



TM

QiSsage Body Systems, LLC

Best In Martial Arts & Healing Arts

"Where Self-Defense Becomes Health-Defense"™

NEWSLETTER

Fall Issue, Vol. 3

www.qissagebodysystems.com

September 2006



ARTHRITIS FOUNDATION PROGRAMS OFFERED AT QBS, LLC



Sifu Jonathan B. Walker, LPN leads the Memory & Motion participants (left to right), Jean Kenly, Alice Esposito, Joe Angelastro, Barbara Kelly, Gail Treger, Rosalie Dear, Norma Goldberg & Mary Notoro, in Tai Chi.

NJISA SEEKING GRANT FOR CONTINUATION OF STUDY

The Memory & Motion study was an internally funded pilot intervention program examining the effects that tai chi and low impact exercise has on psychological well-being and both cognitive and physical functioning in older adults.

Study inclusion criteria were: (1) individuals had to be at least 50 years old and (2) have a note from a physician stating that he/she was physically fit to participate in a low to moderate intensity exercise program. In response to local advertising, 84 individuals consented to be participants.

Some preliminary results were published in the Spring Issue, Volume 3 of QBS, LLC Newsletter.

Results from this pilot study have led to the submission of a grant to the NIH to continue work on this important topic. Currently, the research team is analyzing data from the second phase of the study, preparing articles for publication and submitting abstracts to the American Osteopathic Association and Geriogeriatrics Society of America.

QBS, LLC has entered into a collaborative agreement with the Arthritis Foundation, New Jersey Chapter to offer two of its programs to the community at large.

Sifu Jonathan B. Walker, LPN has been certified by the foundation to conduct classes in the "Arthritis Foundation Exercise Program" and in the "Tai Chi from the Arthritis Foundation" program.

"These are two of several programs that the Arthritis Foundation has that I feel we can help deliver to the community to help people who are living with arthritis," commented Sifu Walker. "We know that movement (especially some form of exercise) is a key factor in addressing this health concern, he continued. Walker also stated, "Our organization's main focus is improvement of the quality of life. We address this concern through our alternative/complimentary health care services. We see our union with the Arthritis Foundation as a way of sharing the responsibility for helping people."

The Arthritis Foundation programs address many other related diseases/disorders such as Rheumatoid Arthritis, Osteoarthritis, Osteoporosis, Fibromyalgia, Ankylosing Spondylitis, Bursitis/Tendinitis, Degenerative Joint Disease, Gout, Polymyositis, Psoriatic Arthritis, Raynaud's phenomenon, Scleroderma and Lupus.

The Arthritis Foundation has programs running with other organizations like QBS in Atlantic, Bergen, Camden, Cumberland, Essex, Gloucester, Hudson, Hunterdon, Mercer, Middlesex, Monmouth, Morris, Ocean, Passaic, Salem, Somerset, Sussex, Union and Warren Counties.

If you know someone who would benefit from these programs, please contact QBS, LLC at (609) 518-9399.

FIVE ELEMENT THEORY

In this issue, we will continue with the study of the Five Element Theory. Be sure to have the previous issue on hand to use a reference.

In addition to representing forces of the natural world, the five elements provide guiding principles for physiology, pathology, diagnosis and therapy in traditional Chinese medicine.

The internal organs of the human body are divided into Yin and Yang organs. There are five Yin (solid) organs and six (hollow) Yang organs. Each yin and yang organ is identified with one of the elements.

The Heart (Yin) and the Small Intestines (Yang) are associated with Fire. The Spleen (Yin) and the Stomach (Yang) are associated with Earth. The Lungs (Yin) and the Large Intestines (Yang) are associated with Metal. The Kidneys (Yin) and the Urinary Bladder (Yang) are associated with Water. The Liver (Yin) and the Gallbladder (Yang) are associated with Wood.

The five-element medical model stresses interrelationships among the internal organs. Using the principles of mutuality, Traditional Chinese Medicine (TCM) explains that either excess or deficiency in one organ may affect another organ. Therefore, a problem with one organ may be cured by the treatment of one or more related organs.

As a system of health, Tai Chi Chuan uses not only Yin-Yang principles but also the Five-Element Theory. Each of the fundamental movements in Tai Chi Chuan represents one of the five elements.

A Step Forward is identified with Metal. A Step Backward with Wood; Looking Left with Water; Looking Right with Fire; and Central Equilibrium with Earth. The combination of the Five Elements and the Eight Trigrams creates the foundation of the *13 Original Postures* in Tai Chi otherwise known as *“The Eight Gates and Five Steps Discourse.”*

Therefore, in addition to developing a healthy Yin-Yang relationship between mental activity and physical movement, Tai Chi Chuan is designed to balance the internal organs and promote harmony in the entire body. Maintaining a dynamically balanced system preserves health by preventing illness and improves the quality as well as the length of life. Hopefully, this article has given you some insight by which you may better understand more about our Tai Chi Chuan training. Additionally, you should have gained a little perspective into Traditional Chinese Medicine.

THE EIGHT TRIGRAMS

The Trigrams are a graphic means to represent each of the categories of the taiji system. Three layers of the yin/yang symbols are used in representation. These symbols are called Trigrams (*see figure 1 on page 5*). They are used to classify all of the phenomena of the universe into eight categories. The taiji system can be widely applied and is not limited to the analysis of one particular object or event.

There are two circular methods of arrangement of the eight trigram categories. They are *“Xiantian Eight Trigrams”* and *“Houtian Eight Trigrams.”*

The Xiantian Eight Trigrams was created by Emperor Fuxi (*the first ruler in Chinese history*) who applied the eight trigrams to the taiji diagram in order to demonstrate how yin and yang interact with one another. Xiantian means, “the stage before the universe is created” (*see figure 2a on page 6*).

The Houtian Eight Trigrams was drawn by Zhouwenwang (*founder of the Zhou Dynasty*) and is based on the *YiJing*. It states, *“The ruler comes forth in Chen to start his creation. He completes everything in Sun. He manifests things to see one another in Li and causes them to serve each other in Kun. He rejoices in Tui and battles in Chien. He is comforted and takes rest in Kan and finishes his work of the year in Ken.”* This sequence is used to explain the principle of the motion of the universe and was the basis for the development of the Chinese calendar (*see figure 2b on page 6*).

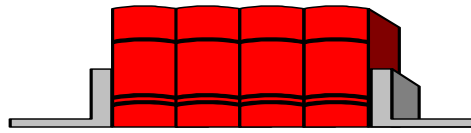
The *YiJing (I Ching)* tells of the formation of the eight trigrams (*bagua*). According to the Dazhuan, in the system of the *YiJing*, there is the Grand Terminus or taiji, which generated two forms (*liangyi*). Those two forms generated four symbols (*sixiang*). Those four symbols divided further to generate the eight trigrams (*see figure 3 on page 7*).

Tai Chi Chuan has eight basic postures that are symbolized by the eight trigrams. Ward-Off is symbolized by Chien; Roll-Back by Kun; Press by Kan; Push by Li; Pull-Down by Sun; Split by Chen; Elbow by Tui; and Shoulder Strike by Ken.

The theory of Tai Chi Chuan contains the original explanation of the Eight Gates.

In the next issue, we will continue our discussion by examining “The Eight Gates” or *Pa-Men*.

Martial & Healing Arts Book Review



Title: The Tao of Inner Peace
Author: Diane Dreher
Publisher: Penguin Group (PLUME)
Copyright: 2000
ISBN #: 0-452-28199-7
Price: \$14.00
Reviewer: Virginia Hubschman-Cox

“Nature is a living system, so sacred that those who use it profanely will surely lose it: And to lose nature is to lose ourselves.”

(Tao Te Ching 29)

“Something infinite, older than heaven and earth, silent, solitary and vast; eternal, unchanging, yet ever evolving throughout ten thousand things. Not knowing its name, I call it Tao. A mystery beyond words, I call it great.”

(Tao Te Ching 25)

“Why did the ancients cherish the Tao? Because through it we may find a world of peace, leaving behind a world of cares, and hold the greatest treasure under heaven.”

(Tao Te Ching 62)

Diane Dreher's *The Tao of Inner Peace* explores the visions of *The Tao Te Ching*, which illustrates that it is a lifelong process of discovering inner peace. She uses her adaptation of the basic Tao principles to integrate ways to create balanced and harmonious lives.

Dreher guides the reader from beginning to end using wisdom of the Tao and conveys techniques to achieve greater joy and peace in our daily experiences. Teachings of the Tao are interwoven throughout with simplicity.

By using techniques of meditation and reflection, Dreher opens the door of understanding and illumination.

The book is well written, easy to understand and apply to daily living, yet complex in principles. This is an excellent book worth reading and adding to your library if you are on a quest for inner peace.

CURRENT EVENTS

- ⚡ [FREE Introductory Tai Chi Classes](#)– The next Free Introductory classes will be held on September 23rd of 2006 at the Burlington County Library's Main Branch in Westampton, NJ. Contact the school for more specifics. You can also sign up for these classes at the library.
- ⚡ [OBS School Picnic](#) – September 9, 2006 at Buttonwood Park in Eastampton, NJ. This is our second annual school picnic. Enjoy!
- ⚡ [QiGong Extraordinaire Weekend](#) – September 15-17, 2006 at the Master Jou Tsung Hwa Tai Chi Memorial Park in Wantage, NJ
- ⚡ [Black Sash Graduation](#) – Sijo Leon Trescott, El Bey's Kung Fu/Taiji Academy will hold its graduation exercises on September 13, 2006 in Hamilton, NJ. Sifu Walker will receive an honor at this event.
- ⚡ [OBS School Awards Banquet](#) – December 9, 2006 will be the day for recognizing those students who have excelled this year. Look for more in the next issue.

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 System 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:

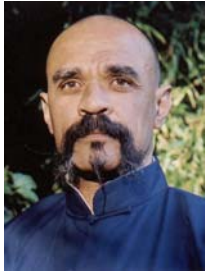
- ☉ *a network of services that are conducive to instilling those learned skills, which when practiced regularly affect our lives in a positive manner, thus producing those effects that enlighten and enrich our lives and;*
- ☉ *a referral system that interlinks with those agencies, institutions, and/or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

A Pinch of Wisdom

In order to learn how to move, you must first learn how to be still!

Did You Know...

...everyone gets the same twenty-four hours in a day – the difference is how you use it



Sifu's

Message

“Shen “
(The Spirit)

Shen, the Spirit, is something that we sometimes discuss in the school. This issue's message is just what the doctor ordered for our school and each and every student.

Spirit is sometimes lacking in its impact among us. It is the “thread” in our school that unites each of us as one. It is a common bond that we share with one another to help each other understand the “family” community that we create under the title of Tai Chi players and martial artists.

This is a powerful component that enables us to share with our classmates the enthusiasm, strength and courage to achieve our greatest potential by supporting one another in all endeavors. It is a sense of community where each of us is an essential part of the whole and without the each other the whole does not exist.

The Shen can be practiced and demonstrated through many venues. It begins in the kwoon where we make it an integral component of our training. Through practice, we learn how raising the Shen affects our performance of the form and gives us a new perspective by which to promote internal growth.

Shen is that part of us that gives us belief in ourselves, who we are, what we are, what we do, how we do it and especially why we do what we do in this life. It is the binding that links us to the truth in our lives.

Be sure that when you train your art that you also train your spirit. Raise the Shen and limitations are few!

BETTER EATING FOR BETTER LIVING

Please share a favorite “healthy” recipe with us! Let us know if it is an original or from a cookbook. If you have a story about the recipe, send it along, too.

STUDENT'S CORNER

This section is reserved especially for the students' comments, questions and feedback. Most articles are printed verbatim. Editing is limited in order to express each person's concerns in their own words.

Tai Chi Web Sites

There are a great number of Tai Chi/Taiji sites on the internet. Here is one that I found to be interesting:

www.chebucto.ns.ca/Philosophy/Taichi. As its address indicates, this is a Nova Scotia site. It provides brief answers to searches like, “What is Tai Chi?”, The Styles of Tai Chi, The History of Tai Chi, The Yang Style of Tai Chi, Taoism: The Philosophy of Tai Chi, The Tai Chi Exercise Forms, Getting Involved,” and so forth. The history section includes charts of the lineage of Tai Chi by showing how forms came down to us through certain individuals. It speaks of the ancient origins of Tai Chi, its use of yin and yang from Taoism, credits those with creating the fundamental postures, stresses the internal aspects of the exercises and provides links to other sources of information.

There are a wealth of sections to this site and many links to other sites.

John Bornholdt

Tai Chi Benefits

Recently, I have experienced two incidents, which reinforced for me the benefits I am receiving from the practice of Tai Chi.

The first occurred in early spring when I began preparing my garden for the season. After clearing a large area of weeds, I realized how much stronger my legs were feeling while I was working. I also had no muscle aches the following day.

The second incident was several weeks ago when I climbed the hill in Mill Creek Park with my 5-year-old granddaughter. When we started our descent, I could feel my Tai Chi taking over. My knees went into the sink position and I could actually feel my strengthened thighs taking over and bearing the weight of my body. It was an “aha” moment.

Rose Carter

Still Going Strong!

I had a stroke in 1990 --- 16 years ago. I didn't think I could do Tai Chi because I am paralyzed on my right side. However, you encouraged me to give it a try – so I did.

That was 5 years ago and I'm still at it. Taking Tai Chi has made me stronger and I can do things I never could do before. I look forward to your class each week.

Thank you for encouraging me to step outside of my comfort zone to try something different.

Mathew Williams

Exercising to Music

If you purchase Michael Bolton's latest CD, “Bolton Swings Sinatra,” you will be “hip.” Please continue reading.

Michael is not trying to sound like Frank. The arrangements are wonderful for dancing around the house with your partner, alone or you can simply away or lie on the couch and move any parts that you are able to. You can even conduct an orchestra or do the hula with our arms and hands. You might just be able to sing along. We all know the words to at least some of Frank Sinatra's songs. You will at least tap your toes to the music. I find myself creating my own exercises – moving in all directions.

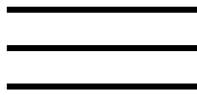
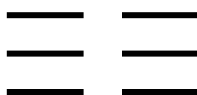


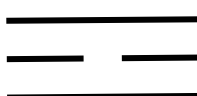
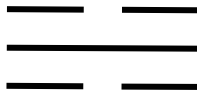
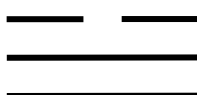
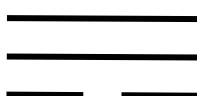
If this isn't your style of music, I understand. Michael also sings opera. That CD will be my next purchase. Who knows what exercises you might be able to do to it?

If you would rather have Sinatra's music, his CD entitled, “Greatest Love Songs,” is excellent for exercising. It is a little slower.

Happy exercising – have fun with it!

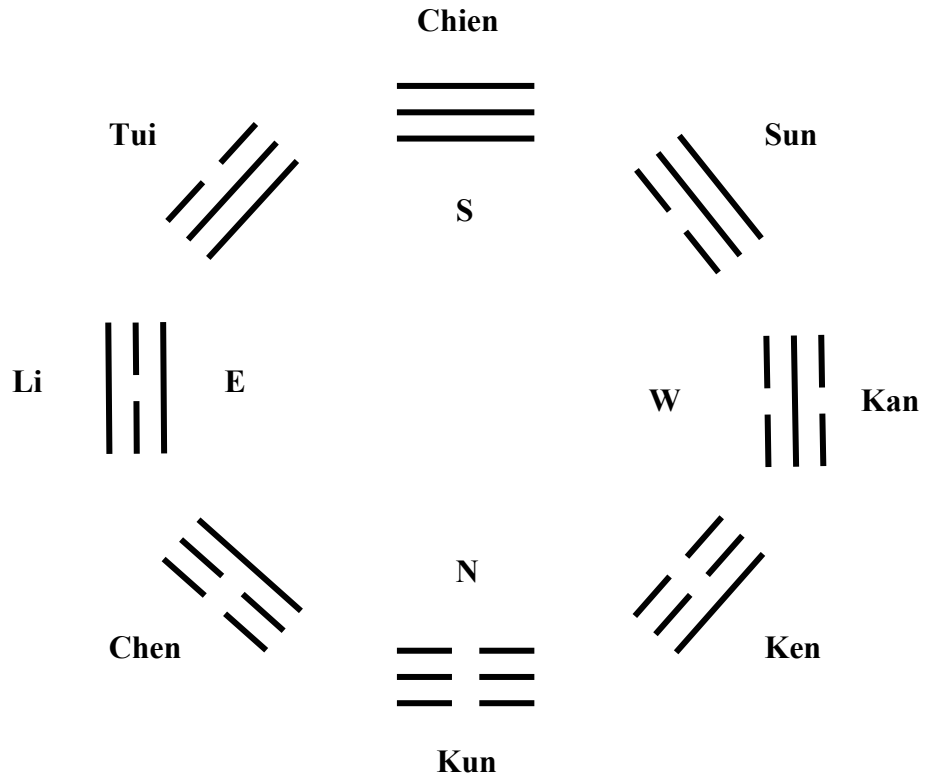
Eleanor Hessler

(Figure 1)
The Trigrams

Chien		Three Continuous
Kun		Six Broken
Chen		Upwards Cup
Ken		Overturned Bowl
Li		Empty Middle
Kan		Full Middle
Tui		Deficient Top
Sun		Broken Bottom

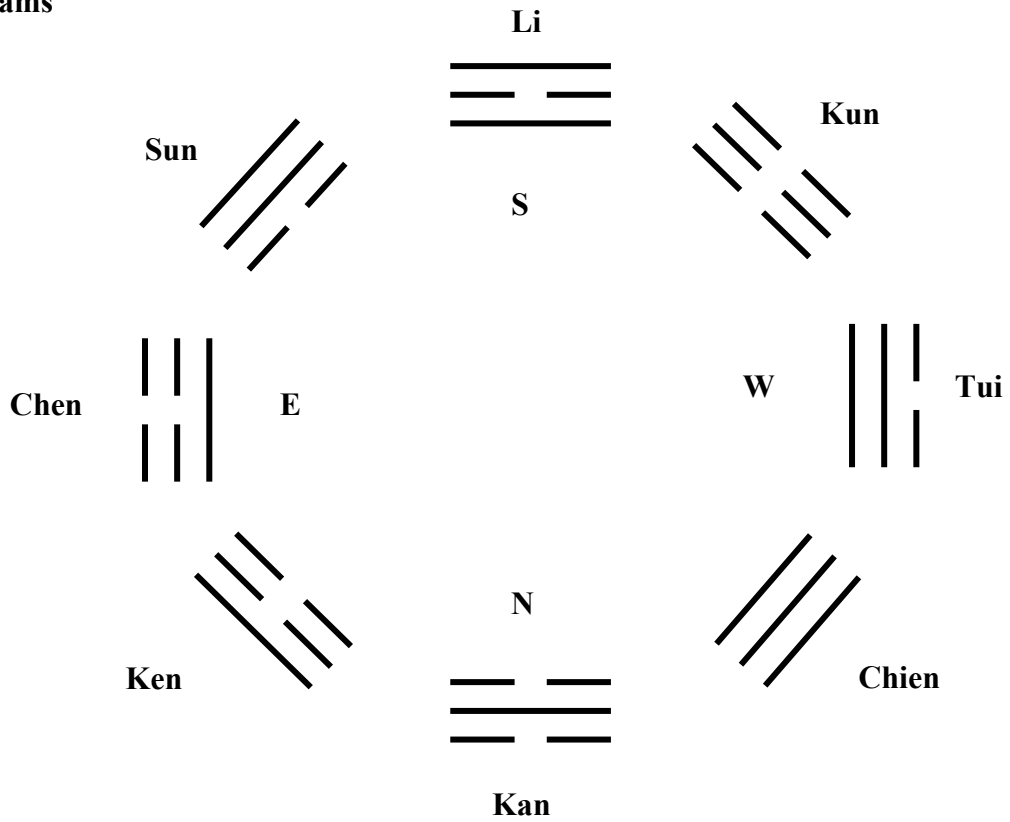
(Figure 2a)

Xiantian Eight Trigrams



(Figure 2b)

Houtian Eight Trigrams



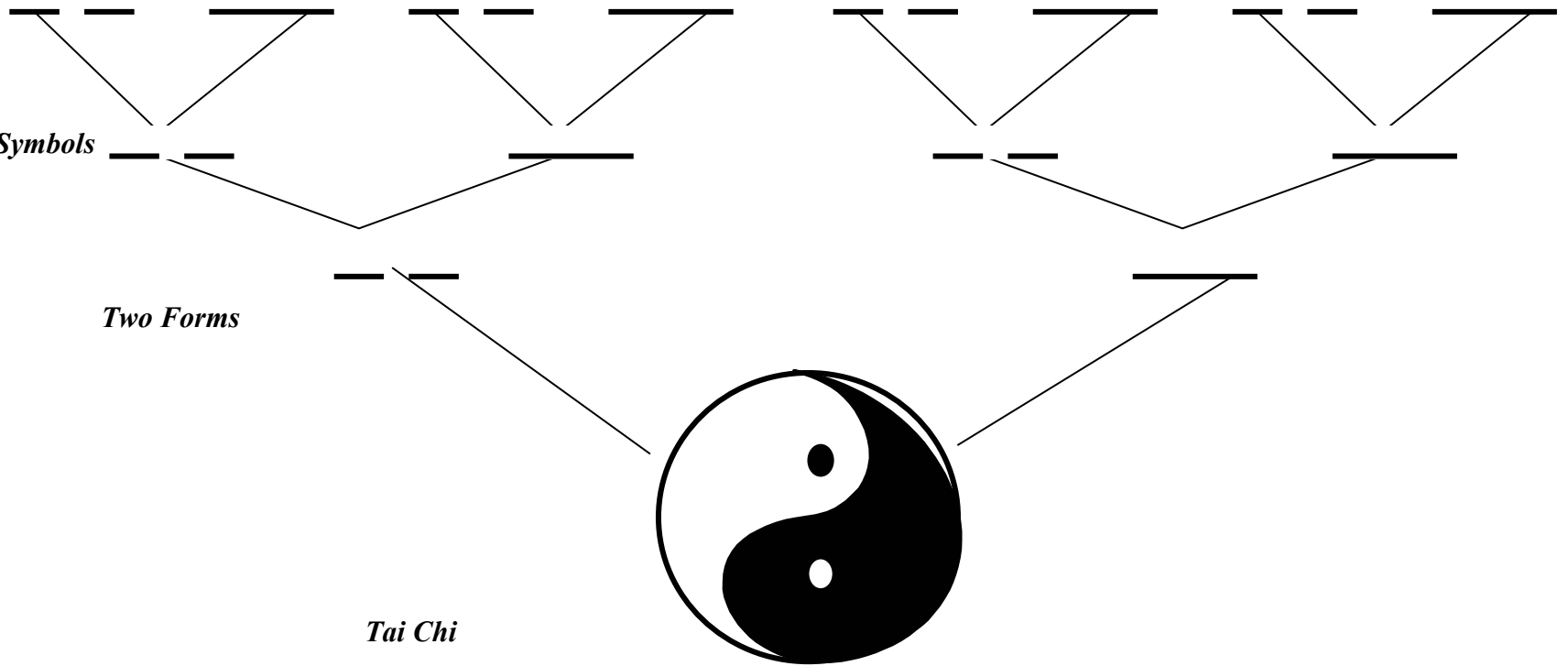
(Figure 3)
Formation of the Eight Trigrams

Eight Trigrams

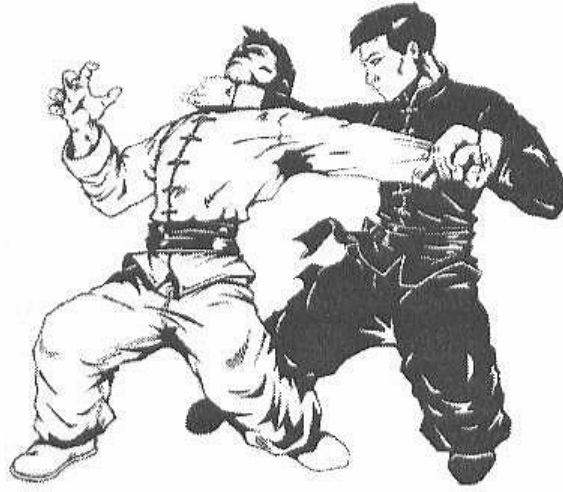
Four Symbols

Two Forms

Tai Chi



Tai chi



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To Get Your Training Started Today, contact:

Sifu Jonathan B. Walker
Yangqichen@aol.com
(609) 518-9399

QISSAGE BODY SYSTEMS, LLC

presents:

1ST ANNUAL QIGONG EXTRAORDINAIRE WEEKEND WORKSHOP

September 15, 16, & 17, 2006
Master Jou Tsung Hwa Tai Chi Memorial Park
Wantage, NJ

Sifu Jonathan B. Walker announces the 1ST Annual Qigong Workshop to be presented on September 15, 16 & 17, 2006 at the beautiful re-creation of the 'Tai Chi Farm' now located in the Skyland region of New Jersey. Known as the "Master Jou Tsung Hwa Tai Chi Memorial Park", it is located in Wantage, NJ just minutes from High Point State Park, NJ. This is an ideal location for practicing qigong in natural outdoor settings.

Sifu Walker has been a practitioner of the medical style qigong, "*Ching Loong San Dian Xue Mi Gong Fa*" since 1996. 5th Generation Lineage Holder, Master FaXiang Hou, brought this style of qigong to the United States in 1991. Its principles have roots in both Tibetan Buddhism and Taoism.

Sifu Walker has been a nurse and martial artist for over 25 years. He is an experienced teacher and workshop facilitator with more than 15 years in Tai Chi and 10 years in QiGong. His work in these fields has been recognized by the World Karate Union, Action Martial Arts, World Martial Arts League and the London International Halls of Fame. His unique teaching style uses extraordinary yet simplistic methods that make learning complex information easy and user-friendly in very little learning time. His practical approach to teaching provides a clear and concise understanding of the material for beginners as well as seasoned practitioners.

The weekend will begin with a preliminary education provided in simplistic "*Esoteric Anatomy & Physiology*." The focus of the weekend will be intent on learning and establishing "*The Foundation*" in basic practices that cultivate qi in the human body. "*Special Qigong*" practices that circulate and store qi will be highlighted for "*Building On the Foundation*" that is established.

The weekend will end with a special "*Open-Workout*" period for participants to actually have time to practice these new learned skills under the supervision of expert guidance. This is a feature of the weekend that will solidify the instructions that were past on during the individual sessions.

COST & REGISTRATION:

Pre-registration (before Sept 7, 2006) \$125.00
(A Syllabus will be included)
At the Door (after Sept 7, 2006) \$175.00
(A syllabus can be ordered at additional cost)

REMITTANCE:

Make Checks and Money Orders payable to:
"QiSsage Body Systems, LLC"
Remit payment to:
QiSsage Body Systems, LLC
3 Warwick Road
Eastampton, New Jersey 08060

ADDITIONAL INFORMATION:

http://www.qissagebodysystems.com/QiGong_Extraordinaire.pdf



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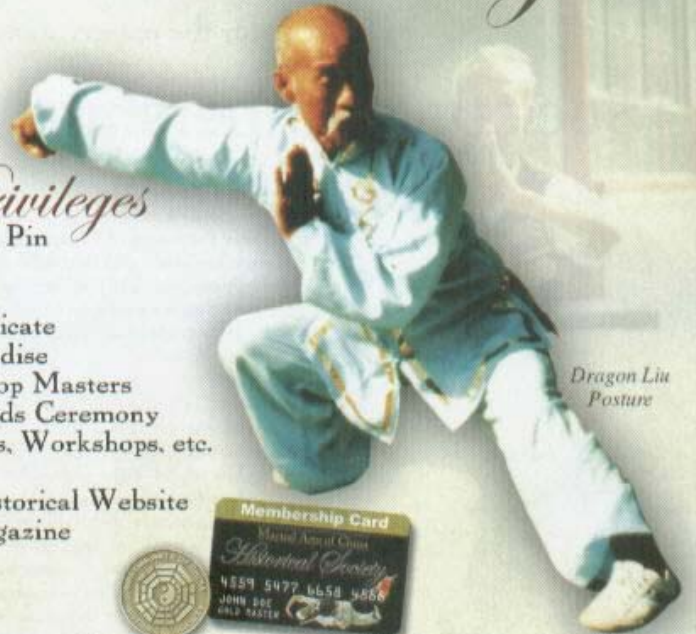
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Chief Coach of the Shaolin Training Center
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**MARTIAL ARTS
OF CHINA MAGAZINE**
The Historical Society was
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Arts of China Magazine in Beijing,
China, in conjunction with China
Sports Magazine, an organization
of the China State Physical Culture
and Sports Commission.

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Dragon Liu
Posture

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Signature Required _____ Date _____
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If more space is needed, print your martial arts and qigong experience on a separate sheet
Past Style(s) _____
Current Style(s) _____
Total Years _____ Instructor Name _____
Current Rank _____
Are you currently: (check one) _____ Student _____ Teacher _____ Master
Your School Name/ Address / Phone _____

All applicants are screened accordingly.
Applicant must provide proof of his/her certification with this application.
The Association reserves the right to refuse membership without explanation.

P.O. Box 11 Cary, IL 60013 1-800-975-6244
info@mahistoricalsociety.com • www.mahistoricalsociety.com

QBS PUZZLE

MATHEMATICS: THE UNIVERSAL LANGUAGE

SOLUTION

4	x	3	+	9	21
+		-		+	
5	x	8	-	6	34
+		x		+	
2	x	7	-	1	13
11		-35		16	

Try to fill in the missing numbers.

Use the numbers 1 through 9 to complete the equations

Each number is only used once.

Each row is a math equation. Work from left to right.

Each column is a math equation. Work from top to bottom.

CRYPTO PUZZLE

FINDING SUCCESS

Your job is to find out how to decipher the quote by using the coded alphabet below. Begin by using the letters provided. Place them in the statement below. Then attempt to decipher the other coded letters in the statement.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
											B			D				L							

C I O S D Z Y C D L A V V O L L B L

M D A G Y M S D R K B C I B G

*The solution will be printed in the next issue of this newsletter.

HOLIDAYS

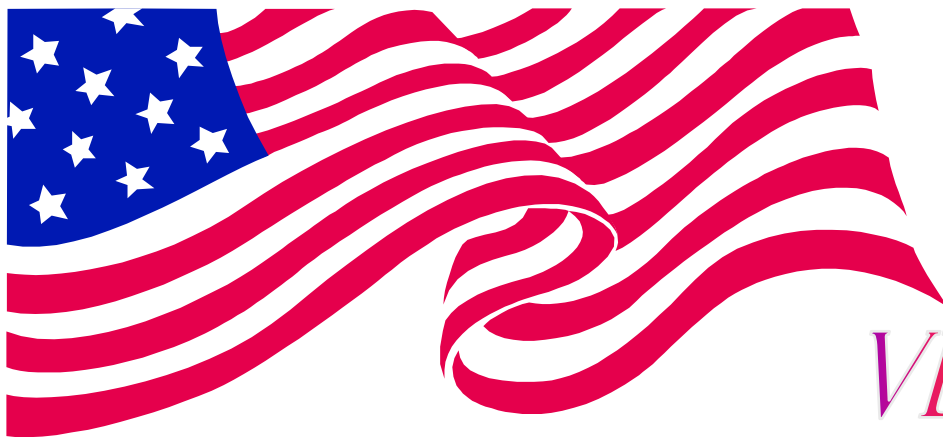
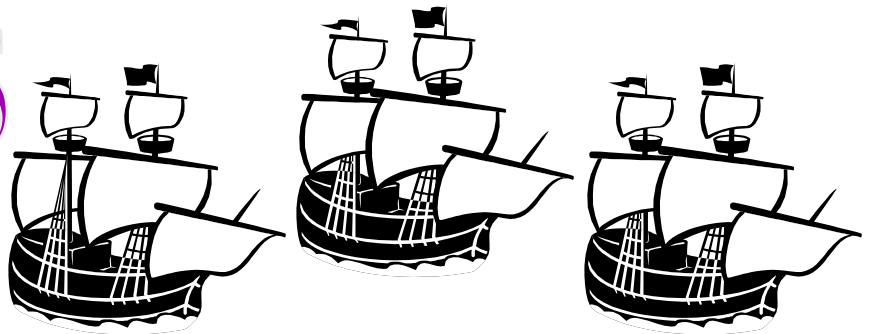


LABOR

DAY

COLUMBUS

DAY



VETERANS

DAY