



Tai Chi, MARTIAL ARTS, YOGA AND MORE

THE PEACEFUL DRAGON

FOR THE CONTEMPORARY MIND, BODY AND SPIRIT

WWW.THEPEACEFULDRAGON.COM

SEPTEMBER 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.

September Holidays!

Self Improvement Month

3rd Skyscraper Day

6th Read A Book Day

9th Teddy Bear Day

11th 9/11 Remembrance Day

17th Citizenship Day

20th Nat'l Women's Friendship Day

25th Nat'l Comic Book Day

29th Confucius Day

MESSAGE FROM MASTER ERIC SBARGE



My message this month is very simple: I want to recognize and thank all of our Peaceful Dragon teachers who willingly show up to teach outdoor classes in the heat and humidity of this North Carolina summer, while simultaneously running Zoom classes with the technical glitches and challenges that often accompany them.

Traditional martial arts and yoga have survived previous pandemics and disasters, and thanks to the dedication and efforts of our instructors and all the other hardworking teachers around the world, they will survive this one, too.

And it goes without saying that I am grateful to our loyal students, too, without whom these arts would equally meet the same demise.

“In a completely rational society, the best of us would be teachers and the rest of us would have to settle for something else.”

— Lee Iacocca

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

**Closed for Labor Day
Monday, September 7th**

The Peaceful Dragon will be closed for all classes in person and on Zoom for Labor Day. Classes will resume on Tuesday, September 8th.

Our complete 2020 Special Events Calendar is now posted at <https://www.thepeacefuldragon.com/specialevents/>.

MONTHLY CLASSES, SEMINARS AND DISCUSSION GROUPS

Mastery Roundtable Discussion – Wednesday, September 2nd, 6:30pm

Topic: Optimizing Your Diet for Personal Health and a Sustainable Planet

Open only to Mastery Program students.

Equipment Needed for Classes

Weapons

- Shaolin none
- Tai Chi Block C/D: ¾ Staff

PEACEFUL DRAGON SCHOOL NEWS (ALL REAL!)

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 and social media pages.



Did You Know...

- ❖ At The Peaceful Dragon we don't care if you are conservative or liberal, religious or atheist, male or female, gay or straight, black or white, old or young, or something in between ... as long as you treat all of your fellow students with kindness and respect?
- ❖ When you learn to control your breath through practice, you can better control your mind and emotions for improved mental and physical health?
- ❖ While there is no scientific evidence for it (yet), anecdotal reports shows that tai chi and qigong practice can help alleviate the deleterious effects of sperm demons and alien DNA?

AUGUST BIRTHDAYS

2 nd	Kyle Hoellein	19 th	Chuck Denhart
4 th	Cheryl Telk	19 th	Aristedes Koulpasis
5 th	Paul Campanelli	19 th	Sean Henry
10 th	James Weatherly	20 th	Kate Lyons
12 th	Parag Patil	21 st	Tameka Carpenter
17 th	Corin Brown	24 th	Carey Holman
17 th	Lori Eidsness	30 th	Malek Tapia

SEPTEMBER BIRTHDAYS

1 st	Dillon Smith	23 rd	Tim Starnes
18 th	Evelyn Hubbard	24 th	Marcia Ilardo
19 th	Hannah Eidsness	24 th	Alexander Kelly
19 th	Ryan Hoellein	26 th	Katherine Snider
21 st	George Lu	28 th	Len Roberts

CHILDREN AND FAMILY PROGRAM NEWS

A Message from Mr. George

Fan is the weapon form many advanced students are learning this quarter. Unlike the sword, staff or even nunchuk, the fan does not seem like a weapon. To show the martial techniques from the fan form, the young students have to show their footwork and how to deliver the strikes through the fan. Practice the fan form where the movements look pretty, fan dances freely and stepping is light. Keep up the hard work!

STUDENTS ASK MASTER SBARGE

Question: Do you really think wearing masks helps prevent the spread of the coronavirus?

Answer: It doesn't matter what I think. I'm a martial arts teacher, not an epidemiology expert.

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.

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