



Tai Chi, MARTIAL ARTS, YOGA AND MORE

# THE PEACEFUL DRAGON

FOR THE CONTEMPORARY MIND, BODY AND SPIRIT

[WWW.THEPEACEFULDRAGON.COM](http://WWW.THEPEACEFULDRAGON.COM)

MAY/JUNE 2020

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.

## May Holidays!

### Mystery Month

**1<sup>st</sup> Mother Goose Day**

**4<sup>th</sup> Star Wars Day**

**8<sup>th</sup> No Socks Day**

**12<sup>th</sup> International Nurses Day**

**16<sup>th</sup> Wear Purple for Peace Day**

**22<sup>nd</sup> Buy a Musical Instrument Day**

**25<sup>th</sup> Memorial Day**

**30<sup>th</sup> Water a Flower Day**

## MESSAGE FROM MASTER ERIC SBARGE



The ancient Chinese classic known as the I-Ching, or Book of Changes, reminded readers in an earlier millennium that change really is the only constant. Further it pointed out that transformation, as with all phenomena under the Tao, is a natural process that must be adapted to.

The changes brought on by Covid-19 have been challenging and disruptive for most people around the world, and painful or deadly for far too many.

Like hundred or thousand-year floods, we are never really ready for a black swan event like a pandemic. And yet, nature moves forward with such events time and again, regardless of our preparedness. Our ability to survive, or even flourish in the aftermath, comes down to our willingness to adapt to nature's changes. This theme of the I-Ching remains as relevant today as ever.

Here at The Peaceful Dragon we have adapted as best we can to help you and all our students maintain physical and mental health and wellness through their practice of tai chi, kung fu, yoga and Zen meditation – arts whose practice is more valuable than ever when trying to build and keep strong immunity to disease.

Within a week or two of the North Carolina stay-at-home order our classes went virtual with a schedule nearly as robust as our usual schedule, and given the circumstances our students who are participating online are doing great in keeping or improving their skills and fitness.

At some point, perhaps this month or next, the stay-at-home order will be lifted and our school will reopen. But things will not suddenly be as they were – new safety protocols and social-distancing measures will be in place, and we will continue with a hybrid offering of both virtual and live classes for the foreseeable future.

Am I thrilled about the changes and upheaval we are going through right now? Not at all. But I've observed nature long enough to know that it doesn't matter whether I'm thrilled or whether you're thrilled – all that matters is that we adapt to the best of our ability, and forge ahead.

**“Pain is inevitable. Suffering is optional.”**

— *Buddha*

**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](http://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

### We hope to update this soon

With current events ongoing, we have most of our special events on hold. The Peaceful Dragon is currently making plans for how to safely reopen our live classes. For more information, keep an eye on your email.

## MONTHLY CLASSES, SEMINARS AND DISCUSSION GROUPS HELD VIA ZOOM FOR THE MONTH OF JUNE

**Mastery Roundtable Discussion – Wednesday, June 3, 6:30pm**

**Topic: Meditations from Chan Grandmaster Venerable Sheng Yen**

Open only to Mastery Program students.

**Jr. Mastery Program Seminar – Saturday, June 13, 12-1pm**

**Topic: Leadership: Setting the Example**

Open only to Junior Mastery Program students.

### Equipment Needed for Classes

#### **Weapons**

- Shaolin teens and adults: none
- Shaolin family class Block C: Fan
- Tai Chi Block C: ¾ Staff
- Tai Chi Block D: Fan

**All Mastery and Junior Mastery students in our Kung Fu programs should always bring their full sparring equipment to every class.**

# PEACEFUL DRAGON SCHOOL NEWS (All REAL!)

## CACMA Tournament Cancelled for 2020 – Will Resume Next Year

If you have already registered and paid for this year's tournament, your payment will automatically be carried over to next year. If you need a refund this year, please inquire through CACMA.

Note: At the time of writing this newsletter, the Kuo Shu Tournament in Baltimore is also cancelled. Please see a message from the United States Kuo Shu Federation [here](#).

## 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](mailto:Holly@thepeacefuldragon.com) for display in our newsletter and social media pages.



### APRIL BIRTHDAYS

5 <sup>th</sup>	Arden Smith	18 <sup>th</sup>	Carrie Chun
12 <sup>th</sup>	Don Kodzai	18 <sup>th</sup>	Jacob Finney
14 <sup>th</sup>	Sidi Bundy	21 <sup>st</sup>	Dale Saufley
14 <sup>th</sup>	Gabriel Jugan	21 <sup>st</sup>	Pratap Kurup
15 <sup>th</sup>	Wallace Murphy	21 <sup>st</sup>	Hurditya Katta
15 <sup>th</sup>	Harrison Rabassa	22 <sup>nd</sup>	Cathy Luben
16 <sup>th</sup>	Benjamin Son	22 <sup>nd</sup>	Jose Cardoza
16 <sup>th</sup>	Dennis Murphy		

### MAY BIRTHDAYS

1 <sup>st</sup>	Dawn Baker	17 <sup>th</sup>	Russell Sebring
5 <sup>th</sup>	Bree Sorrell	22 <sup>nd</sup>	Bonnie Jones
6 <sup>th</sup>	Troyce Docherty	22 <sup>nd</sup>	Gerald Goldsmith
7 <sup>th</sup>	Brian Smith	22 <sup>nd</sup>	John Chandler
8 <sup>th</sup>	David Block	26 <sup>th</sup>	Matt Lail
8 <sup>th</sup>	Aria Kuamoo	27 <sup>th</sup>	Balamir Sahin
9 <sup>th</sup>	Kekoa Kuamoo	30 <sup>th</sup>	Mary Guba
10 <sup>th</sup>	Tarena Muhammad	31 <sup>st</sup>	Brad Smith
14 <sup>th</sup>	Nancy Wolf	31 <sup>st</sup>	Jordan Baker
15 <sup>th</sup>	Audrey Giustozzi		

## Did You Know...

- ❖ The big Platinum Koi fish in our front pond is almost 25 years old?
- ❖ The qigong breathing exercises taught in tai chi, kung fu and yoga are among the best practices available to strengthen the lungs and help your immunity against a primarily “lung attacking” disease like Covid-19?

## STUDENT OF THE MONTH RECOGNITION

### STUDENTS OF THE MONTH

**ADULT AND CHILD STUDENTS OF THE MONTH  
ALL ATTENDEES OF ZOOM CLASSES**

It isn't always easy to keep your motivation up when you don't get to go to class directly. Congratulations to all students who have attended our Zoom classes and consistently kept up their practice. Keep up the good work!



## STUDENTS ASK MASTER SBARGE

**Question:** Did you remember to hit Record?

**Answer:** I better double check.

## 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](mailto:holly@thepeacefuldragon.com). Pay at the front counter.



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