



Tai Chi, MARTIAL ARTS, YOGA AND MORE

# THE PEACEFUL DRAGON

FOR THE CONTEMPORARY MIND, BODY AND SPIRIT

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

July 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.

## July Holidays! National Picnic Month

**1<sup>st</sup> International Joke Day**

**4<sup>th</sup> Independence Day**

**8<sup>th</sup> Video Games Day**

**13<sup>th</sup> Embrace Your Geekness Day**

**16<sup>th</sup> World Snake Day**

**20<sup>th</sup> Moon Day**

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

**30<sup>th</sup> Nat'l Cheesecake Day**

## MESSAGE FROM MASTER ERIC SBARGE



With our pandemic-mandated Zoom classes and no-contact live practices and workouts, many of us have been missing our tai chi push hands and kung fu sparring sessions. It feels like an important ingredient of our practice is missing.

The truth is, an important ingredient is missing. The interplay with partners/opponents is vital not just for developing self-defense and fighting skills, but also for the health and energetic benefits of these arts.

But here's the good news: As soon as it is safe to do so, we can add that missing ingredient of partner work back into our practice and pick up right where we left off. Meanwhile, this remains a great opportunity to perfect our solo practices of breathwork, form, qigong, conditioning, strengthening, stretching, mediation and so much more.

What many of our students might not realize is that the push hands and sparring curriculum that you may be missing shouldn't be taken for granted: The vast majority of tai chi classes around the country don't even teach push hands in their curriculum, focusing only on form. And a fair number of martial arts schools of all styles emphasize forms and katas training, but minimal sparring/grappling.

As this pandemic has reminded us, patience is a virtue. Be patient – these arts have persisted in their entirety through pandemics, wars, famine and more. This phase we're in will end, and our practice will return to "business as usual."

**"Patience is not simply the ability to wait – it's how we behave while we're waiting."**

*— Joyce Meyer*

**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.

### **Closed for Independence Day Saturday, July 4<sup>th</sup>**

Any normally scheduled Zoom classes will be cancelled on Saturday, July 4<sup>th</sup>.

### **Meditation Course – Level Two begins Wednesday, July 8<sup>th</sup>, 8:00pm**

To register for this class, please call or email [info@thepeacefuldragon.com](mailto:info@thepeacefuldragon.com). Please check your email for the appropriate Zoom link.

### **Quarterly Promotion Ceremony Saturday, July 18<sup>th</sup>, 11am**

Congratulations to all of our students who were able to stick with their practice during this difficult time. We will be holding this promotion ceremony via Zoom. More information will be coming soon via email.

## **MONTHLY CLASSES, SEMINARS AND DISCUSSION GROUPS**

### **Held via ZOOM FOR THE MONTH OF JULY**

**Mastery Roundtable Discussion – Wednesday, July 1, 6:30pm**

**Topic: Self-Defense Strategies and Tactics – Including Awareness**

Open only to Mastery Program students.

**Our other usual monthly classes are currently on hold until we are able to reopen.**

### **Equipment Needed for Classes**

### Weapons

- Shaolin      all blocks:      none
- Tai Chi      all blocks:      none

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

**“The noble-minded are calm and steady. Little people are forever fussing and fretting.”**

— *Confucius*

## 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.



### JUNE BIRTHDAYS

2 <sup>nd</sup>	Rick Oehlhof	18 <sup>th</sup>	Joshitha Bandapalli
13 <sup>th</sup>	Juanita Vanoy	21 <sup>st</sup>	Ann Staples
16 <sup>th</sup>	Alex Hoellein	25 <sup>th</sup>	Amanda Sebring
18 <sup>th</sup>	Billy Ivory-Gooden	26 <sup>th</sup>	Benjamin Mullis

## 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:** Will The Peaceful Dragon still organize trips to China after this pandemic?

**Answer:** I don't think any of us foresaw so much travel disruption (and overall disruption) from this pandemic, and I don't think anyone can see what the post-Covid-19 future holds. I will be happy to organize and take part in future trips if it is safe to do so, but our first priority is right here at home keeping The Peaceful Dragon running at a high level for the benefit of our current and future students.

## 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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