

QiSsage Body Systems, LLC

Best in Martial Arts and Healing Arts
"Where Self-Defense becomes Health-Defense"™

NEWSLETTER

Fall Issue, Vol. 2

www.qissagebodysystems.com

September 2005



UMDNJ RESEARCH STUDY UPDATE

MOTIVATIONAL PRESENTATION IN ROCHESTER, NY IS "SUCCESS"



Sifu Walker interacts with participants at a recent Motivational program in Rochester, NY

"Memory & Motion", the titled dubbed by The University of Medicine & Dentistry of New Jersey, Stratford for the research project that is studying memory difficulties in citizens 50 years and older, will complete its first 12 weeks early in September and begin the next segment in late September of this year.

The School of Osteopathic Medicine, Center for Aging will compile data during a two-week break that has been collected from volunteer participants who attended low impact exercise and Tai Chi classes for three months.

QiSsage Body Systems, LLC has been an active component supplying Tai Chi classes in this study. "We are eager to see what data is collected," states Sifu Walker. "We have had great participation and positive verbal response from those volunteers who participated in the weekly classes. I have enjoyed teaching these groups and look forward to continuing in the weeks ahead."

The University has decided to increase their research by including an additional group in the next 12-week period. This group will be an extension from the first 12 weeks. In this manner, the university can study the effects of tai chi over a longer period of time.

Keep your eyes open for more developments.

CRYPTOGRAM SOLUTION

The solution to our Summer 05 newsletter edition is below:

**MOVEMENT - TIME - LEGS - ADVANTAGE
- WAIST - EXTERNAL - BAI HUI**

The answer to the puzzle is: **MARTIAL**

The month of August brought Sifu Walker to Rochester, New York to deliver a motivational presentation to the local community. The workshop titled, "Achieving Success through Tai Chi" is a program developed by Sifu that utilizes the philosophy of tai chi as the foundation of a motivational tool to help people achieve success in their lives.

The presentation took place at the River Park Commons Community Center. It drew residents of all ages into a bright, naturally lit community room with large windows that provided a beautiful view of the Genesee River flowing through the Inner Loop just blocks from the center of the city.

Participants enjoyed the workshop as they actively took part in the program exercises and consistently engaged in dialogue through questions, comments and feedback during the presentation. Many participants found the program content to contain very useful materials and tools for practical use in their daily lives. As one person stated in written evaluation, "I walked in not knowing what to expect. I thought I would be participating in deep breathing & meditation but what I walked away with was so much more vital to my happiness. I was given just a taste but am longing to learn so much more. Thank you for coming and sharing your knowledge with me."

Rochester community leaders in attendance offered inspirational words regarding the program and requested that QiSsage Body Systems return before the year is out for another engagement. Sifu's parting comments included, "We will be happy to oblige as long as it's before the snow falls!"



SIFU'S MESSAGE

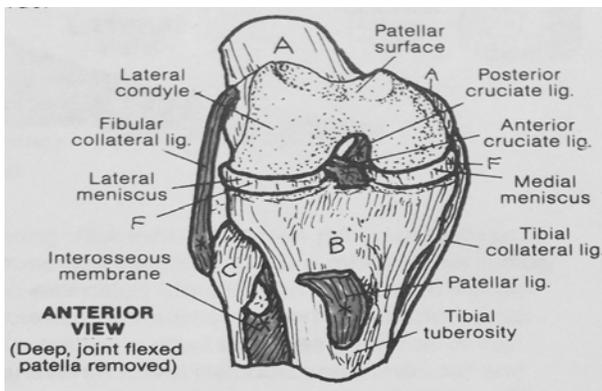
"Knee Injuries & Tai Chi" (Kneed to be more careful)

Tai Chi gains popularity daily as more people seek it for its health benefits. Its wellness benefits include relief from many illnesses, injuries, diseases and stress-related scenarios. Western medicine is accepting more eastern disciplines into wellness programs because medical research is validating its use.

So, why does it seem that knee injuries appear to be the major complaint among tai chi students? Are we missing something? Let me give you my take on this very interesting point.

In tai chi, joints are very important. Qi flows freely through unobstructed (*open*) joints. As we study postures in the Tai Chi Form, we can see the roundness created in their structure. We should pay particular notice to the legs. Any good instructor/teacher should emphasize good stances in the postures. There are some basic fundamentals that govern stances: alignment of the hip, knee and ankle, and the knee should not extend beyond the toe.

It is the student's lack of adherence to at least these two fundamentals that is the common cause of knee pain while learning the form. Tai Chi is a weight bearing activity. When a student practices the "empty stance" (one leg) postures, it is key to have alignment of the lower extremity joints and the knee in proper position relevant to the toes. Failure to do so results in total body weight bearing stressfully on the knee. Structures, such as the patella ligament, medial and lateral meniscus, fibular and tibial collateral ligaments and patellar cartilaginous create stabilization of the knee joint (*see illustration below*). The menisci are often torn by misuse of the knee joints (rotation, adduction/abduction with weight bearing).



(Illustration of the knee joint without the knee cap)

More often than not, the longer a student practices tai chi, the more they have a tendency to violate the proper knee positioning in their stances. This statement alone, gives rise to the suspicion that basics are not practiced regularly, therefore, the solution to frequent knee pain in tai chi students is to simply make basics a common denominator in their regular practice.

Let's bring to the surface one last point to ponder. When performed, Tai Chi is the epitome of anatomical correctness in motion. This art refines the crude practitioner according to the natural laws of the universe. These laws govern the universal harmony necessary to survive in concert with all occupants in our world. Based on these guidelines, Tai Chi cannot cause injury to the knees. Injury is caused when the practitioner does not understand nor practice the art accordingly.

Lastly, it is my constant reminder to students to never abandon the basic practices in this art. Sink, Open, Root, Carry the Ball, Inside/Outside Circles, Plum Circles, and Forward Walking are fundamental practices that house the secrets of the art and lead to its successful achievements in the form.

In Harmony,
Sifu Jonathan B. Walker, LPN

FIRST ANNUAL QBS SUMMER PICNIC

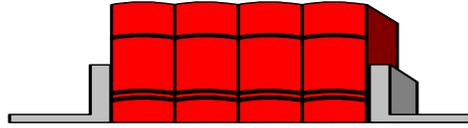


A little rain didn't damper the spirits of the students at the first Annual QBS Summer Picnic. It was held at Buttonwood Park in Eastampton, NJ where everyone in attendance had a great time!

The school's talented martial artists displayed their hidden talents at barbecue cooking, food preparations, eating (*plenty of that*), washer tossing, tennis, playground gymnastics and other assorted activities (*like LCR*). Family, friends and relatives of students discovered that the school has a social side as well as kwoon protocol and when it comes to social activities, students are as serious at play as they are at practice.

Be sure to check out our web site photo gallery for pictures of the picnic.

Martial & Healing Arts Book Review



Title: The Swimming Dragon
Author: T.K. Shih
Publisher: Station Hill Press
Copyright: 1989
ISBN #: 0-88268-063-3
List Price: \$10.95
Reviewer: Sifu Jonathan B. Walker

The Swimming Dragon is a unique qigong exercise created by a Chinese doctor, Tzu Kuo Shih. Dr. Shih is a celebrated Master of Wu, Sun and Yang styles of tai chi. He is also an accomplished calligrapher and painter in several traditional Chinese styles.

This book is a basic instruction of the Swimming Dragon, however it includes preliminary and closing exercises that nicely compliment the main exercise. Pointers, related practices and basic anatomical sketches are included to provide a nice touch for increasing comprehension of the exercise and the purpose and benefits of this easy to learn movement.

One of the highlights of this book is that once read, one can learn an exercise that only takes one minute to perform! This design by Master Shih makes this book a must-have for readers who are tired of being weighed down with exercises books laden with complicated instructions on how to maintain health.

Instructions are clear, easy to understand and accompanied with photos of the exercise which makes it very user-friendly. There is also a companion video that can be purchased.

CALENDAR OF UPCOMING EVENTS

- ✦ [FREE Introductory T'ai Chi Classes](#) -The next Free Introductory classes in 2005 will be held on Saturday, September 24th, October 22nd, & November 26th at the Burlington County Library Main Branch in Westampton, NJ. Contact the school for more specifics. You can also check with the library for sign-up dates.
- ✦ [UMDNJ Research Study](#) -The University of Medicine and Dentistry of New Jersey will be concluding its first 12 weeks of Tai Chi for Alzheimer participants. The next 12 weeks will be starting Sept. 26th and end Dec 16th. Look for upcoming coverage on findings from the first 12 weeks of this research study.
- ✦ [Chinatown Demonstration](#) - "Lily" Fei Hong Song, owner of the recently opened "Shanghai Bazaar" has requested QBS to perform a demonstration at her new store late in September this year. More to come.
- ✦ [School Awards Banquet](#) - The school will hold its annual Awards Banquet on December 10, 2005. Unlike past years, this year's banquet will be for the entire school population. We are projecting the location to be in Delran, NJ at the International Chinese/Japanese Buffet. Time has yet to be determined. More information will be forthcoming at a later date.
- ✦ [Action Martial Arts Hall Of Fame 2006](#) - It's that time again! January 6-7, 2006 at the Tropicana Casino & Resort Hotel in Atlantic City, NJ. Get ready to sign up for the Gala Banquet. See article in this edition.

QISSAGE BODY SYSTEMS

Philosophy

We believe that all people should have access to health care services that will offer not only physical but also mental and spiritual growth and development.

We further believe that the integrated knowledge of Eastern health philosophy and Western health technology produces a simplistic yet optimal health care system that directly affects the quality of life in a positive manner for the benefit of a healthier lifestyle.

Mission Statement

QiSage Body Systems exists for the sole purpose of providing the availability of an affordable, beneficial and simplistic health care system that produces a profound mentally, physically and spiritually, healthy lifestyle through personal growth and development.

This task is accomplished by offering:

- ☉ *a network of services that are conducive to instilling those learned skills, which when practiced regularly affect our lives in a positive manner, thus producing those effects that enlighten and enrich our lives and;*
- ☉ *a referral system that interlinks with those agencies, institutions, and/or services that are in harmony with the philosophy of QiSage Body Systems.*

A Pinch of Wisdom

You can never arrive at your final destination without taking the first step!

Did You Know...

*A life of receiving is poor;
A life of giving is rich.*

SCHOOL UPDATE

This column is intended to keep the student abreast of the latest developments in the school. Most of you are not fully aware of the presence of the total class population merely because we service multiple locations. Since some of the smaller sites have fewer students, they sometimes feel that the school is small and contained only within the walls of their location. Through this column, we hope to bring the full student population into view.

Our present roster has more than 100 students enrolled. Our largest site is the Willingboro location that services the senior community. Here, we focus on combating issues of the aging process. Our main focus is to decrease the number of incidents of falls in seniors. A fall that produces a hip fracture in the senior years can be devastating to the overall health and quality of life. It can even lead to death. Therefore, on a weekly basis, we combat these issues by improving stability, strengthening the legs, improving balance and like scenarios that will assist seniors in maintaining a high quality of life.

The majority of our locations provide Tai Chi as a health care alternative. Our Healthways classes are a mixed bag of students. Here you will find both seniors and younger adult students. Our focus in these classes is general health concerns. They can range from merely improving general health to specific health care scenarios. A typical session will be pointed to a single theme that the class will focus upon during their workout. The choreography is a proving ground in these classes in which the student attempts to connect an announced theme for the class session on a physical, mental or spiritual plane.

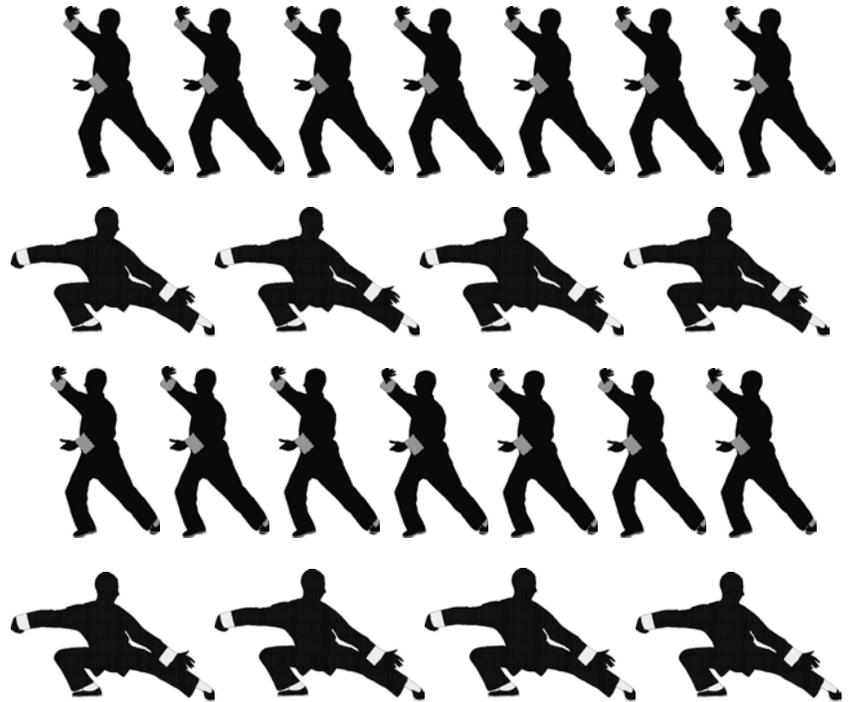
However, we also teach Tai Chi as a martial art. This program produces the student who literally acquires both the Yin & Yang side of the art. Minds, Bodies and Spirits are chiseled into high quality martial artists who take their art to the Ultimate level. There are fewer students in these classes, however, they are dedicated to learning from this art. From this class, we always keep an eye out for the articulate student who has the potential to become a role model and future teacher of the arts.

In all classes, we attempt to keep in focus the goal for anyone who studies and practices Tai Chi. This art houses many benefits for its practitioners, but often the practitioner loses sight when they become choreography oriented. Contrary to popular opinion, the choreography is not the goal. It is only a proving ground or tool that avails

itself to the practitioner for the purpose of demonstrating what is taught and learned about the philosophy.

Hopefully, you can begin to realize that QiSsage Body Systems, Three Mountains Schools is much greater than any single location and because of the total of its parts, it is the whole that constitutes the entity.

Next time anyone asks you about your school, make sure you give them the big picture.



HURRICANE KATRINA... WHAT CAN YOU DO TO HELP?



In the midst of your very busy day, remember to use your Tai Chi to maintain awareness of what's happening outside your personal world as well as inside it. Reflect on your good fortune and seize this opportunity to create more harmony in our world. We all have an obligation as martial artists to help our fellow man. Take a moment and think how you can apply your art in helping those who need it most. People need people. What can you do to help?

The word is out!



Tai Chi is a Martial Art!

“ FALL SPECIAL ”

*Join our school and
learn how to use Tai Chi as a style
of self-defense in the martial arts system.*

THE FIRST CLASS IS ON US!

PRINT OUT THIS PAGE AND CLIP THE COUPON BELOW
TO GET A **FREE** INTRODUCTORY **CLASS!**

**QiSsage Body
Systems, LLC**

“Three Mountains School of Taiji Quan”
Burlington County, New Jersey USA

Taiji Quan

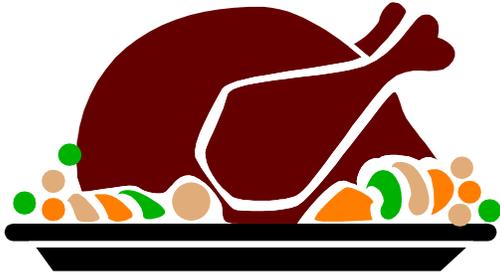
“Wu Xing Chuan Tao ”
(Way of the Invisible Fist)

FREE CLASS (OR) FREE MONTH

*******BONUS*******

If the coupon is printed in color, you get the first month FREE!
Contact the school for info: sifuwalker@aol.com or call (609) 518-9399

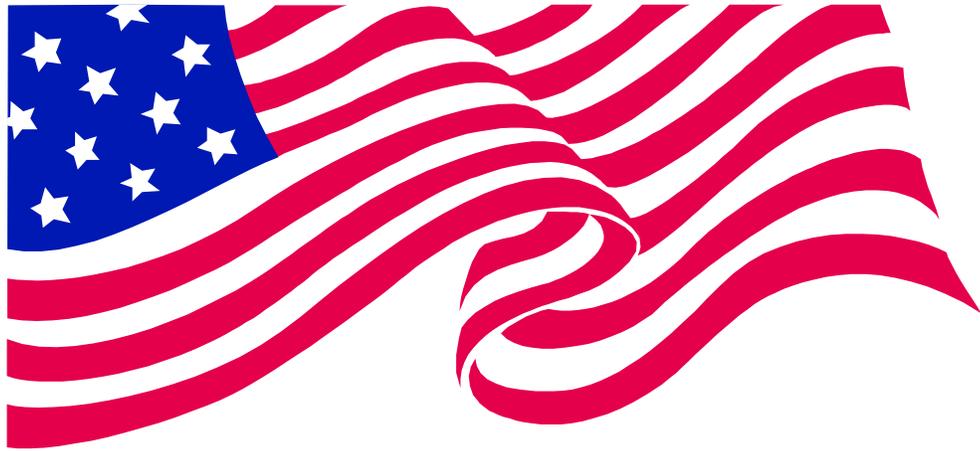
Labor Day



THANKSGIVING DAY



HALLOWEEN



VETERANS DAY

Columbus Day

KATRINA DISASTER



THANK YOU!

I WOULD LIKE TO TAKE THIS OPPORTUNITY ON BEHALF OF MY FAMILY TO PERSONAL THANK ALL OF THE QISSAGE BODY SYSTEMS, LLC STUDENTS WHO CONTRIBUTED TO OUR FAMILY MEMBERS WHO WERE AND CONTINUE TO BE AFFECTED BY THE RECENT KATRINA DISASTER IN NEW ORLEANS, LOUISIANA.

YOUR PERSONAL CONTRIBUTIONS WILL AFFECT THE LIVES OF OUR FAMILY MEMBERS IN MORE POSITIVE WAYS THAN YOU CAN IMAGINE. WE THANK GOD FOR PEOPLE LIKE YOU.

*Sifu Jonathan B. Walker, LPN,
CEO*

QiSsage Body Systems. LLC

ACTION MARTIAL ARTS HALL OF FAME 2006

"The Academy Awards" of the Martial Arts is back!



ALL STUDENTS OF QISSAGE BODY SYSTEMS, LLC, THREE MOUNTAINS SCHOOLS ARE CORDIALLY INVITED TO ATTEND THIS GALA, BLACK TIE, FORMAL AFFAIR AND WITNESS THE REINDUCTION OF SIFU JON WALKER AS A

***"GOODWILL AMBASSADOR
TO THE MARTIAL ARTS"***

IF YOU ARE INTERESTED IN ATTENDING *THIS "BY INVITATION ONLY"* AFFAIR, PLEASE CONTACT THE SCHOOL. DEADLINE FOR SIGN-UP AND REMITTANCE IS:

OCTOBER 24, 2005

DINNER SELECTIONS: (choose one)

****Grilled Rib Eye Steak -***

****Breast of Chicken w/Bay Shrimp -***

****Pasta Primavera***

DINNER COST: \$110.00 per person

(includes VIP Pass to Expo/Trade Show, Free Seminars, Free Raffle Ticket & Free Door Prize)

For more information, contact Sifu Walker at: (609) 518-9399

-----SEE NEXT PAGE-----

ACTION MARTIAL ARTS MAGAZINE'S
Hall of Fame & Spirit Awards Banquet 2006
Mega Martial Arts Weekend
January 6-7, 2006

Being called the "Academy Awards of Martial Arts," for the 5th year in a row, we were sold out. Our Expo/Trade Show was an exciting idea with over 7,200 martial artists attending, enjoying more stars and martial art personalities than the year before. After this year's event, the wheels of progress started right away. What could we do to improve - "Expand?"

FRIDAY, 12:00 p.m.-5:00 p.m. And SATURDAY, 9:00 a.m.-4:00 p.m.
Tropicana Hotel Convention Hall

Action Martial Arts Magazines International Expo/Trade Show (free to all banquet guests)

- ▶ With up to 75 supply, manufacturer, information & organization booths.
- ▶ Free seminars by dozens of some of the world's foremost experts in the martial arts.
- ▶ Dozens of stage shows, demos and guest speakers, Plus much, much more.

SATURDAY, 6:30 p.m. - 10:30 p.m. Main Ballroom
SATURDAY, 10:30 p.m. - 12 Midnight (after awards) Oldies Dance & Show

Action Martial Arts Magazines Hall of Fame & Spirit Awards Banquet 2006

- ▶ World's Largest & Most Elite Hall of Fame (Black Tie for Inductees)
- ▶ Dinner, Awards, Entertainment and Music

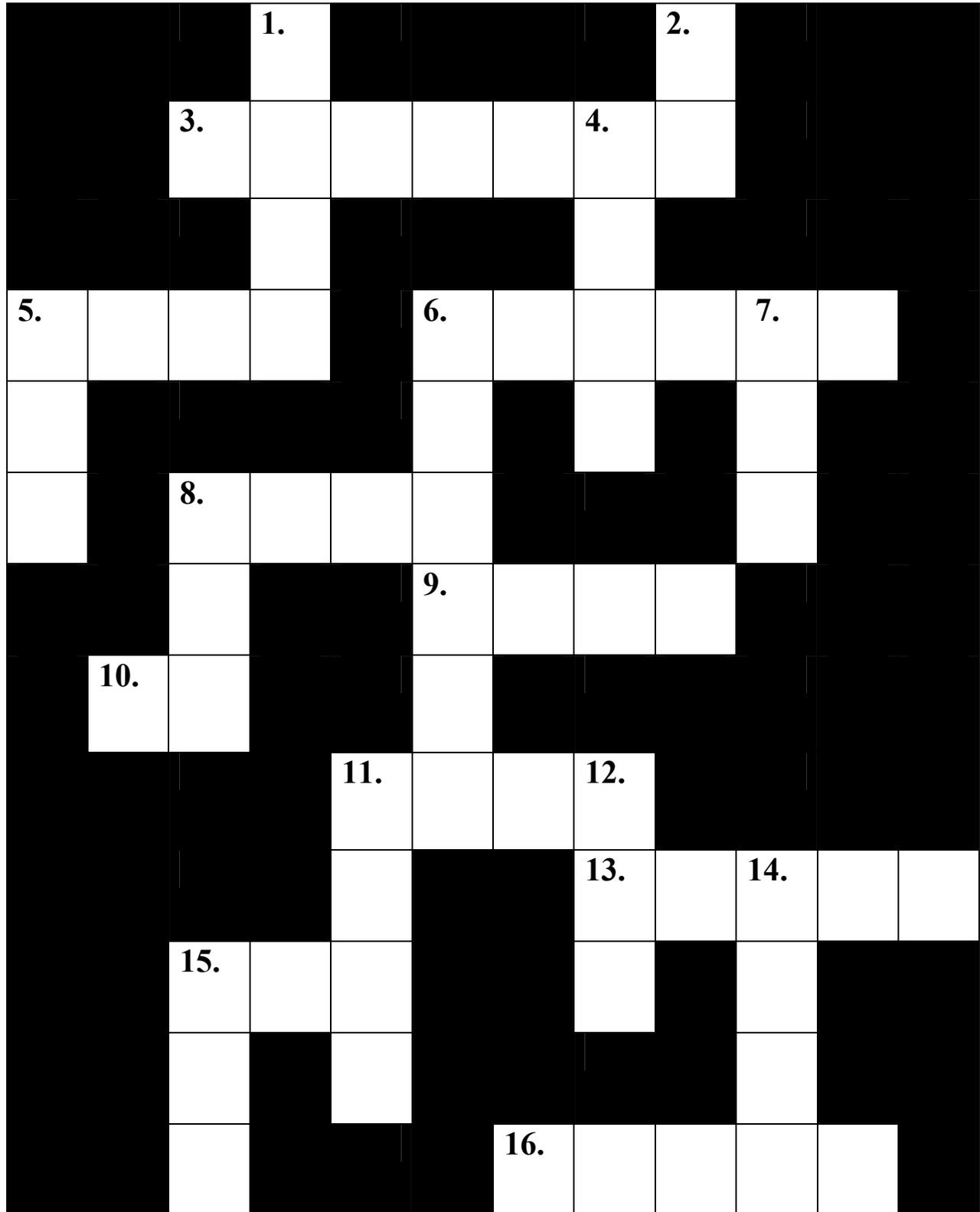
All guests and inductees receive Free entrance to 2 days at the Expo/Trade Show, Free Seminars, dinner at Hall of Fame Banquet, Free memorabilia gifts and a lifetime of memories

Scheduled Events & Invited Stars for this years event

Special guest for this year are: James Lew, Bill Wallace, Joe Piscopo, Phil Morris, Bob Wall, Don Wilson, Cynthia Rothrock, Eric Lee, Dan Severn, Christine Banon Rodrigues, Karen Shepard, Chuck Zito, Frank Shamrock, Cary Tagawa, Richard Norton, Kathy Long, Stephen Hayes, Lewis and more.

Seminars by: CaneMaster Mark Shuey, Grm John Pelligrini, Grm Gary Alexander, Grm Kimo Ferrera, Soke Koshiro Tanaka, Tom Peteri (CDT), Soke Papasan Canty, Shihan M. De Pasquale, Jr., Rick Tucci, Stephen Hayes, Kathy Long, Bill Wallace, Don Wilson, Gary Wasnaski, plus many more. (all names are subject to change due to scheduling)

QiSsage Body Systems, LLC
Three Mountains Schools
CROSSWORD #2



QiSsage Body Systems, LLC
Three Mountains Schools

CROSSWORD #2
Clues

This edition's crossword puzzle is a short-short, but that doesn't necessarily mean that it is an easy puzzle. It is designed especially for our new readers as well as our new tai chi students/players. Have fun!

ACROSS

3. From the lineage of Tai Chi Chuan
5. Immediately!
6. It preceded Tai Chi in the USA
8. One style of Tai Chi
9. "Work" in Chinese
10. Chinese for "energy"
11. A wrestling martial art
13. All power comes from here
15. In the beginning, there was nothing
16. Posture for Wu Chi

DOWN

1. Opposite of this
2. Chinese for "stance"
4. One of the natural elements
5. Style of Tai Chi
6. Everybody was _____ fighting!
7. _____ Chi
8. Same as #10 Across
11. Purified Qi
12. The Hui Yin is the way _____
14. Where gravity goes
15. _____ I Can!

- Be sure to get the solution to this puzzle in next month's edition of the QBS Newsletter.



Tai Chi Players
Do It With Root!