



Tai Chi, MARTIAL ARTS, YOGA AND MORE

THE PEACEFUL DRAGON

FOR THE CONTEMPORARY MIND, BODY AND SPIRIT

WWW.THEPEACEFULDRAGON.COM

NOVEMBER 2018

704-504-8866



The Peaceful Dragon has been selected "Best Martial Arts School" by:

- Charlotte Parent Magazine
- The Charlotte Observer
- Creative Loafing
- Charlotte's Best Magazine

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Did You Know?

With over 20 years in business, we maintain an A+ rating by the Charlotte Better Business Bureau, and we consistently average between 4.5 and 5-star reviews on Google, Facebook, and Yelp.

November Holidays!

International Drum Month

3rd Book Lovers Day Day

6th Election Day

11th Veteran's Day

14th Operating Room Nurse Day

16th Button Day

22nd Thanksgiving Day

25th Nat'l Parfait Day

28th Red Planet Day

MESSAGE FROM MASTER ERIC SBARGE



I wrote last month's message on the topic of preparation a few days before Hurricane Florence was expected to batter the Carolinas. Now I am writing this month's message as Hurricane Michael is hitting the Florida Panhandle and predicted to come up and flood Charlotte and the Carolinas. Who wants to guess the name of next month's hurricane that will be approaching when I sit down to write my monthly column?

On Goal Setting

Taoism, the philosophy that tai chi is based upon, advocates that we simply “go with the flow.” Zen Buddhism, which Shaolin kung fu is based upon, says we should “live in the present moment.”

But coaches and success speakers remind us over and over that goal setting is one of the most important keys to success. What gives with this? How can we go with the flow and be in the moment, if we are simultaneously trying to change the flow and alter our future toward specific goals?

To me, this isn't really a quandary, because we aren't really trying to change the flow. To use a flowing river as an example, we aren't looking to change the course of the river, but rather we are trying to move efficiently along the currents of the river.

Life flows by – from childhood to adulthood to middle age and old age – and only a fool would waste time trying to make it otherwise. But just like we can use a paddle to steer a boat as we float down a river, we can use our goals and plans to steer ourselves through this life.

Sure, you can have specific destinations or stops planned along the way – just remember to be aware and appreciative of the scenery and moments between stops and destinations. In other words, be present and content in the moment.

Finally, in your kung fu, yoga and tai chi training, go with the flow and enjoy each moment of the practice at hand. But definitely set your destinations and goals – be they better fitness, reduced stress, more energy, more confidence or whatever is most important to you – and continually and purposefully steer yourself toward fulfillment of your goals.

Remember along the way, the journey IS the destination!

“Setting goals is the first step in turning the invisible into the visible.”

— *Tony Robbins*

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

Fall Classic Kung Fu Tournament

Saturday, November 10th, all day

The Hung Gar Kung Fu Academy of Mooreville is hosting a Fall Classics Tournament. Sifu Sbarge would like to encourage our students to join in by competing or cheering on our competitors! Registration opens at 9am, with opening ceremonies for the events taking place at 11am. For more information about the tournament, the divisions, or registration, please see [their website here](#).



An Evening of Art, Music and Poetry: Fundraiser to Rebuild Chapman's Rescue Kennel

Saturday, November 10th, doors open 6:30pm, performances start 7pm

The Peaceful Dragon is hosting a fantastic evening of art and performances by some of the region's most noted artists as a fundraiser to help support the rebuilding of Chapman's Rescue Kennel in York County that burned down last month in a devastating fire.

Come support a great cause while enjoying performances and showings by some of Charlotte's finest musicians and artists. Refreshments will be served, and depending on your ticket choice you can take advantage of the open wine bar, special gifts from The Peaceful Dragon, and more!

This event will be held on Saturday evening, November 10th right here at The Peaceful Dragon. For complete event details and ticket sales information, please [click here](#). ALL proceeds go directly to Chapman's Rescue.



Thanksgiving Day Parade

Thursday, November 22nd, morning

Join us for a fun celebration and show off your community pride. The Peaceful Dragon will be marching in the Charlotte Thanksgiving Parade. We will be taking the Lions and the Dragon. Please let the front counter know if you would like to join us!



Winter Holiday Pot-luck Supper Friday, December 7th, 6:30-8:30pm



Bring your whole family and a sweet or savory dish of your choice for a fun night celebrating the winter season. Check the bulletin board for a sign-up sheet in mid-November.

Our complete 2018 Special Events Calendar is available at
<http://thepeacefuldragon.com/specialevents.shtml>.

Mark your planning calendar now!

We will be posting the 2019 Special Events Calendar in the next month, so keep your eyes open for exciting new events.

“One loses joy and happiness in the attempt to possess them.”

— *Masanobu Fukuoka*



NOVEMBER BIRTHDAYS

2 nd	Ray Spears	18 th	Dale Guadagna
6 th	Nathan Gibson	18 th	Corbin Mangum
7 th	Demico Guy	18 th	Ethan Pitts
12 th	Scott Upton	21 st	Wayne Johnson
15 th	Alan Aronoff	22 nd	Gehanga Katta
18 th	Sheila Duncan	24 th	Philip Kelly
18 th	Jon Hall	29 th	Bobbie Bias
18 th	Cecelia Martin		

MONTHLY CLASSES, SEMINARS AND DISCUSSION GROUPS

Yoga Seminar – Thursday, Nov 1, 6:30-8:30pm

Topic: Growing your tree – continuing the discussion and practice around the eight limb path of yoga as spelled out in the Yoga Sutras of Patanjali

Led by Yogini Diane La Croix Corah

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.

Jr. Mastery Program Seminar – Saturday, November 3, 12-1pm

Topic: P P P P P – Prior Planning Prevents Poor Production

Open only to Junior Mastery Program students.

Mastery Roundtable Discussion – Tuesday, November 6, 8pm

Topic: Overcoming Procrastination and Managing Time like a Master

Open only to Mastery Program students.

Lecture and Discussion – Thursday, November 15, 8pm

Topic: Resources to Deepen Your Knowledge of Kung Fu and Tai Chi

Presented by Master Eric Sbarge.

Equipment Needed for Classes

Adults

- Shaolin All Blocks: Full Sparring Equipment
- Tai Chi Block D: Broadsword

Kids

- 4-12 year olds: White Sash and Above: Full Sparring Equipment

PEACEFUL DRAGON SCHOOL NEWS (All Real!)

Black Sash Goal-Setting Season is Here!

We've officially designated November 1 – December 15 as "Black Sash Goal-Setting Season" here at The Peaceful Dragon. If you've already earned your Full Black Sash, you have set a great example for those behind you. If you've earned your Disciple Black Sash or Junior Black Sash, congratulations – now set the goal of earning your Full Black Sash.



And if you haven't set the goal of Black Sash at all yet, reflect on what motivates you and what brought you to The Peaceful Dragon, and make up your mind that you WILL earn your Black Sash, which is a symbol of accomplishment that reflects your fulfillment of your goals.

Look for announcements and special opportunities during this Black Sash Goal Setting Season!

ONLY A YEAR AWAY -- Plan NOW for The Peaceful Dragon's 2019 China and Japan Tour!

The Peaceful Dragon is sponsoring another Asia tour for our students, family members and friends in October of 2019! This will be our fourth tour, and each previous one has been fantastic.

This two-week tour promises to be a life-changing trip that will include a bit of practice in meditation and tai chi/kung fu with locals, plus sightseeing, cultural excursions and shows, and much more. Our tentative itinerary includes Japan for the first time – Tokyo and Kyoto (with its ancient Zen temples) – and the beautiful Chinese cities of Suzhou (called China's Venice with the picturesque canals) and Hangzhou (the lake city), the spiritual Yellow Mountains, and the cosmopolitan heart of China, Shanghai.



The estimated cost for this all-inclusive custom tour with 4 and 5 star accommodations, all travel, excellent meals, admissions to cultural events, and the service of highly-professional English-speaking guides is between \$3500 - \$4000. We hope you can go – it's a great investment for a great time and a lifetime of memories!

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...

- ❖ Academic research shows that the single most effective way to prevent bullying against a child is to enroll that child in a traditional martial arts program all the way to Black Belt? Researchers presume the effectiveness is due to the confidence and character-building skills that martial arts offer, not necessarily the fighting skills.
- ❖ The average adult takes 12-20 breaths per minute, but with practice you can take far fewer breaths which helps to calm and focus the mind for meditation?

CHILDREN AND FAMILY PROGRAM NEWS

A Message from Mr. George

Within any group, there are three types of roles we can identify. They are leaders, followers and loners. The leader type directs where the group is going, the follower type just follows and loner type always be alone. Of course there are good leaders and bad leaders, and being a smart follower and follow the right leader is an art by itself. We teach kids in the Jr. Mastery Program to “lead by example.”

As we become better at our martial arts training, we should also develop a healthy diet and life style. By being a healthier, more fit and peaceful person, other people will notice the positive change. Showing the result of the training is the best way to lead by example. Keep up the great work!

STUDENT PROMOTIONS

Congratulations to our promoting students!

4-7 Years old

Yellow Sash Black Chevron – Kaashvi Sanjay Summer Tan

Yellow Sash Blue Chevron – Jacob Finney

Yellow Sash Green Chevron – Annabelle Burke Victoria Burke Annalise Turner

Yellow Sash White Chevron – Gavin Christenson Zander Borges Lopez

Zachariah Aboulhoda Noah Brady Amaia Pizarro

Yellow Sash – Paraam Parmar Audrey Giustozzi Ever Mekik Trung Nguyen

Nathan Gibson Ethan Gibson Danai Tsoukalas

8-12 Years old

Brown Sash Level IV – Sophia Mullis

Brown Sash – Jordan Baker

Blue Sash – Balamir Sahin Myra Hoellein Sahana Sanjay Paul Campanelli III

Purple Sash Level IV – Benjamin Mullis

Purple Sash Level III – Michelle Tan Max Tan

Green Sash – Hurditya Katta Kyle Hoellein

Yellow Sash Level II – Gonzalo Cadrecha Pravakshya Gupta

Yellow Sash – Branden Gonzales Nikki Rabassa Harrison Rabassa

Kung Fu

Disciple Black Sash – Troyce Docherty

Brown Sash Level IV – Alex Japit

Brown Sash Level II – Wayne Johnson

Blue Sash Level II – Paul Campanelli

Blue Sash – Balamir Sahin Kieyanna Morgan

Purple Sash – Kate Lyons Jose Cardoza

Green Sash – Syd McIntyre Samir Masih Demico Guy

Orange Sash Level II – Kathy Campanelli Sophia Hosseini

Orange Sash – David Mullin

Yellow Sash Level II – Jason Baker Dawn Baker Carlos Bautista

Yellow Sash – Marc Thompson Dirk Hoellein Keira Ginos Devaki Kayempudi

Daniel Itwaru Ray Spears Rita Mullis Mark Gibson

Corbin Mangum Gehanga Katta

Tai Chi

Disciple Black Sash – Holly Field Kim-chi Nghiem Don Kodzai Katherine Snider

 Kathleen Lyons Mary Guba Ingrid Lombardino Troyce Docherty

Brown Chevron Level III – John Chandler

Brown Chevron – Alexandra Hoellein

Blue Chevron Level II – Paul Campanelli

Blue Chevron – Kieyanna Morgan Kathy Campanelli

Purple Chevron – Paul Studenovsky David Brashear Jerry Stringfellow Issac Cuthbertson

Green Chevron – Tameka Carpenter Gregg Slaughter Trish Ahles

Orange Chevron Level II – Jose Cardoza Alan Aronoff

Orange Chevron – Danny Dang Cathy Luben Jennifer Allen Ray Spears

Yellow Chevron Level II – Jason Baker Donald Horner Jeffery Allen Tammy Ahlers

Yellow Chevron – Theodore Japit Macie Imholt Emilie Giustozzi Vaughn Weathers

 Bobbie Bias Theresa Dessi Jennifer Cox Lisa Weber

 Kimberly Padgett Solange Perret

STUDENT of THE MONTH RECOGNITION

ADULT STUDENT of THE MONTH— DEMICO GUY

Runner up— Trish Ahles

Runner up— Wayne Johnson

Demico is always smiling in class. He brings good energy to every class and tries his best, no matter how hard the lesson is. Good job, Demico!

CHILD STUDENT of THE MONTH— SUMMER TAN

Runner up— Harrison Rabassa

Runner up— Ethan Gibson

Summer has really stepped up lately. She has been listening well with a great attitude and improve her practice skills. Keep up the great work Summer!



Disciple's FORUM

"Respect is given, not earned."

by Lao Shr Tim Starnes

Yes, you read that title right. "Respect is given, not earned."

I know that's not the general acceptable phrase but it should be. Why? As martial artists we should respect everyone. Not wait for them to earn it.

Crazy thinking? Not really. Do you respect your opponent? Do you respect the murderer or thief that is attempting to kill you before you defend yourself? You may think you don't but look at that word: "Respect". Its definition says: "A feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements" Synonyms: esteem, regard, high opinion, admiration, reverence, deference, honor. "*the respect due to a great artist.*"

Confused yet?

Let's go a little deeper to further definitions: "have due regard for the feelings, wishes, rights, or traditions of. "*I respected his views.*" Synonyms: Show consideration for, have regard for, observe, be mindful of, be heedful of."

Look at it this way. If in class you are sparring (note: sparring) with a classmate, you're showing them respect by knowing they won't try to kill you, and you them. You're *mindful of* them and *consider* their *abilities, qualities* and *achievements*. You respect they may hurt you and you will try not to let them and not try to hurt them in turn. You expect them to be trained either well or have no training. If you spar with them or do man da with them during class on a regular basis or watched them in sparring competition you respect their abilities.

But in a real fight, life or death, you don't know the abilities of your opponent.

So, you shouldn't respect him/her or their abilities? Right? You can take them easily, right? You don't need to admire them, heck, you don't even know them. They've got to earn your respect. Pfft, you're a martial artist. You're a fighter. You know what you're doing. You *train*.

Did I forget to mention that person picking a fight with you has been training in three different styles since they were ten, is a champion, and angry? Or that guy who's threatening you with a knife has been fighting with a knife since he was a kid and he's in his twenties, and he's won every street fight?

Annnnd now you're dead or maimed for life. Maybe if you respected this person as an unknown, you might have fought harder, or better yet, ran away. But you chose not to respect them, and now you regret it. If only they had earned your respect before you fought them.

Respect takes many forms. It costs nothing. You can give it freely. You can respect everyone from the most destitute of the homeless to the wisest and most educated of mankind. Once you go on the path of "they must earn" something from you, you are already defeating yourself. Do you think they care if you respect them or not? Do you think they need to prove themselves to you? That your opinion of them matters at all?

If you met a master of anything, Kung Fu, Tai Chi, Baqua, Hsing I, Coding, Dentistry, Yoga master, Heart surgery, Brain surgery, Mountain climbing, River rafting, in the regular world, in regular clothing, away from whatever they've mastered, do they have to "earn your respect" when you have no idea who they are? You can ignore their teachings, their advice, their warnings, their words, their ideas, right? Or should you treat everyone with obvious and immediate respect equally and across the board and have due regard for their feelings, wishes, rights, abilities, achievements, or traditions, even when you don't know them?

Now, once they *lose* your respect, *then* they have to earn it back. That's a whole other topic.

GETTING TO KNOW YOUR DISCIPLE

Every month, we ask our disciple to answer a series of interesting, fun, or silly questions so our students can get to know them better. Below is this month's answers.

If you could be any fictional character, who would you be and why?

Since I'm a writer, and I have six published books and two short stories in anthologies, I'm technically many fictional characters. This is because every character in a novel is a bit and a piece of the author.

What type of music do you listen to?

Anything that inspires me to do a mental scene for my novels. It can range from death metal, heavy metal, classical music, punk, new wave, pop, and I actually have music lists on my phone that jump through all of these and more as I write.

What do you do in your free time?

Write several hours a day, read several hours a day, edit several hours a day, and watch horror movies.

What vacation location is on your bucket list?

Scotland and England mainly because my ancestry is from both. And I like bagpipes.

What was the last gift you gave someone?

The same gift I give to my wife every night, silence for hours before she falls asleep. If you know how much I talk, you will understand.

STUDENTS ASK MASTER SBARGE

Question: Am I too old to do kung fu, and so should I just stick with tai chi?

Answer: As long as you're willing to modify as needed, you can train in any art we offer.

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

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!

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.

Did you know Holly sews? Our student services coordinator, Holly is willing to help out with sewing on your new patches and chevrons for only \$3 each! You can contact her right here at The Peaceful Dragon or through her email at



baking a little family love, one cake at a time

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