



Tai Chi, MARTIAL ARTS, YOGA AND MORE

THE PEACEFUL DRAGON

FOR THE CONTEMPORARY MIND, BODY AND SPIRIT

WWW.THEPEACEFULDRAGON.COM

DECEMBER 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.

December Holidays!

Write a Friend Month

1st Eat a Red Apple Day

4th Santa's List Day

7th Pearl Harbor Day

12th Poinsettia Day

14th Roast Chestnuts Day

21nd Crossword Puzzle Day

25th Christmas Day

31st New Year's Eve

MESSAGE FROM MASTER ERIC SBARGE



As announced in last month's newsletter, we designated the month of November through December 15th as "Black Sash Goal Setting Season" here at The Peaceful Dragon.

I'm pleased to announce that during that time, we had a record number of students, both adults and children, qualify for our Mastery Program which is the program that guides our students to the kung fu or tai chi Black Sash and beyond.

I'm also happy to share that a record number of those qualified students are now enrolled in the Mastery Program, making the total commitment to themselves to achieve their mental, physical and spiritual goals on the way to earning their Black Sash.

In setting any important goals in life, it's the commitment to the goals that distinguishes them from mere "wishes". Of course goals need to be SMART – Specific, Measurable, Achievable, Relevant, Time-bound – for you to achieve your desired results. But commitment is what makes your "smart" goals happen.

Virtually all of our students who train to black sash and beyond in our tai chi, kung fu and internal arts programs achieve high degrees of well-being, peace-of-mind, confidence and spiritual clarity that most people only do wish for.

So congratulations to our newest "Mastery Program" students who have made the commitment to Black Sash! Please know that all of our instructors and I will do everything we possibly can to help you as you work toward your Black Sash goals – but it is your journey and you who will reap the rewards, so you have the greatest responsibility for your own success.

I look forward to the day when I present your new Black Sash to you!

Q: "How long does it take for the average person to earn a black belt?"

A: "The average person does not earn a black belt."

— Anonymous

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

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. There will be games and an obstacle course! Please sign up on the bulletin board.

Our updated 2019 Special Events Calendar is available at
<http://thepeacefuldragon.com/specialevents.shtml>.

Mark your planning calendar now!

“The search for happiness is one of the chief sources of unhappiness.”

— Eric Hoffer

DECEMBER BIRTHDAYS

1 st	Ingrid Lombardino	21 st	Luke Anderson
2 nd	Jessica Griffiths	22 nd	Alexander Guba
2 nd	Nicolas Rabassa	23 rd	Ifeyinwa Umerah
5 th	Gabriela Upham	23 rd	Nathan D’Costa
7 th	Tony Giustozzi	24 th	Danny Dang
11 th	Samuel Ilardo	25 th	Gina Granda-Huaylinos
15 th	Sue Cost	25 th	Luka Bozovic
15 th	Daniel Itwaru	25 th	Johu Carlos Batista
16 th	Holly Field	26 th	Ineisha Witter
16 th	Annalise Turner	26 th	Brooke Moffitt
18 th	Rodney Hale	29 th	Theodore Japit
19 th	Carlos Bautista	31 st	David Brashear

MONTHLY CLASSES, SEMINARS AND DISCUSSION GROUPS

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

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

Open only to Junior Mastery Program students.

Mastery Roundtable Discussion – Tuesday, December 4, 8pm

Topic: Mudras and Bandhas (Energetic Seals and Locks) in Internal Practices

Open only to Mastery Program students.

Yoga Seminar – Thursday, December 6, 6:30-8:30pm

Topic: Quieting the Mind

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.

Lecture and Discussion – Thursday, December 20, 8pm

Topic: NLP (Neuro-Linguistic Programming) and Psycho-Cybernetics: Tools for Achieving Self-Improvement Goals

Presented by Master Eric Sbarge.

Open to all adult and teen students.

Equipment Needed for Classes

Adults

- Shaolin All Blocks: Full Sparring Equipment
- Tai Chi none

Kids

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

PEACEFUL DRAGON SCHOOL NEWS (All REAL!)

Holiday School Closings

The Peaceful Dragon will be closed for several days for the holidays this month. We will be closed December 24-26th for Christmas as well as December 31st-January 1st for Chinese New Year.

2019 Events Calendar is Posted

In addition to our usual annual highlights – Chinese New Year Festival and Banquet, Student Appreciation Barbecue, Meditation Retreat and so on – we have a couple of unique exciting events already on the schedule, and more will be added.

First we're excited to welcome seven-time world champion Grandmaster Jeff Smith in March to lead a workshop for all levels in sparring fundamentals, which is not only recommended for kung fu students from children through adults, but also for any tai chi students who want to improve their strategies and techniques for push hands skills.

Then in October we've got our every-four-years Trip to Asia, including China and for the first time, Japan with its beautiful and historic Kyoto temples!

Additionally, we've integrated our monthly seminars and discussion groups into our Events Page so it's easier for you to keep track and schedule your attendance.

Check out the Events Page at <https://www.thepeacefuldragon.com/specialevents/>

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.



Less Than a Year Away! October 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 should have exact itinerary and cost information by January or February.

We hope you can go – you will surely love it and come home with a lifetime of great 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!



“And when they played they really played. And when they worked they really worked.”

~ Dr. Seuss

Did You Know...

- ❖ Grandmaster Jeff Smith, who is coming to The Peaceful Dragon in March to lead a workshop, not only was a world-champion in full-contact fighting and point-sparring, but he also ran and managed the Jhoon Rhee Institute and was instrumental in helping to popularize martial arts within the United States?
- ❖ If you are wisely cutting down on your sugar intake, replacing the sugar with honey, maple syrup, agave syrup and the like is really not much better? The best thing is to wean yourself off the need for sweetness in your foods, which is very doable if you allow yourself patience in doing so.

CHILDREN AND FAMILY PROGRAM NEWS

A Message from Mr. George

When I was living in Taiwan, the teaching of Confucius was part of the school curriculum. As an adult now, I still remember some of the stories and they have even more positive impact on me. Confucius says there are three methods of learning: 1. Reflection, the noblest way. 2. Imitation, the easiest way. 3. Practice, the hardest way. The reflection method is to study in the most comprehensive and thorough in the subject. Enrolling in a quality martial arts school, engineering school or training camp is an example of this. Imitation method is to follow along or to copy someone. Becoming an apprentice or assistant to mechanic or learn from videos or books. You will be as good as whomever you copy, but you will also take on any errors, mistakes and the limitation of the source material. Practice method is to practice what you've learned. Since there are no coaches or instructors observing, and there are no one to follow along, the practice can be misguided. Good example is to practice 3 pointers in basketball. I had a friend in high school who can nail 3 pointers at will, because he practice 3 point shooting drills at home since he was small. However, he did not make it to the school basketball team. He lacked the rest of the skills to play basketball, even though I never see him lose a game of HORSE. I hope we use all three learning method like Confucius described. Missing one of the three methods is still incomplete. Keep up the hard work!

NEW STUDENTS AND STUDENT PROMOTIONS

Welcome our newest students!

Kung Fu – Allie Dallman Marc Gibson Michelle Monteilh Kirk Salvador
Brandon Sheets Maia Sheets Brian Smith Dillon Smith
Leslie Wise Ineisha Witter

Tai Chi – Karen Kaplan Ken Kaplan Brian Patalocco Lucian Patalocco
Parag Patil Jim Perry Theresa Perry Brandi Small
Ifeyinwa Umerah

Young Dragon – Johu Carlos Batista Greyson Evans Brooke Moffitt
Macky Ni Raymond Ni Derek Pe Benito Zoe Rabassa
Alexander Salvador Arden Smith Jocelyn Woodcock

Congratulations to our promoting students!

Mastery – Bobbie Bias Jennifer Cox James Dessi Teresa Dessi
Emilie Giustozzi Tony Giustozzi Travis Holley Macie Imholt
Sevi Kocagoz Vaughn Weathers

Junior Mastery – Luka Bozovic Noah Brady Audrey Giustozzi Danai Tsoukalas

STUDENT OF THE MONTH RECOGNITION

ADULT STUDENT OF THE MONTH— RITA MULLIS

Runner up— Jeffrey Allen

Runner up— Devaki Kayempudi

Rita has only been in class for a few months, but she has already shown great determination. She asks great questions that show she's really listening to the instructors too. Good job, Rita!



Child Student of the Month— Kyle Hoellein

Runner up— Luka Bozovic

Runner up— Danai Tsoukalas

Kyle has moved up to the Green Sash and he also became one of the Assistant Instructors in class. He has shown great improvement in his Kung Fu training, and his Leadership skills. Keep up the great work Kyle!

Disciple's Forum

Setting Goals by Disciple Holly Field

In the most recent promotion ceremony, many people (myself included) were surprised when my name was called to receive my Disciple Black Sash. In the days since, I've had many newer students come up to me and say they didn't even realize that I was a student. I am very honored that Sifu chose to give me my sash at that time, though he had every right to ask me to wait. I've been a student at this school for almost 8 years now. That said, I haven't been to class in about 2 years! I'm hoping to make that change soon, so I'm setting my goal to get back to class.

My journey to my Disciple Sash is one of the best decisions I've made in my life. When we found the Peaceful Dragon, we couldn't balance our time and budget enough for both of us to come here, so Jason started first. My goal was set. We'd find a way for me to attend classes as well. After some time, it was finally time for me to start. I chose to start on Chinese New Year, so I'd always remember when my anniversary here was.

Time to set my next goal – survive warm-ups! Sure, my main goal is to get to the Disciple Sash, then the Full Black Sash, but that is a long way in the future. The way to get there is to break it down into more manageable bites. So at the start, my goal was to get through warm-ups without triggering my asthma, then to get through warm-ups doing all of the cat stretches and back arches.

After I conquered that, or at least made good progress, it was time for the next bite. Learning to breathe! Nope, I wasn't worried about learning the form. Remember, I'm in for the long-haul. The form will come with time. Learning to breathe while I was moving through the steps was far more important to me. The slow rhythm of our Solo Form aided me along this goal. If you ever saw me in class, I was probably one of the slowest moving people there. Gotta keep my breath.

Setting smaller goals along my path to my Disciple Sash helped me to reach that big goal. Learning staff form, becoming more proficient at push-hands, finishing Solo form. All of these became goals over time. As I focused on reaching each smaller goal, the time slipped away. Suddenly one morning I woke up to realize that 5 years had passed here. I was now a Disciple. Time to move those goal-posts again.

As I started my journey to Gao Shou, one of my other life goals intervened. I finally got pregnant and had my baby. Abby has been the joy of my life ever since, but lack of childcare has interfered with attendance. That is changing soon, so I've reset my goals. I am working to get back to class and continue my journey.

So, what is your goal? Have you set your sights on your Black Sash yet? Don't forget the break down your goal into manageable pieces, and if something happens to interrupt your path, remember that you can always take a deep breath and reset. Just make sure you don't lose sight of your plans entirely!

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.

What do you do in your free time?

What is this free time you speak of? Seriously though, I do a lot of reading and crafting any chance I get. I love to quilt and knit. I also watch a lot of anime when I have the time, often while crafting.

What inspires you?

A clear night sky. I've always loved to watch the stars and moon. It often shows in my quilting as many of my quilts are star patterns. There's just something about it that fills me with wonder. I love to imagine what is out there with other planets and other galaxies.

What type of music do you listen to?

My music list is pretty eclectic. Anything from The Beatles to Nightwish to Celtic Women to P!nk. I play different things as my mood suits me. I also listen to a lot of audiobooks.

What do you want to be when you grow up?

I'm still figuring this one out. I love accounting work, so maybe something along those lines. Or a professional quilter. Who knows?

What was the last gift you gave someone?

A necklace and some books to my god-daughter at her christening. I have lots more gifts planned for several people coming up though! What those will be is still a secret.

STUDENTS ASK MASTER SBARGE

Question: I overheard you talking about a house you are building in the mountains. You're not moving are you?

Answer: Well, if you were hoping I'm moving, you'll be disappointed. We purchased the land in Banner Elk ten years ago with the intention of building a retreat center for our students. We weren't able to get enough funding for those initial plans, but this year I was able to get a mortgage to build a log home which can be used for intimate retreats with smaller groups of students, and for my own periodic escape to deepen my own meditation and qigong practices, and do more studying and writing.

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 holly@thepeacefuldragon.com.



baking a little family love, one cake at a time

cakes, cupcakes, & more!

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