. Each child needs to bring their sparring helmet and action bat (if they have them – if not, we have some to share). Please register at the front desk by no later than March 19th.

Quarterly Cleanup and Spring Landscaping Day  
Saturday, March 21st, 9:00am-2:00pm

Please join us as we work to make the school sparkle inside and out. Bring gardening gloves if you plan to help outside. We appreciate all help, even if it is just for 15 minutes before or after your class.

CACMA Tournament  
Saturday, March 28th

Master Sbarge urges all Peaceful Dragon students – young and old, experienced or novice – to participate in this year’s Carolinas Association of Chinese Martial Arts tournament.

Divisions include both tai chi and kung fu forms and weapons, as well as push hands, light and medium-contact sparring, full-contact Lei Tai sparring, shuai chiao grappling, and more. Children aged 7 and up, and teens and adults all have appropriate age divisions in which to compete, from beginner through advanced.

For details and to pre-register see [http://cacmatournaments.com/](http://cacmatournaments.com/)

If you are unable to compete, please attend as a spectator and wear your school t-shirt. In addition to supporting your fellow students who are competing, you can learn a good deal by observing the good and bad of stylists from other styles and systems.

*Note: The Peaceful Dragon will be closed on the day of the tournament since all of our instructors will be judging, and we hope all of our students will be competing or spectating.*
Special CACMA Tournament Prep Classes

In preparation for the tournament, we will be holding tournament prep classes for both children and adults. Adults prep classes will be every Tuesday and Wednesday from 6:30-8:00pm, beginning March 3rd and continuing throughout the month (regular classes will be held as usual for anyone unable to compete in tournament).

Children’s prep classes will be Saturdays and Wednesdays during normal class times, beginning March 14.

These prep classes will help you fine-tune your skills for forms, weapons, push hands, sparring, and grappling.

Day-Long Meditation Retreat
Saturday, April 4th, 9:00am-4:00pm

Master Eric Sbarge, head instructor at The Peaceful Dragon, will lead this extended session of Chan (Zen) meditation, interspersed with relaxing and invigorating yoga and qigong as well as discussions on meditation principles, methods, and Chan philosophy. The retreat is open to and suitable for everyone regardless of experience levels.

Early-bird fee through March 21: Public – $69; Peaceful Dragon and affiliated-school students and family members just $39. After March 20 add $15. Please register at our front service counter or call (704)504-8866. Bring a yoga mat and your meditation cushion or stool of choice; we have them for sale or a few available to borrow if you don’t have your own.

Check out our complete 2015 Special Events Calendar at http://www.thepeacefuldragon.com/specialevents/ and mark your own planning calendar now!

Please Tell Your Friends and Co-workers about The Peaceful Dragon
Referrals are the number one way new students learn about us, and we really appreciate your help with this!
Equipment Needed for Classes

**Adults**
- Shaolin: none
- Tai Chi: none

**Kids**
- 4-7 year olds: White Sash and above: Full Sparring Gear
- 8-12 year olds: White Sash and above: Full Sparring Gear

---

**MONTHLY CLASSES, SEMINARS AND DISCUSSION GROUPS**

**Shuai Chiao Grappling** – Tuesday, March 3, 6:30-8:00pm  
Open only to Mastery Program students.

**Mastery Roundtable Discussion** – Tuesday, March 3, 8:00-9:00pm  
**Topic:** The Eight Energies of Tai Chi  
Open only to Mastery Program students.

**Yoga Seminar** – Thursday, March 5, 6:30  
**Topic:** Why and How to Develop Full Lotus Technique  
Presented by Yogini Mara Healy.  
Open to all teens and adults: FREE for Peaceful Dragon students, $29 for guests.  
Note: There will be no regular yoga classes on the evenings of the monthly yoga seminars.

**Leadership Seminar** – Saturday, March 7, 12:30-1:30pm  
**Topic:** Wu-De – Martial Arts Virtue and Morality  
Open only to Leadership Club students.

**Lecture and Discussion** – Wednesday, March 18, 8:00pm  
**Topic:** Sustainable Weight Loss: Tips for You or Your Loved Ones  
Presented by Master Eric Sbarge.  
Open to all adult and teen students.  
Meditation class is cancelled.

**Leadership Assistants** – Saturday, March 28, 11:00am  
Open only to Leadership Club students.
Peaceful Dragon School News

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!

Chinese New Year Celebrations

Between the banquet and the festival, everyone had a wonderful time celebrating the beginning of the Year of the Goat.
Did You Know…

- Master Hank Kadel holds a third degree black belt in Tae Kwon Do?
- On our China trip this year we will be visiting the largest building in the world in the city of Chengdu? And that’s after we visit Chengdu’s famous Panda Research Center!
- Master Sbarge was a co-founder of CACMA when it was started over 20 years ago?

### MARCH BIRTHDAYS

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>Pablo Saez</td>
</tr>
<tr>
<td>1st</td>
<td>Raissa Miller</td>
</tr>
<tr>
<td>5th</td>
<td>Dhatreyi Katta</td>
</tr>
<tr>
<td>6th</td>
<td>Tarshá Hamilton</td>
</tr>
<tr>
<td>9th</td>
<td>Cardon Hawley</td>
</tr>
<tr>
<td>10th</td>
<td>Anne Impens</td>
</tr>
<tr>
<td>11th</td>
<td>Michelle Simmons</td>
</tr>
<tr>
<td>12th</td>
<td>Wesley Pugh</td>
</tr>
<tr>
<td>12th</td>
<td>Zachary Puryear</td>
</tr>
<tr>
<td>14th</td>
<td>Xavier Rice</td>
</tr>
<tr>
<td>19th</td>
<td>Jason Field</td>
</tr>
<tr>
<td>19th</td>
<td>Rebecca Cornett</td>
</tr>
<tr>
<td>23rd</td>
<td>David Pankey</td>
</tr>
<tr>
<td>25th</td>
<td>Natalie McBryant</td>
</tr>
<tr>
<td>26th</td>
<td>Jerry Cooper</td>
</tr>
<tr>
<td>28th</td>
<td>Kenneth Dickson</td>
</tr>
<tr>
<td>29th</td>
<td>Kelli Dawkins</td>
</tr>
<tr>
<td>29th</td>
<td>Eddie Nguyen</td>
</tr>
</tbody>
</table>

### Children’s Program News

#### A Message from Mr. George

In the Leadership training class, we learn how to lead by example. It’s always easy to “tell” people what to do, but yelling at people will only work so much. The Leadership Club kids get to wear the black uniform, but those kids still have to “earn” their respect and “work” to be the leader in class. I’m very proud to say the kids in the Leadership Program are all working hard. They understand practice makes perfect.

One of the big fears for the kids is actually public speaking. Getting in front of a crowd and leading the group can be challenging for some. With role playing and games, all the kids are doing great. Keep up the good work!!
Powerful Words

This month’s Powerful Word is Health! Health means wellbeing in body, mind and spirit. Dr. Robyn’s letter to the parents gives great tips on how to prepare healthy meals with limited time.

Welcome New Students

Congratulations to all of our new students!

Kung Fu: Andy Barber            Tyson Tran            Enrica Hairston
         William Nichols          Darren Brown          Caleb Bowie
Tai Chi: Emily Richardson
Yoga:   Anne Impens
Young Dragon: Eli Zupancic       Kasen Anderson     Zeke Anderson
         Marco Maldonado          Grace Zehringer     Adrianna Demoura
         Owen Vanourny            Maitland Vanourny

Student of the Month Recognition

Adult Student of the Month—Michael Hogan
1st runner up—Luke Anderson
2nd runner up—Xavier Rice

Child Student of the Month—Nathan D’Costa
1st runner up—Jordan Baker
2nd runner up—Zach Russell
Student Promotions

Congratulations to all students who have promoted on the family tree!

Master Level – Hank Kadel
Lao Shr (Instructor Level) – Rodney Hale  Cody Eidsness  Richard Towell
Robert Beaver
Gao Shou (10 Years) – Hannah Eidsness
Disciple (5 Years) – Zoe Newell  Jonas Newell  Don Kodzai
   Elijah Grant  Athul Nattamai  Carolyn Newell
   Tanusree Chepuri  Brandon Muniz  Malcolm McGowan
Student (1 Year) – Jacob Wittwer  Sahana Sanjay  Komala Chandran
   Jordan Baker  John Chandler  Eddie Nguyen
   Pike Pullen  Charles Denhart  Tarsha Hamilton
   Benjamin Upham  Lisa Lynch  Dean McDaniel
   Paul Martin  Katy Dennison  Julia Yang
   Justin Yang  Marc Houle  Henry Fox
   Daniel Smith  Wayne Smith  Kevin Towe
   Jeanne Bellew  Shane Coco  Rebecca Cornett
   Rebecca Furr  Natalie Mc Bryant  Michael Hogan
   Caleb Ingram  Debra McWhirter  Wendy Farnham
   Conner Graves  James Bryant  Shalin Patel
   Savita Hanger  Mattias Andersson  Daniel Voyles
   Kenneth Dickson  Justin Smalls  Kyle Hoellein
   Joseph Cathcart  Susan Cathcart  Nancy Lonsbury
   Taylor Mendelsohn  John Viner
Congratulations to all students who earned merit awards!

**Most Improved in Adult Classes** – Nancy Lonsbury
   Runners-up:  Chuck Denhart    Shalin Patel

**Hardest Training in Adult Classes** – Ingrid Lombardino
   Runners-up:  Michael Hogan    John Chandler

**Best Display of Wu-De** – Kate Lyons
   Runners-up:  Chip Payet    Wayne Johnson

**Most Promising Adult Student Under 1 Year** – Gina Granda-Huaylinos
   Runners-up:  Xavier Rice    Stephanie Bethea

**Most Improved in Children’s Classes** – Lee Brownbill
   Runners-up:  Faith Bornstein    Carter Mixon

**Hardest Training in Children’s Classes** – Aaliyah Perkins
   Runners-up:  Brandon Muniz    Kyle Hoellein

**Most Positive Attitude in Children’s Classes** – Gabriel Jugan
   Runners-up:  Ryan Hoellein    Zach Russell

Congratulations to all students who promoted through testing!

**Tai Chi**

_**Beginner to Novice (Block A to Block B):**_  Mattias Andersson    Stephanie Bethea
   Alexa Hoellein    Lucila Hernandez    Xavier Rice

_**Novice to Intermediate (Low B to High B):**_  Komala Chandran    Savita Hanger
   John Viner    Katy Dennison    Milena Minkova
   Marc Houle    Annelle Wilder

_**Intermediate to Mid-Intermediate (Block B to Block C):**_  John Viner

**Kung Fu**

_**Beginner to Novice (Block A to Block B):**_  Matthew Kon    Luke Anderson
   JP Dasher    Theo Japit

_**Novice to Intermediate (Low B to High B):**_  Wayne Johnson    Chuck Denhart

_**Intermediate to Mid-Intermediate (Block B to Block C):**_  Pike Pullen    Chip Payet

_**Mid-Intermediate to High-Intermediate (Low C to High C):**_  Aidan Hanger
Students Ask Master Sbarge

Question: Can men enroll in the upcoming Women’s Self-Defense Class?

Answer: Yes, but only if accompanied by a woman. All men should encourage the women in their lives to enroll in this class.

“The most important thing I’ve learned so far came from one of Sifu’s emails – the thing that determines how successful I will be in reaching my Tai Chi goals is my own determination and commitment to keep at it. And I’m determined to do just that. I absolutely love coming here!”

~Natalie McBryant, 37, IT – Business Intelligence, Charlotte, NC

Holly’s Recipe Corner

Roasted Vegetable Orzo
Delicious orzo make an unconventional pasta dish that works great as a main dish or as a side.

Ingredients
- 1 zucchini, sliced
- 1 summer squash, sliced
- 1 red onion, chopped
- 1 lb. asparagus, cut into 1-inch pieces
- 1 lb. portobello mushrooms, thickly sliced
- 4 cloves garlic, minced
- 2 Tbsp. olive oil
- salt and pepper to taste
- 2 ½ c. vegetable stock
- ½ c. dry white wine
- 2 c. dry orzo
- 1 Tbsp. butter
- ½ c. grated Parmesan cheese
Instructions

- Preheat oven to 400°F.
- Place the prepared vegetables into a large bowl and toss with the olive oil and garlic, stirring to coat.
- Spread vegetables in a single layer on a baking sheet and sprinkle generously with salt and pepper.
- Roast vegetables until tender, 20-25 minutes.
- Sauté the dry orzo in a stock pan with the butter until lightly browned.
- Add the vegetable stock and white wine, then bring to a boil.
- Immediately reduce to a simmer and let cook for 8-10 minutes or until the orzo is done and the liquid is absorbed.
- Stir in roasted vegetables and Parmesan cheese and serve warm.

Tips

- This recipe is a great way to use up any vegetables you have in your fridge. Just make sure to adjust the roasting time so nothing burns.

As always, any new recipes, tips, or tweaks you want to share with me would be appreciated. Simply email me at holly@thepiecefuldragon.com at any time! Enjoy!

~Holly Field

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.
**Classifieds**

**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. Send your copy to holly@thepeacefuldragon.com. Pay at the front counter.

---

**Nyberg Fletcher & White, Inc.**
Fletcher Promotional Products
Jimmy Russell
Sales Representative

Any Logo
Any Item
Any Occasion
704-641-8940

je71170@yahoo.com
nyberfletcher.com

---

There is nothing more important to a gentlemen’s business wardrobe than a custom, perfectly-fitting dress shirt. At **J. Hilburn** we take away the stress of trying to find the correct fit by measuring you then making your clothing to your specifications. We offer suits, dress / casual shirts, ties, belts, socks, evening wear, sweaters, Loro Piana wool outerwear and more. Measurements taken at your office or home.

---

**B. Dale Saufley**
Your Style Advisor
704-400-8179

---

**J. Hilburn Custom Men’s Clothier**
Custom Fit, Italian Fabrics, Exceptional Value
Profiled in February, INC magazine!

---

**Planning to buy something for the house or garden, indulge a favorite pastime, or 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: thepeacefuldragon.com/books.shtml and use Search Amazon.com in the upper right corner to find the products you want.**

---

**Jennifer “Gigi” Frye ~ LMBT# 13005 ~ 980.224.3619**

http://HaraMassageTherapy.com

---

**Hara Massage Therapy**

Discover the true nature of Healing.

Jennifer “Gigi” Frye ~ LMBT# 13005 ~ 980.224.3619
http://HaraMassageTherapy.com

---

**Ohana Bakery**

Baking a little family love one cake at a time.

Cakes, cupcakes, & more!

Phone
980-254-1636

Email
info@ohanabakery.com

Website
www.ohanabakery.com

---