



# QiSsage Body Systems, LLC

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

## NEWSLETTER

Spring Issue, Vol. 2

www.qissagebodysystems.com

March 2005



### QBS HONORS SENIORS

Sifu Jonathan B. Walker and more than 100 South Jersey students of the QiSsage Body Systems, LLC Tai Chi for Seniors program held their first "Seniors Award Banquet" in Willingboro, New Jersey. There were 37 presentations made in 7 different categories from Comedic Awards to Honor Awards.

This semiformal banquet featured "The Palmer Jenkins Quartet" a "live" jazz group starring "Marilyn Marshall" with songs of contemporary favorites pleasantly blended with popular dancing tunes. A pictorial history of the school year events was displayed on each banquet table. Opening remarks by Mayor Eddie Campbell of Willingboro welcomed the success of QiSsage Body Systems, LLC and the great work that it has done with the community.

### World Tai Chi & QiGong Day on April 30, 2005



Sifu Walker will once again host this annual celebration that will be held in Willingboro, New Jersey. Be sure to be there!



Sifu Walker (center) presents Wilma Rowe (left) and Sylvia Aronson (right) with "Golden Student Awards" at the banquet.

### NEW TAI CHI PROGRAM FOR SENIORS IN WESTAMPTON TWP

QiSsage Body Systems, LLC opened its third "Tai Chi for Seniors" program in February with an overwhelming enrollment of 23 residents from Westampton Township, NJ. This program is specifically designed to reduce the incidents of falls in aging citizens and is targeted at seniors 55 years of age and older. The program has already been successfully established in Browns Mills and Willingboro, NJ and is stimulating interest from other communities who want to service the needs of their senior citizens.

Sifu Walker developed this program and introduced it to the public in Burlington County in September 2001. It is based on incorporating the fundamentals of Tai Chi Chuan, QiGong and anatomy and physiology into a simplified classroom presentation that engages seniors in establishing balance, flexibility, agility, increased range of motion and strength. Many challenges are presented and overcome through this rewarding program. See our web site for testimonials.

These programs accept all seniors 55 years of age and older regardless of physical capabilities. Participants with varying physical illnesses and disabilities (i.e., arthritis, stroke, degenerative joint/disc syndrome, hypertension, heart attack, diabetes, etc.) have benefited from joining these programs.

Recipients of the Honor Awards are:

- Bernadine Stephenson - Distinguished Timothy Burke Award
- Clyde Zarkos - Sifu's Award
- Reva Foster - Distinguished Service Award
- Clarice King - Outstanding Service Award
- Linwood Thomas - Outstanding Service Award
- Renee Cote - Outstanding Service Award
- Ralph Offredo - Leadership Award
- Melvin Brennan - Leadership Award
- Harry Bergman - Leadership Award
- Wilma Rowe - Golden Student Award
- Sylvia Aronson - Golden Student Award
- Fumie Walczuk - Student of the Year Award

The remaining awards were presented to Janet Reed, Eiko Brown, Joan Berenato, Armstead Carney, Marilyn Cornez, Susan Miller, Matthew Williams, Hedy Stehly, Sam Hodnett, Fannie Carney, Gloria Thomas, Frank & Paula Horvath, Curtis & Gwen Edwards, Sid & Shirley Venitsky, Betty Brennan, Teddy & Chris Handley, Christine Boyd, Ida Handy, and Kimiko DeFranco. Special Awards were presented In Loving Memory of Ethel Rosenzweig and Mary Walton.

If your community is interested in starting this program, contact the school at (609) 518-9399.



## **SIFU'S MESSAGE**

### **“Tai Chi Chuan: Art, Sport or Exercise?”**

How do you practice your Tai Chi? There is much controversy about what Tai Chi really is. There have been many *authorities* that have responded to this question. There has been much authenticity brought to light about this question. Bottom line is . . . who is right?

It is my personal opinion that it does not really make too much difference about who is right or wrong. The only difference that counts is how are you going to practice Tai Chi?

In our school, there is only one way to approach Tai Chi. It is as an Art. It is the only way to benefit from the totality of this system. As an art, it is relevant to and addresses all three levels of our existence. It addresses the trilogy of the Mind-Body-Spirit connection.

By seeking the harmony that can be established through this connection, we undoubtedly must first address the lowest level of this trilogy, the Body. Tai Chi teaches us how to strengthen the physical level both internally and externally. Through this journey, we develop the Body by addressing issues of health, physical growth and development.

On this path, we incorporate the next level, the Mind. This is more of an internal development through cultivation of intellectual growth. To maximize the physical development, we must put the Mind-to-the-Matter, so to speak. When we focus on what we are doing, we gain more benefits. The Mind and Body must be connected for either to benefit. On this journey, we achieve enlightenment or what I simply call, comprehension and maturity.

Most students of Tai Chi can achieve this much development, however, it is usually at this point where most students think that they finally "got it." They could never be more wrong. Now is the time at which the student is finally prepared to study and practice Tai Chi by applying what was achieved at the lower levels. Now the student is "ready" and the teacher should "appear." All the groundwork is laid and the student is prepared to encounter the art. It is at this point that the Spirit should be awakened. It is the incorporation of the Spirit that gives Tai Chi the real "power" that is never achieved at any lower level. This is what takes most people a lifetime to achieve.

Which is it? Art, Sport or Exercise? In this school, it is irrelevant. When you train here, you get all three!

*In Harmony,*

*Sifu Jonathan B. Walker, LPN*

## **UPDATING THE KWON**

This year, QBS has brought new teaching aides to the kwoon. Most of these aides are not entirely new but updated from the days that we taught at Burlington County College.

21<sup>st</sup> century technology has provided leaps of progress that can be useful in teaching scenarios. We have already implemented some updates by replacing the 3-ring binder teacher's manuals with a lap top computer. A PDA (*Personal Digital Assistant*) has replaced the large cumbersome calendar/planner and digital and video cameras play an important role in feedback for the student by replacing the kwoon's typical mirrored wall.

The biggest advancement is the school web site that provides us with the ability to reach a greater population, keep students informed quickly and easily and share our progress/achievements with our community and the world.

We are now considering the use of a multimedia projector in the kwoon. It would serve as a portable classroom blackboard, flip chart and give us a means for video presentation of training films. A greater advantage is the combined use of the video cam, lap top computer and the multimedia projector. By videotaping the students' performance, it would enable students to actually see their own performance and add another dimension of visual feedback for improvement in their training.

These learning and teaching aides have been used for quite some time by trainers for amateur, professional and even Olympic sports. So, you can see that the methods are not new but the technology around providing this information is new.

We, at QBS, are keeping in line with our Philosophy by uniting the best of the East with the best of the West to provide a greater opportunity for personal growth and development of our students.

What's next? We are continuing to explore the latest in teaching technological equipment and methods. When we find those that best fit our needs, we will bring them to QBS and you.



## **ANAGRAM SOLUTION**

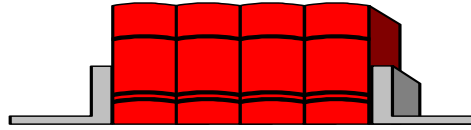
The solution to last issue's Anagram puzzle is:

Clues -

1. H A R M O N Y
2. E Q U A L
3. B E N T
4. L E V E L
5. C E N T E R
6. I N T E R N A L
7. K N E E

Answer - B A L A N C E

## Martial & Healing Arts Book Review



**Title:** Simple Taoism  
*A Guide to Living in Balance*  
**Author:** C. Alexander Simpkins, Ph.D.  
Annellen Simpkins, Ph.D.  
**Publisher:** Tuttle Publishing  
**Copyright:** 1999  
**ISBN #:** 0-8048-3173-4  
**List Price:** \$12.95  
**Reviewer:** Sifu Jonathan B. Walker

The authors are psychologists who have been involved in martial arts as practitioners and instructors for almost thirty years. They have written several books of which include Simple Zen, Simple Buddhism, Simple Tibetan Buddhism and Simple Confucianism. All of these books average about 140 pages in length structured with an Introduction, Conclusion, Time Line and Bibliography.

Simple Taoism explores the origins and background of the Tao highlighting Lao-tzu, Chuang-tzu, Lieh-tzu and Yang-chu. It gives a great informative discussion of the concepts such as Yin and Yang. It provides brief instructions for exercises, meditation, chi kung and Tai Chi Chuan that are relevant to utilizing in today's daily living. One particular chapter examines martial arts as the Tao relates to it.

This book is a good way to obtain a basic understanding of Taoism without having to do extensive research on this philosophical topic. It makes a wonderful reference book and quick guide for those who want to grasp a profound subject.

Extremely reasonably priced, every Tai Chi player should have this easy carry book.

## CALENDAR OF UPCOMING EVENTS

- ⚡ [FREE Introductory T'ai Chi Classes](#) –The next Free Introductory classes in 2005 will be held on Saturday, March 19<sup>th</sup> and April 16<sup>th</sup> at the Burlington County Library Main Branch in Westampton, NJ. Contact the school for more specifics and check out our web site calendar for future dates. You can also check with the library for sign-up dates.
- ⚡ [World Tai Chi & QiGong Day](#) (April 30<sup>th</sup>) – Another annual celebration of this global event will be held in the Willingboro Kennedy Center. There will be door prizes and vendors with lots of great items. It's FREE, so bring the family for an unforgettable fun filled morning and learn to do a little Tai Chi before you leave.
- ⚡ [QBS Workshops](#) – Keep an eye out for more great workshops by Sifu Walker coming up in the spring and summer. Check out our web site for more information.

## 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.*

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### ***A Pinch of Wisdom***

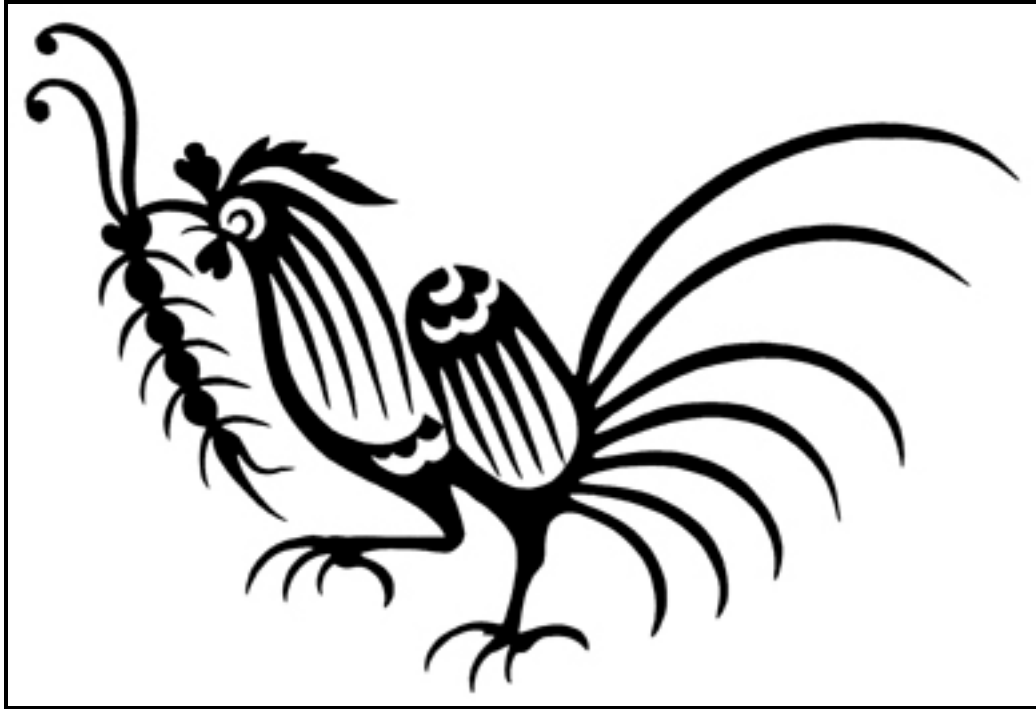
*Insight and knowledge  
produce wisdom.*

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### ***Did You Know...***

*Nothing is hard if  
You understand it.*

# *"Happy New Year"*



## *\*2005 Year of the Rooster\**

*Natural Energy: Yin  
Natural Element: Metal*

*The Rooster's tenth position at Buddha's side denotes strength, alertness and honor. Roosters are flamboyant people who are attracted to pomp and ceremony in social occasions. Appearances mean everything to Roosters, who spend much time on their looks and like to be admired more for their appearance than their intelligence.*

*Roosters can be sensitive to and easily influenced by others' flattery, criticism or ridicule and are likely to be critical of others in turn. Roosters are gutsy people who demonstrate a lot of bluff and bravado and like to speak their minds. They are not necessarily tactful or cautious. Many Roosters are avid readers, although they generally keep this a secret as they want to be admired for their presence rather than their questioning minds.*

*Rooster's Motto: I am resilient  
Compatible: Ox & Snake  
Incompatible: Hare*

*Famous Roosters: Peter Ustinov  
Joan Collins*

*The word is out!*



*Tai Chi is a Martial Art!*

**“SPRING 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\*\*\*\*\***

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QiSsage Body Systems, LLC  
Three Mountains Schools  
FIND-A-WORD #2

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

See if you can find all of these words:

yang - stance - qigong - wuji - sifu - crane - snake - tiger - ox - rooster - china -  
forms - harmony - empty - stance - circle - straight - arc - linear - up - down -  
in - out - tradition.

Words can be found in these directions:

