

May 2008

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Inner Strength

now

A *Blue Dragon School of Martial Arts* PUBLICATION
FULFILLING THE NEED FOR PERSONAL SAFETY & WELLNESS

A true inspiration: Charlene Brewer, 75 years young, practicing Kung Fu at the Blue Dragon School of Martial Arts.

You... An Inspiration

Over the past few weeks I was able to see my two fathers. That's right, two; my biological father who raised me and will be 71 this year, and my martial arts father, or teacher, who will be 66 this year. Quite the contrast I must say, although their ages are so close. My father has had trouble with his knees and back for years and he is to the point that he has to go down a staircase backwards, taking each step with the same foot, gradually, one step at a time. He walks slowly, slightly hunched and crooked on flat ground.

He tells me how stiff and achy he is and how tired he feels and although I've tried to help him countless times over the years, he has never followed my advice.

I said to him, "What do you think happens to your body if you sit in a couch all day and watch TV?" His answer, "I don't always sit, I usually lay down." He's always been funny, but suffering isn't fun.

My teacher on the other hand has practiced martial arts since he was a kid.

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Happy At Work?

In the U.S., 4 out of 5 people, or 84% of 6000 surveyed by Harris Interactive, said that they are not happy with their current job. Respondents said they "want to enjoy their work experience, apply their talents and feel like they're making an impact. Having fun at work was the most important attribute of a dream job for 39 percent of workers, which heavily outweighed the 12 percent who said salary was most important." says Richard Castellini, VP, Consumer Marketing at CareerBuilder.com.

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You...An Inspiration



So many ways to be inspired.

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He has always followed a regimen of a morning meditation and stretching at least a few times a day. If it wasn't for the gray hair and the years in his face, you'd never know he was any more than his 20s or 30s if you were behind him and he was walking ahead of you. He stands straight and moves smoothly with grace in his step. A lifetime of practice makes him such an inspiration.

Learning From Others

By paying attention, we can learn from the results of others, both positive and negative. If someone doesn't have the kind of life, health, and attitude you want, why would you do what they've done, act as they act, or follow their advice?

With consistent effort over time, the results are automatic. No one can guarantee longevity, but if you

take care of how you think, how you eat, and how you move I guarantee you'll be much better off than if you don't. It's quality of life that matters most, not quantity.

There Is No Easy Way

One of my favorite quotes that I believe came from the Dalai Lama says, "The easy way is the hard way; the hard way is the easy way." In other words, be lazy, and you will suffer; do what

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"I remember in a lesson you stated that I need to be more aware of what's going on around me ... On reflection, I did sense something, but ignored it."

A Letter From England

The Blue Dragon School has been on my mind of late especially after an incident where a Reiki student and I were discussing some of the basics of chi flow, and my question to her was how do you develop your "chi pump"? What ensued was both funny and interesting as she could not explain in any detail. She had bad posture and

admitted to daily tension headaches. After I showed her the Kung Fu Bar Stretching routine and used some Amma techniques on her neck, her boyfriend became a little concerned and wished to fight me! I did not give him the satisfaction.

I remember in a lesson you stated that I need to be more aware of what's going on

around me and not be totally lost in the moment (blinkered). On reflection, I did sense something, but ignored it. I now take all what I'm sensing with a little more importance without getting overwhelmed. I wish you and all the students of the Blue Dragon School the best of fortune. Best Regards,
Student, Michael Clarke

Happy At Work?



Another day, another dollar.

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Are you in your "Dream Job"? Is what you're doing these days consistent with how you saw your future self when you were younger? *Stress* is considered the root cause of 70-90% of doctor visits.

Maybe it's because most people are so busy making a living that they forget about making a life.

If you're not doing what you love to do everyday then it is very difficult to be positive on a consistent basis. Learn to love and be grateful for what you do, regardless of what it is, because it

does allow you to make your living. The only other alternative is to stop wasting your irreplaceable time and energy and find a way to do something else. It's the inner complaining and unhappiness that steals your life away.

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Q&A

Q: With so many things to practice and limited time, how do I know what to practice when I have a chance?

A: The first thing you have to consider is what are you trying to accomplish? Is it improved fitness and better health or skills for personal safety? Each person's answer is their own. For those who's main goal is improved fitness and health, I'll

cover that this month. Let's say you only have 30 minutes. First, make sure to loosen up your body everyday. Take your joints through their full range of motion at least once a day, if not more, because it is important to remember that your body will adapt to whatever demands you put on it. Your range of motion will continue to shrink if you don't use it fully. Our 13 Exercises warm-up is a great way to do this. Make it a daily habit just like brushing your teeth.

To increase stamina and overall strength, the legs are a great place to start since those are the bigger muscles which will challenge your cardiovascular system and increase circulation. Besides, the first to go as we age is the legs! That's about 20 minutes so far. Lastly, since stress is known to cause from 70-90% of doctor visits, sit quietly for at least 5 minutes every morning. Result: total health & fitness in under 30 minutes a day!

More next month!

"We must be the change we wish to see in the world"
Mahatma Gandhi

You...An Inspiration

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needs to be done, and you can better enjoy your life. This can be exercise, healthy eating, or purposely spending quality time with the people you love. What you do consistently leads to the results you get.

Inspiration or Hindrance?

Inspiration literally means "in Spirit" or "to breath life into".

Are you breathing life into those you come in contact with, or do you drain them of their energy? If you tend to have a hard time with people, often feel tense and at odds then the place to look is in the mirror. It is only *you* who you can change. Blame robs you of your power.

If you're draining others of their energy then I also guarantee

you're draining yourself. Fortunately, if when you're around people become uplifted and full of life, then surely you are also feeling that way.

Relating To Others' Suffering

Why is it that when tragedy and failure occur people suddenly want to open up and share?

They like to get together in sup-

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updates

Oi Gong (Chi Kung) and Meditation Classes For Stress Management:

Learn excellent methods believed to Lower High Blood Pressure, Slow the Aging Process, Improve Balance & Coordination, Benefit the Cardiovascular System, and Reduce the Inci-

dence of Depression, Anxiety, and other Emotional Disturbances. Relax and energize yourself. Call 201-385-3130 for our schedule and your Free Trial. There is no charge for our weekly Meditation Class.

Kung Fu & Chi Kung Demo! Come see us at the Family Festival Fund Raiser in Englewood, Sat., May 17, 2008 For details please call Suzanne at 201-385-3130.

Absolute Fitness For The Body & Mind

Our Beginner's Kung Fu classes are designed specifically for those out of shape individuals who are ready to get stronger, looser, and burn off that excess weight. Look and feel your absolute best this summer! Have fun getting in shape while learning practical self defense. Your Introductory Lesson won't cost you anything (but we guarantee it'll be jam-packed with powerful information you can use immediately.) Find out if this is the workout you've been looking for.

Take That First Step To A New You And Make The Call Now! 201-385-3130



You...An Inspiration

"Inspiration literally means, 'in Spirit' or 'to breathe life into'." Are you breathing life into those you come in contact with, or do you drain them of their energy?"

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port of the failure or suffering. Support groups are formed and people dwell in the suffering of each other. We relate better to the pain of others than to their success and happiness, even to the point of jealousy.

Sorrow Doesn't Lead To Happiness

Like begets like. Wallow in your sorrow and you're sure to feel worse. We need more

support groups that celebrate each others' joy and success. We strive to make the Blue Dragon School that kind of

place. A place to celebrate your achievements, your growth, your ability to learn and move forward above and beyond

who you used to be. A place to discover your own Truth. Then we can be sincere in life. Then we can be what the world can never have too much of...an inspiration.

"With consistent effort over time, the results are automatic."

Shifu Ahles

"Life is what happens to you while you're busy making other plans"

John Lennon

Visit us on the web at: www.BlueDragonKungFu.com

Our Philosophy

We believe that real martial arts were designed to stop the fighting, both within and without.

Not for violence, but for peace.

Not to beat down, but to build up.

Not to compete, but to work together for understanding.

Not for tournaments and trophies, but for discipline and respect.

To master the mind, by training the body.



Blue Dragon School of Martial Arts

53 S. Washington Avenue
Bergenfield, NJ 07621

66 Meditation Class—Every Thursday at 8:30pm

When I came to the Blue Dragon School I heard about the weekly meditation class and figured I would check it out. That was 3 years ago and I've been attending ever since. Having had the opportunity to listen to Shifu Ahles share his insights and experiences has not only facilitated my understanding of the practice but has altered my perspective on handling the challenges life has to offer. "Change your thinking; change your life." Funny thing is...it's actually true. I can honestly say I live a healthier and happier life as a result. I think that if more people knew what they were missing...fewer people actually would.

Laura Ahern, Oradell, age 42



Non-Students Are Welcome, Call 201-385-3130 and let us know you're coming. There is no charge.

events

Grappling Seminar: This special 10-week seminar, which began on April 1st and runs thru June 3, 2008, has been loaded with an abundance of information. The energy and enthusiasm continues every Tuesday night at 8:30pm and the class is packed. Students are able to match up with many different partners to learn the practical applications of Chinese grappling (Chin Na) with various joint locks, throws, and techniques to control an attacker and disarm weapons including knives, clubs, and guns.

Kung Fu & Chi Kung Demonstration: The Blue Dragon School of Martial Arts has been invited to demonstrate at the Family Festival Fund Raiser in Englewood, NJ scheduled for Saturday, May 17, 2008.

Ch'iang Shan Pa Kua Chang Summer Training Camp: Wednesday June 11th - Sunday, June 15th, 2008 (New record attendance from NJ—the Blue Dragon School—this year!)

Kung Fu & Chi Kung Demonstration: The Blue Dragon School of Martial Arts has been invited to demonstrate in Bergenfield on June 22, 2008. details to come.

New 5-Week Beginner Chi Kung Program in the Works look for it this Summer.

Youth Summer Camp including new Padded Weapons course! Call for details on this exciting new program!

A Surprise Is Being Planned For This Fall - To be announced in the July issue!