

Peaceful Dragon

PROGRAM GUIDE AND SCHOOL POLICIES



Peaceful Dragon School
T'ai Chi Ch'uan and Chi Kung

1945 Pauline Blvd.
Suite B
Ann Arbor, MI 48103

(734) 741-0695

www.peacefuldragonschool.com * info@peacefuldragonschool.com



School Location and Information

- About the Director
- T'ai Chi Ch'uan and Chi Kung Programs
- Registration
- School Polices and Guidelines

Date: 9/2024



14 Chi Kung Exercises

As a form of exercise these 14 stretches and movements are a 15 minute routine that will leave you with a sense of physical and mental relaxation. *Illustrations, step-by-step directions; affected muscles and meridians and breathing.*

Price: \$10.00 (on-line only)



Full Tai Chi Cuan DVD—4 disc set.

Includes an introduction the basic principles, detailed instruction on footwork and weight distribution with the front and back view, and special features.

Price: \$65

ORDER ON LINE: www.peacefuldragonschool.com

PHONE ORDERS: (734) 741-0695

Mail Orders: Peaceful Dragon
1945 Pauline Blvd., Suite B
Ann Arbor, MI 48103



Products and Learning Tools



100% cotton short and long sleeve T-Shirt with decorative Peaceful Dragon tai chi symbol logo on front and dragon logo on back right shoulder.

Price: \$20-\$25 (when available)

Sm, Med, Lg, and XLg

VIMEO PRODUCTS

Tai Chi Chuan Form available in 3rds

Eight Methods

Wild Goose Chi Kung Form



Beginning Tai Chi Chuan: By Master Wasentha Young. Includes an introduction the basic principles, detailed instruction on footwork and weight distribution with the front and back view of the 8 beginning movements of the Yang Style Short Form. *Instructional DVD*

Price: \$30.00



Other DVDs by Master Young

T'ai Chi Ch'uan - Yang Style Short Form 1, 2, 3-DVD—An aid for students studying the form.

\$30 each (also through Vimeo On-Demand)

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Welcome to the Peaceful Dragon School

LOCATION

The School is located at 1945 Pauline Blvd., Suite B, Ann Arbor MI 48103. If you'd like to speak to someone at the school, call: 734-741-0695. Generally, if no one is available to answer your call, leave a message and you will be contacted within a day.



WHY THE NAME "PEACEFUL DRAGON?"

From the Director: Wasentha Young

I was born in the Chinese Year of the Dragon, but what most influenced the name of the school, "Peaceful" Dragon School of T'ai Chi Ch'uan and Chi Kung, was a children's book I read - Everyone Knows What a Dragon Looks Like, by Jay Williams. It is a delightful book about the threat of bandits on a small Chinese village resulting in the Emperor, Head of the Workers, Head of the Military, and the most Wise Man, coming together to pray for the Great Dragon Spirit to come and save them. To their surprise, a short - chubby - bald - old man shows up at the temple claiming to be the Great Dragon Spirit. They scoffed him with their disbelief that he could be the Great Dragon Spirit. When confronted by the man as to what a Dragon looks like, each describes a Dragon in their own image, and they rudely dismissed him. The one kind and innocent being, a young grounds keeper who welcomes people at the gateway of the village, not caring whether this man was a Dragon or not, brings the old man to his humble home and gives him food and drink. For the young groundskeeper's kindness the man leaps into the sky, becomes everything that empirical magistrates collectively described, and saved the village.

Realizing that a Chinese Dragon can take on the characteristic of the person who perceives it, I decided to call my school the Peaceful Dragon. The notion of peace and harmony is laced into the fabric of the school's curriculum. Relaxation or peace is the first and most important principle of T'ai Chi Ch'uan, and bringing the body into some kind of balance and harmony is one of the most important aspects of Chi Kung.

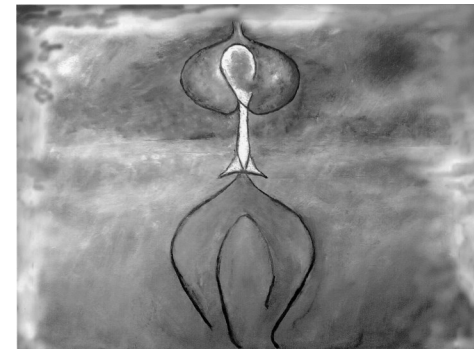
If an Instructor is considering to teach in this area of the Peaceful Dragon School (a 10-15 mile radius), please consult with Master Young prior to starting a class to dissolve any concerns about conflict of interest. Also, please reference the Peaceful Dragon School as your primary source of learning.

Remember that your professional conduct will reflect on this school and Master Young's teaching.

Lastly, recognize that you are bound to the Peaceful Dragon School in learning, and as an Instructor. The director of the Peaceful Dragon School offers the school as a place that achieved Instructors can return to for continued learning. In honoring your contribution to the foundation of this school, for your lifetime, you will be granted access to learning at the Peaceful Dragon School gratis for any and all classes except workshops and visiting instructors.

Master Young says,

"Learning is more likely to happen when combined with humor."



Teaching Guidelines and Policy

As an Instructor at the Peaceful Dragon School, you are responsible for the total operation of the class. Come to class ten minutes early to arrange the space—turn on lights, uncover the mirror, connect with the assistant and conduct registration for the first class. Be aware of any announcements that need to be brought to the attention of the class. Please meditate on the movement to be taught that week prior to class and have a well thought out plan of how you intend on teaching. Be prepared to demonstrate as well as give corrections to the assistant and class on that movement. If you have questions about the movement, ask Master Young prior to class. At the end of class, please recover the mirror and turn off the lights (if there is no following class).

Proper etiquette in regards to an Instructor's relationship with students is essential. It is expected of the Peaceful Dragon School and Master Young that all Instructors keep a division between intimate personal gratification and teaching at the school.

During the class, be aware of the students and assistants. Please be inclusive when receiving and answering questions and do not leave the students standing idle while you focus on any one question. When answering students' questions, it is important: 1) not to make anything up, 2) not to provide information beyond the students' current level of training and 3) use humor when appropriate.

Instructors will gradually be given more responsibilities with regard to teaching and operations of the school as Master Young deems appropriate.

There may be a need, in an Instructor's continued growth, to teach outside of the school, this however should not interfere with the Instructor's responsibility to the Peaceful Dragon School. There is an inherent conflict of interest in Instructors conducting classes in the immediate Ann Arbor area (10-15 mile radius) and therefore Master Young asks that all Instructors from the school follow proper ethics and protocol if the opportunity ever arises for teaching elsewhere.

"The notion of peace and harmony is laced into the fabric of the school's curriculum"



At the Peaceful Dragon School, both arts are taught in a style to motivate the students to learn how to cultivate the integration of body, mind, and spirit and achieve a tangible understanding of how this integration is vital to their health. T'ai Chi Ch'uan and Chi Kung are vehicles to not only understanding techniques of integrative and preventive health practices, but have a rippling effect into the lives of the practitioners. Students are encouraged to be mindful of these interactive qualities, to understand they are connected to something larger than the self; there is the community, both human and non-human, that will be effected by the healthy and vital relationship they develop individually through their practice.

T'ai Chi Ch'uan and Chi Kung are not alone in understanding how to cultivate energy through movement, meditation, breath-work, and self-care; or how to promote a peaceful, harmonious, and healthy relationship with oneself and others. There are many other healing art practices. But for those who wish to learn, develop, and promote a hope for not only individual longevity but the longevity of the world, I have found both T'ai Chi Ch'uan and Chi King a wonderful vehicle.

About the School

Since 1990 the Peaceful Dragon School has offered a comprehensive program of both basic and advanced training in the traditional Chinese arts of T'ai Chi Ch'uan and Chi Kung in Ann Arbor, MI. Our main objective has been to create a safe, open minded, respectful, peaceful, and conscious attitude and atmosphere in which to study these complementary health promoting art-forms.

The high quality of education and professional care that we provide at the school, supports each of our student's personal goals. The year-round program, both day and evening classes, private sessions and intensives allows students from out of town and locally to fit into the schedule.

Also provide at the Peaceful Dragon School are instructional videos, books, and other learning materials to enhance your learning experience. Go to www.peacefuldragonschool.com to visit our online web store for more information.

The Peaceful Dragon School of T'ai Chi Ch'uan and Chi Kung offers comprehensive learning in Basic, Intermediate, and Advanced T'ai Chi Ch'uan (TCC), as well as Basic and Intermediate Soft and Hard Chi Kung. All classes offered can be taken individually or comprehensively. It is suggested that new students start on a beginner level before enrolling in the Intermediate or Advanced classes. (Special circumstances are considered.)

Whether you are a beginner or have experience in T'ai Chi Ch'uan or Chi Kung, there are options for your personal growth available at the school. Take a look at the programs and consider the excellent opportunities for your study.

*Master Young says,
"Assistants are the keeper of the questions and
maintain the activity in the space.."*

OTHER DUTIES

Each assistant will have other responsibilities which may include helping to refresh the studio, facilitating practice sessions, watering the plants, checking and refilling the water cooler, emptying the dehumidifier, replacing cups, etc., as arranged and delegated by Master Young or a senior student.

Class time is to be viewed as a priority: other activities should be arranged around class time. If a class must be missed, you must find a replacement and arrange this coverage with alternate assistants or Master Young in advance.

If at any time there are questions, or concerns, please arrange a time to talk with Master Young.

Director of Peaceful Dragon School



Master
Wasantha Young

Assistant Guidelines

PRE REQUISITE

There must be completion of one entire semester of Form Progression prior to assisting. You must also be enrolled in an advanced level class to assist, unless otherwise arranged with Master Young.

CLASSROOM DUTIES

The assistant is responsible for knowing the warm up exercises in order, and how to give instruction in these.

Come to class ten minutes early to arrange the space—turn on lights and fountain, uncover the mirror or help with registration (first class). Ask the instructor if there are announcements they would like you to make while the knees are being massaged. Practice the movement to be taught that week prior to class. Be prepared to demonstrate as well as receive correction on that movement. If you have questions about the movement, ask the instructor prior to class. At the end of class, the assistant recovers the mirror and turns off the lights and fountain (if there is no following class).

During the class, the assistant should stand in front of the students, and behind Master Young or the instructor. Assistants are responsible for hold the questions asked until the instructor returns to the section and requests to be informed.

The assistants will gradually be given more responsibilities with regard to teaching as the Instructor and/or Master Young deems appropriate. When answering students' questions, it is important: 1) not to make anything up, and 2) not to provide information beyond the students' current level of training. [If you just received correction or information in the progression class it is (probably) not appropriate for the students in TC I, II, or III].

About the Director

W

ASENTHA YOUNG is a Master and scholar in the art of T'ai Chi Ch'uan and Chi Kung, and has received formal instruction in Taoist and Buddhist meditation, achieved certification in Acupressure and holds a Master's degree from the Institute of Transpersonal Psychology. Beginning her study in 1968 Master Young has been requested to lecture and educate on the benefits of TCC, Chi Kung, and Meditation as it relates to the human emotional, spiritual, and physical well-being at such institutions as:



- Omega Institute, NY
- Institute for Transpersonal Psychology, CA
- National Qigong Association
- National Institute for the Clinical Application of Behavioral Medicine
- University of Michigan
- McAuley Cancer Care Center, St. Joseph Mercy Hospital, MI
- Michigan Heart and Vascular Institute, University of Michigan
- UAW
- Washtenaw Community College, MI
- Kaiser Wellness Foundation, CA.
- National Association of Women Martial Artists

Originally a student of Grandmaster William C.C. Chen, Master Young has also studied with some of the most prominent instructors under Professor Cheng Man-ching.

As well, Master Young is a founding board member of the Association of Women Martial Artist, and she is internationally published and renowned.

Peaceful Dragon School Programs

Our comprehensive T'ai Chi Ch'uan (TCC) classes and Mini Series, cover several subjects in TCC that lead to building a complete foundation in the basic training of TCC.

BASIC T'AI CHI CH'UAN PROGRAM

T'ai Chi Ch'uan 1, 2, 3

Form Progression

Push Hands

Application

Sword, Staff, Dao, and Cane

T'ai Chi Ch'uan is a Chinese internal style of martial arts. As an internal art it emphasizes the integration and cultivation of the internal energy with the body and mind. This is done by concentrating on the techniques of relaxation and the use of imagery, and while in motion. Balance and an overall sense of well-being are enhanced through these techniques and T'ai Chi Ch'uan's unique, slow, and graceful movements and breathing coordination. T'ai Chi Ch'uan is often characterized as "Meditation in Motion," because of the stillness that is exemplified in its motion.

The Yang style, short form, a continuous series of 45 postures and transitional movement, takes approximately three semesters to learn (or 1 school year). TC 1, 2, 3 must be studied sequentially.



Student Agreements

Students are expected to read and adhere to the school policies. If there are any questions or concerns about the policies please consult the Assistants, Teachers, Instructors, or the Director.

Furthermore, please recognize that there is an inherent risk in participating in martial arts and exercise programs and students assume full responsibility for this risk.

WAVIER OF PRIVACY

From time to time media or photo pictures are taken. Please understand that students may be visible on any media or photographs. Also if students voluntarily submit any written material and/or their voice is recorded, any portion of the written material, voicing, media, and or photo may be used or broadcast for demonstration and/or commercial purposes and in marketing the Peaceful Dragon School of TCC.

All privacy rights and any claim for compensation of any kind for any use of written material, media and/or photos are released to the Peaceful Dragon School. Also students transfer to the Peaceful Dragon School all intellectual property or performance rights in the performance shown on the media and photos as well any printed material. The consideration for this waiver is the opportunity to participant in activities at the Peaceful Dragon School and/or workshops and a copy of the media, printed material and/or photo thereof used in distribution.

Lending Library Guidelines

Current enrolled PDS students can check out the library books at no cost. All books must be signed out and returned within two weeks.

SIGNING OUT AND RETURNING BOOKS

1. Remove the card from the inside back cover of the book.
2. Write your name, phone number, and the date you intend on returning the book. (The date should be no more than two weeks from the check-out date. You will find a calendar close by the bookshelves.)
3. Place the card in the check-out box.
4. When you return the book, just pull the library card out of the check-out box and place it back into the card pocket in the back of the book.
5. If the book is overdue and you don't find the card in the check-out box, look on the table where the attendance sheets are located.
6. Expect to be called if the book you have borrowed is not returned within a month.

The library is there for your convenience and as a support for your learning. Please try to return books in good condition and on schedule. At this time there are no late fees for overdue books, however if there are too many delinquent returns, this policy may change.

If there are any books of related material that you would like to donate to the library, please give them to the Instructor for review by the Director before it is placed into the library system.

FORM PROGRESSION

After completing the T'ai Chi Ch'uan solo form, students who would like to continue their study can join this class. In this class the form and its basic principles are focused on to develop the quality of the student's comprehension and experience of the art. There is more individualized attention given to deepen students' insight of their body/mind connection, locating and dissolving tensions, and understanding the dialogue between the body, mind, and spirit. In Advanced Form Progressions students cultivate the meditative and energetic aspects of the solo form.

PUSH HANDS

Push Hands is a two person exercise that studies the interaction of forces. Through some of the primary movements in the TCC form, in interaction, students explore the Push Hands principles of how to Listen, Adhere, Yield, and Neutralize force. These principles expand beyond the interaction in class and hold the understanding of potential relationships in conflict resolution, and corporate, political, and the basic dynamics between groups and individuals. As a student develops in this class they move out of the choreographed movements into "free-style" Push Hands. Note: Students must have completed the TCC form before enrolling in this class.

APPLICATIONS

As a martial art, every movement within the TCC form holds a self-defense technique. These techniques are curtailed while practicing the form, but are none the less a part of the dynamics of the form's momentum in movement. Learning the application of the physical mechanics, and how to utilize the techniques of using the other person's force as a means of self-defense, adds to the feeling of prowess that can enhance one's holistic feeling, that is unrelated, but oh so related to one's well-being. Within this class students will not only use the TCC form movements, but receive reflex training, work-out with basic kicks and punches, and explore light contact self-defense training using the TCC principles of soft power.

T'ai Chi Ch'uan Elective Series

There are a number of electives offered in the Basic TCC Training Program. They are usually offered as part of the Mini Series each semester.



T'ai Chi Ch'uan Classics The development of TCC as an art has been ongoing since its conception. There are many ancient written texts referred to as the "classics" that add great depth and understanding to the principles of the TCC form. In this class, students explore some of the ancient and lost classics, commentary by other scholars on TCC, as well as ponder their own experiences and insights on this art. Some great poetry and sharing is bound to come out of this class.

8 Ways

The 8 Ways were created by Professor Cheng Man-ching. They are eight simple and relaxing exercises to improve mobility and mind/body coordination. Using eight images and corresponding movements, the Eight Ways is a good beginning in learning TC and is excellent in presenting the principles of TCC in Senior classes and time limited workshops.

I Ching

The I Ching (Book of Changes) is one of the first representations of ancient Chinese thought and understanding of life's dualistic illusion and triad relationships. As a book of oracles, based on the binomial theory of yes and no, the I Ching freeze the image of the moment and projects that image into the near future to clarify the cause and the effect of the present. In this class, students will learn the stick method of calculating a reading, often referred to as "throwing the sticks," as it is the most comprehensive and meditative method used to consult the I Ching.

Your Notes

Your Notes

Intermediate T'ai Chi Ch'uan Program

Intermediate learning in T'ai Chi Ch'uan (TCC) enables the serious student to further enhance their skills and knowledge of TCC. The following classes can lead to developing the skills that will enable a student to successfully specialize their interests in TCC and implement their learning further into their lifestyle.

Students who achieve this level will be able to also learn by assisting in beginner's classes, receiving clarification of the principles and movements of TCC under the supervision of the head instructors or director of the school.

WEAPONS

Weapons in TCC relate to how we extend ourselves in the world. A weapon is an inanimate object until it is put into the hands of a person. At that point it becomes an instrument of that person's ignorance, compassion, and or judgment.



Sword

The TCC Sword Form (double edged) is the most fluid of all the forms in TCC. Because of its fluidity, it represents the element Water, and is therefore considered the highest of all the weapons forms following the Taoist philosophical thought of "softness prevails over hardness as water prevails over all obstructions to its flow."

Staff

The Staff Form represents the element Wood. It is a short form consisting of 20 movements. As a form, the staff form is quicker in motion than that of any of the TCC forms.

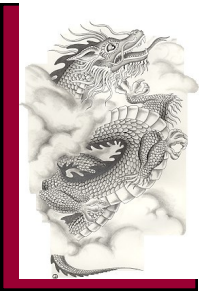
Dao (Saber)

The TCC Saber, called a Dao, represents the element Metal. Its movements are choppy, spiraling, and somewhat fluid at times. It is a single edge weapon similar in length to the TCC Sword and slightly curved.

Cane

The Cane Form is playful with light, swirling and striking-out movement. This form represents the incredible textures of Fire within.

Advanced T'ai Chi Ch'uan Program



ADVANCED PROGRAM

Advanced learning in TCC will enable students to teach professionally and work with other complementary health care practitioners. Having studied at a reputable school will provide students with the credentials to support the student's efforts.

Advanced T'ai Chi Ch'uan Training Includes continued training in Form Progression 2, Push Hands, Weapons, Application as well as:

- Supervised Teaching
- Business Ethics
- Fundamentals of Chi Kung

Students continue to write or journal your learning and perform the solo TCC and a Weapon form before a committee; after which they will receive constructive suggestions and support from the committee. Students will also be asked to demonstrate a 13 movement solo or weapons form of their own creation.

Supervised Teaching

Students will be required to teach a TCC 1, 2, and 3 beginner classes. During this phase of training, he/she will receive supervision by the head instructors or the director of the Peaceful Dragon School. Students will learn the stages of learning and teaching the form, receive class leadership training, and develop teaching techniques and class planning.

Business Ethics

Covers ethical issues and important aspects of doing business (conflicts of interest, advertising, taxes, fees, demographics, community work, etc.)

Dates

Classes generally begin in the following months:

September—Second week

January—Second week

April—End of month

July-August—Workshops

Scheduled weeks off—Holiday and seasonal breaks do not interfere with the 11—12 weeks of classes. Generally there are no classes the week of:

Fall Break—UM schedule and Thanksgiving

Spring Break—UM schedule, Easter Week

Summer Break—Memorial, July 4 weeks

Monthly and/or summer workshops:

I-Ching

Meditation

Self-Acupressure

Harmony of Energy Series

Expanding Into Energy—Stretches and Self-Massage

Acupressure—partner work

Tai Chi Form Application

Tai Chi Classics

How to Enter the Room When Class is in Session

Entering During Warm Ups

Upon entering, quietly put your belongings and remove your shoes in the coat room. Look for an area that does not crowd someone already engaged in warming up. If you do not see a space that can be occupied, please sit on the bench and wait for the instructor to acknowledge your presence so s/he can help you to acclimate into the space. You can also choose to warm up on your own in the coat room and wait until you hear students rubbing their knees to then find a space in the room to comfortably participate. Someone may have to adjust their position to create space for you, so asking if they mind making that adjustment can ease their displacement.

Entering While the Form is in Progress

This is a delicate time for students. They are beginning the process of relaxation, so having someone enter into the space and find a place can be very distracting. If you do not see an obvious place to participate, where you are not crowding another person, it may be best to wait until the Form is completed before joining the class. This can afford you the opportunity to watch, read a book or journal, or begin your relaxation process by quietly sitting or doing some warm-ups in the coat room until the class has finished doing the Form.

Thank you. We look forward to working with you.

Basic and Intermediate Chi Kung Program

Our comprehensive Basic and Intermediate Chi Kung classes covers, Fundamentals of Chi Kung, Wild Goose Chi Kung Form, Self-Acupressure, and classes held in the Mini Series.

Students will gain proficiency in the basic and intermediate theories and practices of Chi Kung, over 60 Acupressure points, knowledge of the 12 organ meridians and their flow patterns, and techniques from each of the Chi Kung styles: Buddhist, Taoist, Medical, and Martial. Upon completion of these classes, students will be able to appreciate their comprehensive understanding as it facilitates wellness into their lifestyle.

Basic Chi Kung Training Includes:

- Fundamentals of Chi Kung
- Wild Goose Chi Kung
- Self Acupressure
- Five Element Theory
- Meditation

There are no tests given during this program. Instead, there may be an occasional interview with core instructors to evaluate your success in the program.

Fundamentals of Chi Kung

Chi Kung as a form of exercise is a type of Chinese Yoga. Chi Kung classes focus on Chi Kung's soft and hard fundamental techniques, mind/body movement, breathing techniques, stretching, the energy pathways of the body and the Wild Goose Chi Kung Form. Other subjects that are a part of the Chi Kung track (see electives) include: Meditation, Five Element Theory, I Ching, Tai Chi Classics and 8 Ways.



Wild Goose Chi Kung

This graceful form combines the fundamental techniques of Chi Kung, as it playfully and gently stretches the muscles, opens the joints, simultaneously stimulates the body's principal energy pathways, and uses visualization techniques in to effectively access the universe, nature and earth energies. It is a continuous form of 64 movements that's routine takes approximately 15 to 20 minutes to perform. The Wild Goose form takes two semesters to complete.

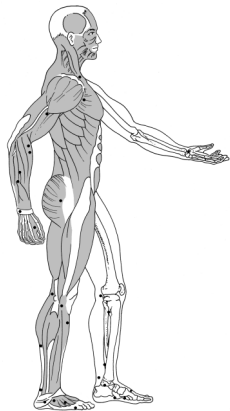


Meditation

There are many forms of meditation practices all over the world. Meditation techniques can act as a vehicle offering an opportunity for the individual to see the true nature of their being and the nature of their thoughts. In practicing the art of meditation, individuals have reached states of clarity, calm, quietude and vision. Students participating in this class will learn the fundamental techniques used in the Buddhist and Taoist styles of meditation such as: sitting, standing, walking pondering, visualization, focusing, and guided meditation.

Self-Acupressure

There are some easy steps that you can use to help relieve stress related tension. This class will introduce some to the potent points on the meridians (energy pathways). With the touch of one's own hand using massage, gentle pressure, and or focused intent, facilitate the release of tension promoting the circulation of ones Chi (internal energy flow) in that area. Students will focus on the techniques of Acupressure as they learn the 12 meridians, corresponding organs, potent acu-points, and acu-point combinations.



Practice Session

When available, practice sessions are open to all current and alumni PDS students. If you are currently enrolled in classes at the PDS, practice sessions are free. Alumni can attend the practice sessions on a drop-in basis for \$10 per session. Please sign-in and give your payment to the leader of the practice session - if appropriate.

You can utilize practice sessions in a few ways. Current students can use practice sessions to review movements they have learned, missed, or have missed due to absence. Alumni can use practice sessions to review their form, reconnect with the school, or to experience the supportive atmosphere of the PDS.

While at the PDS during a practice session, you can use the meditation room, the library, or just sit and sip tea as you browse through the reference journals. Whatever you decide, please be considerate of those who are practicing.

Practice session is an unstructured time, however, someone will be present to help you practice the form, and warm-ups will be lead at the beginning of the session.

Sessions will be monitored by one of the assistants or teachers. They will be present for questions on your current or previous movements. If no one has arrived at practice session within 15 minutes of the starting time, the session leader may leave the school.

In addition to practice sessions Master Young is available for consultations and private lessons.

Peaceful Dragon School Policies

Students

It is the intention of this school, instructors, and students to create a safe environment in an open minded, respectful, peaceful, and conscious attitude in which to learn and teach.



Please arrive to class on time. If you are absent, it will be your responsibility to familiarize yourself with the missed material. This can be done by attending another class in your section during the week, getting together with a classmate, reviewing the form video, taking a private lesson, and/or coming to the practice session.



Full tuition for all classes is due prior to or on the first day of class. If you are uncertain about whether you want to take the class or cannot pay in full, speak to the Instructor or Director of the school prior to attending any classes. There are no refunds given after the second week of classes. If you decide to discontinue classes prior to the second week, there will be a charge of \$20 for each attended class and a \$20 bookkeeping fee; or you can hold a class credit for six months towards classes to be taken at a later date.



Please monitor your capabilities. Do not use excessive mental or physical force. Visit the soft side of your pain, and pay attention to your knee-toe alignment while in class and during your personal practice. If there are any uncomfortable postures, please bring this to the attention of the Instructor for possible modification.

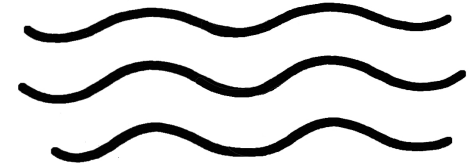


Please do not eat a heavy meal, consume alcoholic beverages, or self-medicate at least 2 hours before coming to class. If you have a current health condition or feel at risk in any way, consulting your doctor or physical therapist is advised.

5 Element Theory

The 5 Element Theory is the foundation of traditional Chinese medicine. The Chinese identify within the written character of the word "element," implications of movement, coming together, exchange, and change. Learning about the 5 Element Theory helps to bring clarity to comprehending qualities associated with the organic process of nature.

Within this theory are the increasingly poignant and revealing concepts of the complementary or generative cycle as well as controlling cycles relative to our existence. In this class, students will study this theory and its correspondences and relations in their lives.



Registration

Size of Class: Class sizes are limited and range from 4 to 20 students. This allows for more individual attention and inspired learning. Pre-registration is suggested.

Instruction: The instructors at the school are professionally trained. We teach using many learning methods. For example: visual, lecture, demonstration, supervised practices, and most importantly we include humor. Morning, evening and weekend classes are offered year-round for your convenience. Often in the summer we offer intensives. Practice sessions are free of charge for enrolled students and are available for a minimal fee (\$10) for alumni.

Private: Individual, semi-private and off-site sessions can be arranged by calling: (734) 741-0695. Note: Master Young also works hands-on with individuals and assists them in developing techniques for the strengthening their chi.

Learning Materials: Students are provided with an on-line study page. Other learning materials for each class, such as books, videos, and sidelines can be purchased at the school.

Registration: No appointment is necessary. All classes must be paid in full by the first class. To inquire about early bird discounts or to visit the school call (734) 741-0695. You can also make an appointment to speak to Master Young about your concerns and special interest.

TUITION

Beginners

TCC1, 2, 3, \$215 per semester

CK (Learning Form) \$ 215 per semester

There is an opportunity each semester to use the early bird pay and receive a discount. (Some restrictions do apply)

Intermediate and Advanced Classes - Completed Form Learning FP, PH and ongoing Weapons, Application are separate classes.

1 class - \$200

2 classes - \$325

Unlimited classes for the year - \$1200 (Fall through Summer)

During the Fall, Winter, and Spring schedule Beginner TC and CK students have the potential of attending their appropriate classes per week. This means that students attend their class time of choice and they can attend the other class of that same level as well as the practice session at no extra cost. In Tai Chi, once you have completed a section (i.e. TC1) you can repeat that section at no extra cost if you are moving on to the next level. This does not apply to FP, although FP students can come to any TC1, 2, or 3 class at no extra charge.

CERTIFICATE PROGRAM

Teacher Certification - \$1200 for the year
(Form Progression free - year-round value \$800)

Instructor Certification - \$1200 for the year
(all classes free)

The Peaceful Dragon School accepts MC, VISA, AmEx, Discover, checks, Zelle, Venmo, and cash as forms of payment. Registration on line under "What we offer/Ongoing"

Refunds: Students have until the second week of class to request a refund. There will be a \$20 charge for each of the classes attended and a \$20 service charge to refund monies. It may take up to a month to receive your refund.

PRIVATE SESSION WITH MASTER YOUNG

Half Hour—\$70

1 Hour—\$125

4 One Hour Session—\$475

10 One Hour Session—\$950

