



TM

QiSsage Body Systems, LLC

A Martial & Healing Arts Organization

“Where Self-Defense Becomes Health-Defense”™

NEWSLETTER

Spring Issue, Vol. 5

www.qissagebodysystems.com

March 2008



AMA HALL OF HONORS AWARDS



Shifu Jonathan B. Walker stands in the middle of two beautiful martial artists, Sensei Barbara Schrum (left) and Shihan-Dai Ann Assumpico (rt) at the world famous Tropicana Hotel Casino in Atlantic City, NJ during the inductions at the 2008 AMA Hall of Honors banquet and ceremonies.

Action Martial Arts Magazine’s Hall of Honors & Spirit Awards 2008 held at the world famous Tropicana Casino & Hotel Resort in Atlantic City, N. J., had another successful weekend event in January.

Shifu Jonathan Walker was honored and acknowledged among the alumni in the Action Martial Arts Magazine’s prestigious Hall of Honors as an “Ambassador to the Martial Arts.” Shifu was inducted for his “Outstanding Contributions to the Martial Arts as Master” in 2003 and has continued to return to the Hall each year since his induction to welcome new members.

The “Hall” now in its 8th year has been dubbed the “Academy Awards of Martial Arts” with its continuous sold out annual ceremonies honoring martial artists from around the world for their accomplishments in their field of practice.

Grandmaster Alan Goldberg, founder of Action Martial Arts Magazine and the Hall of Honors brings the glamour, elegance and prestige of this honorable ceremony to those deserving individuals in the martial arts industry by maintaining a high level of professionalism and keeping the tenets of the martial arts at the forefront. His hard work and dedication continue to make this event one of the most sought after goals of martial artists worldwide.

“I really enjoyed supporting the Hall this year,” said



Host/Founder of AMA Magazine Grandmaster Alan Goldberg



Actor/Martial Arts Kickboxer Don “The Dragon” Wilson



Actor/Martial Artist Phil Morris



Martial Artist/Action Film Star Cynthia Rothrock

Shifu Walker, “It’s always amazing to see the faces of the new inductees as their names are announced and they go to the podium to receive their beautiful trophy. In addition, I enjoy having the opportunity to spend time with some many of my colleagues in the Hall during this black-tie affair that I would normally not have a chance to see. Everyone is “dressed and pressed” in attire other than martial arts gear. We trade-in our black belts for black ties and gowns for the evening.”

There were faces from television and film industry that graced the event with their presence. Phil Morris, a Wing Chun martial artist and son of Greg Morris, (“Mission: Impossible”) has played in *Star Trek*; *Mission Impossible*; *Seinfeld*; *The Love Boat*; *Mel Rose Place* and *The Young & Restless* while Don “The Dragon” Wilson, who holds 11 world titles as a kickboxer, has been in the *Last Sentinel*; *Sci-Fighter*; *Virtual Combat*; *Bloodfist*; *Batman Forever* and *Ring of Fire*. Cynthia Rothrock (called the Queen of Martial Arts films) holds 5 Black Belts (*Tang Soo Do*, *Tae Kwon Do*, *Eagle Claw*, *Wu Shu & Northern Shaolin*) and has starred in over 30 foreign and domestic action-films including *Shanghai Express*; *Above the Law*; *Blond Fury*; *Martial Law*; *Lady Dragon* and *Tiger Claws* in addition to Hank Garret (black belt martial artist) who is best known for his stand-up comedy and roles in *Car 54 Where Are You?* and *Three Days of the Condor*.

NAMI FACE TAI CHI DEMONSTRATION

The National Alliance for the Mentally Ill, Family and Consumer Exchange (*NAMI FACE*) in Burlington County, Lucille Klein, President, recently reached out to QBS, LLC for a Tai Chi demonstration and information about the organization.

NAMI FACE, an affiliate of the National Alliance for the Mentally Ill (*NAMI*) and the National Alliance for the Mentally Ill, New Jersey (*NAMI NJ*) was organized in 1979 out of a need for mentally ill persons and their families and/or caregivers to get together in an empathetic and non-stigmatic environment to discuss mutual problems, needs and possible solutions to their problems.

Their primary function is “to be there,” that is to be available when families, caregivers and mentally ill persons need help, guidance and sympathetic ears.

The QBS, LLC Demo Team responded with a one-hour presentation that depicted Chen, Yang and Sun Style performances and a lecture regarding how Tai Chi can be used in regard to the needs of the Support Group for the mentally ill and their families in Burlington County.

Joan Berenato (*Board of Trustees Member*), a Tai Chi student at the Willingboro Senior Tai Chi program, requested the demo/lecture while Marcia Coward (*Public Relations Liaison*) chaired the evening’s events.

The NAMI FACE Support Group meets every 2nd and 4th Monday at 7:30 p.m. – 9:30 p.m. at the First Presbyterian Church in Moorestown, NJ. For more information, contact Wes (856) 235-2096 or Larry (856) 461-3339 or email: namiface@aol.com.

TAI CHI IN THE WORKPLACE

Bartley Healthcare, a comprehensive health care facility located in suburban Jackson Township, NJ recently requested in-service training for their staff to help employees increase their productivity by decreasing their stress levels in the workplace.

The Outreach Services of QBS, LLC went right into action. An all-comprehensive program was custom developed to meet the challenges of the Bartley staff. Tai Chi and especially QiGong provide many helpful techniques for stress management whether in the workplace, home or just dealing with the rigors of daily living.

Simple breathing techniques can offer profound results whenever stress takes a foothold in anyone’s daily life. The simple coordination of breath and movement can produce effects that lower blood pressure, control respiration, and alleviate anxiety. The Bartley staff is in for the best in-service of their lives!

HEALTHFUL HINTS

HOW DO YOU MANAGE STRESS?

In today’s world of computer technology, the speed of life increases exponentially. People find it increasing difficult to keep up with the pace of life. This has created such an impact of society, high stress levels make it more difficult to attain objectives, goals or any level of success.

Life experiences have taught us that there are only three (3) alternatives to properly managing stress.

You can:

- (1) remove the thing that is stressing you;
- (2) remove yourself from the thing that is stressing you or;
- (3) change your response to the thing that is stressing you.

The first two options are viable, although not always practical in every situation. However, the third option is always viable and always practical in every situation.

How do you manage your stress? Do you or have you ever considered any of the above options? If not, it may be to your advantage to try these options the next time stressful situations or scenarios in life present themselves.

If nothing else has worked successfully for you, why not try? What do you have to lose *stress!?*

WHAT IS WORLD TAI CHI & QIGONG DAY?

What is World Tai Chi & QiGong Day (*WTCQD*)? I’m glad that you asked! If you’ve never heard of it, let me educate and inform you of one of the biggest world events that happens every 4th Saturday in April annually.

It all started in Kansas City, Missouri ten years ago. A man named, Bill Douglas decided to educate the world to the profound benefits of the ancient Chinese health science Tai Chi and QiGong. He began by organizing the first event with about 200 participants performing and practicing Tai Chi and QiGong on the lawn of the Nelson-Atkins Museum of Art (*one of the Western world’s finest collection of Asian Art*) in Kansas City, Missouri.

Bill has taught Tai Chi & QiGong at colleges, medical universities and many world corporations. He has studied Tai Chi & QiGong over 20 years in the U.S. and Hong Kong and has studied Traditional Chinese Medicine through Tokyo, Japan’s Waseda Acupuncture College. He is an Honored Faculty Member of the American QiGong Association and the World QiGong Federation as well as a previous Board Member of the National QiGong Association.

To learn more about WTCQD, go to the url below:
<http://www.worldtaichiday.org/HistoryofWTCQDPowerPoint.html>.

CHRONIC DISEASE SELF MANAGEMENT PROGRAM

*“Healthy Living:
A Way of Life”*



Recently completing the “Chronic Disease Self-Management Program Master Trainer’s course with Stanford University are (l to r) Helga Luman, Reva Foster and Jonathan Walker

Reva Foster, (Executive Director, Department on Aging & Community Affairs in Willingboro, N.J.), Helga Luman, (Exercise Instructor for the Senior Healthy Bones, Senior Low-Impact Aerobics and Senior Sit-Down Exercise Programs) and Shifu Jonathan Walker, LPN, RMT, CHt, (Tai Chi/QiGong Master for the Senior Tai Chi & QiGong Program) all participated in the recent Chronic Disease Self-Management Master Trainer’s Program conducted by Stanford University held at the New Jersey Hospital Association in Princeton, N.J. The weeklong training program dealt with teaching participants the skills necessary for the self-management of chronic diseases, especially those considered priority focus areas in addressing health disparities.

“This program has helped us to understand the problems caused by chronic health conditions that people face everyday,” stated Helga Luman. “We have learned how to help people solve those problems, deal with emotions and pain associated with chronic health conditions, improve communication with others, manage depression and work with

health care professionals,” added Walker. “We have gained new insights and the skills necessary to implement this type of program,” continued Foster, “and as a result of our training, the Kennedy Center located at Levitt Parkway and John F. Kennedy Way in Willingboro, N.J. will be offering this type of self-management program. The program will be entitled, “Healthy Living: A Way of Life.”

The program addresses seniors who have chronic health conditions (such as, diabetes, asthma, heart disease, hypertension, osteoporosis, lung disease, arthritis and many others) to help them live a healthier lifestyle with their health concerns. These conditions may cause pain, fatigue, isolation and emotional distress. Good health is soundness of body, mind and spirit. To live a healthier life with a chronic health condition means working at overcoming the physical and emotional problems cause by the disease. It is good to control the disease *instead* of the disease controlling you. This program will give tips and ideas to make life easier and help people gain more physical capabilities and pleasure from life.

As an evidence-based program, Stanford University conducted a study that shows that people who took this program did better with managing their health concerns than those who had not taken the program.

“Healthy Living: A Way of Life” community workshops will be conducted on Tuesdays in two 6-week periods from March 4th - April 8th and from April 15th - May 20th 2008. On Tuesday, May 27th a 4-week program will be conducted to train “Peer Leaders” who will learn to teach the program to others in the community.

“The public is invited to come and participate in this “free-of-charge” program,” concluded Ms.

Foster. Refreshments will be provided. For more information or to enroll in the program, call Reva Foster, (609) 877-8444 or Jonathan Walker (609) 518-9399.

2008 USA MARTIAL ARTS HALL OF FAME

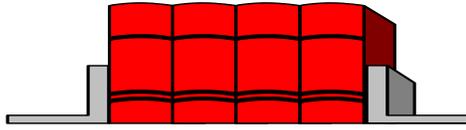


Yes, it’s happened again! Shifu Jonathan B. Walker has been nominated for another Martial Arts Hall of Fame induction. The Alliance’s USA Martial Arts Hall of Fame has given Shifu Walker his 6th nomination for a Hall of Fame induction.

The Alliance is a Fraternal Order of Brotherhood/Sisterhood unity within all styles and systems of martial arts. The Alliance’s President, Dr. Jim Thomas, is the Co-Creator, Co-Founder and Curator of the USA Martial Arts Hall of Fame. This Hall originated as the “Karate Hall of Fame” in 1976 with Jim Thomas and Grand Master Robert Trias. After the passing of Grm Trias, Dr. Thomas took the Hall to the next level. In 1992, the all-new USA Martial Arts HOF began.

The “Black Tie/Evening Gown Formal” inductions are scheduled for March 15, 2008 at the Hyatt Hotel in Morristown, N.J. We will have to wait to see what awards Shifu Walker may receive.

Martial & Healing Arts Book Review



QISSAGE
BODY
SYSTEMS, LLC

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

*Nothing is as powerful
As the moment a person
Learns something
On his own!*

Did You Know...

*... that you do not
have to be perfect,
to live a spiritual life.*

Title: Thorsons “Principles of” Series – Tai Chi
Author: Paul Brecher
Publisher: Thorsons/Harper-Collins
Copyright: 1997
ISBN #: 0-7225-3474-4
Price: \$11.00 (*softcover*)
Reviewer: Robert Wahl

Paul Brecher has been involved in martial arts since 1977 and teaching Tai Chi and Chi Kung in London since 1990. He is also very accomplished in Acupuncture and Traditional Chinese Medicine. His book is publicized as “the only introduction that you’ll ever need.” It touches on a number of Tai Chi topics and provides a wealth of information that has details but is not too detailed. This book is great for newcomers and also serves as an indispensable primer and reference for existing students.

Brecher’s intent is to cover the theoretical, philosophical and historical sides of Tai Chi as well as practical principles. He hopes that readers gain further benefits from their training and understand tai Chi not just intellectually but through their personal experiences.

The book answers 10 common questions about Tai Chi ranging from “what is it?” to “what will I experience?” 10 Points of Correct Posture, 10 Internal Principles and 10 methods of Practice provide excellent reference material. More advanced topics like Weapons Forms, Fighting Strategy and Two-Person Exercises are also discussed.

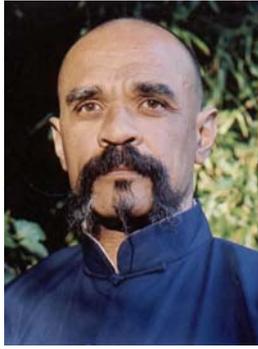
I believe the opening “frequently-asked-questions” provide a superb “first taste” for the general public. The 10s are concise, insightful and can help answer a lot of “whys” about Tai Chi fundamentals. There are many tips throughout the book for both the new and experienced practitioners.

This book can be a fast read (*only 110 pages*) but is well worth the time to read and re-read to get the most out of it.

This one is a must for your martial arts library.

CURRENT EVENTS

- /// Reiki Classes – Level II, 9 a.m.-3:30 p.m. on March 22, 2008 and Level III (ART), 9 a.m.-5:00 p.m. on March 29, 2008. Level I will be on May 31, 2008, 9 a.m.-3:30 p.m.. All three classes will be held at the American Legion in Westampton, NJ.
- /// World Tai Chi & QiGong Day – April 26, 2008 from 8 – 12 noon at the Kennedy Center in Willingboro, NJ. Come out and celebrate with us! IT’S FREE TO THE PUBLIC!
- /// FREE Introductory Tai Chi Classes– Free Introductory classes at the Burlington County Library’s Main Branch each month. Check with the library or go to our web site & check out our calendar for the year.
- /// HPA Seasonal Tai Chi & QiGong Workshops 2008 –Classes are held March, June, September and December in 2008. Certified HPA instructors throughout the USA and Canada conduct all workshops.



Shifu's Message

“NOT EASY, BUT IT IS POSSIBLE”

As the 21st Century continues to unfold, we find ourselves in a time of universal unrest.

“Change” is the catchall word of the year in one of our nations most historical political years where the first black man and first woman compete for the nation’s highest office.

Technology rapidly changes our lives almost weekly creating a high level of stress to keep up with life.

The world is, again, engaged in a horrendous war where countless lives are lost.

The economic climate creates intolerable pressure with high food and fuel costs, higher unemployment, insufficient incomes and a national deficit like none ever seen.

And this just scratches the surface. You have your own personal issues of survival.

We live in a stressful time and it’s taking its daily toll on our health, happiness and well being.

We need balance and harmony in our lives now more than ever before. Remember, take a few moments of each and every day to ground, center and root yourself in your foundation. Spend some quiet time with yourself finding your way out of the chaos and confusion to a place of harmony.

Stay close to your origin and let life move you through itself naturally.

In Harmony,
Jonathan B. Walker, Shifu

STUDENT’S CORNER

This column is for and about students of the Three Mountains Schools system. You may submit an article, comment, question or feedback for publication at any time. Submissions are no guarantee for publication. Information will be minimally edited at the discretion of the Editor. If you submitted an article, keep your eye on this section.

HEALTHY FOODS COLUMN

*Dandelion:
The Lion’s Tooth
by Emily Williams*

My former neighbor kept a beautiful garden that she tended until she reached ninety. Painters came to paint it. Photographers came to photograph it. Lookers came to look at it. She once told me one of her favorite flowers was not some exotic bloom but the dandelion. Since her death, that once place of beauty is now covered with weeds and vines. It is very sad. Her life’s work is all but gone. Only my neighbor’s beloved dandelions remain visibly a tribute to her.

“Dandelion” comes from the French – “dents de lion” or “tooth of the lion.” The leaves represent the teeth and the golden flowers, the lion’s mane.

Many regional and ethnic cookbooks contain recipes from dandelions. A Pennsylvania cookbook asks that you cook dandelions in bacon fat. The fat is saved, combined with a beaten egg, sugar and vinegar. I call this a heart attack special. Maybe even worse is a dandelion wine recipe from a New Jersey Pine Barrens cookbook. Five pounds of sugar is called for. Should you try this, keep on good terms with your dentist and endocrinologist!

My favorite recipe for dandelions is simple. Pick in early spring when the leaves are less bitter and less tough. Wash well. Mix with other salad greens. Toss with oil and vinegar. Commercially grown dandelions (also less bitter) are available almost year round in supermarkets. Sauté in olive oil. Sprinkle with vinegar and chopped garlic.

Dandelions, rich in vitamins A and E, calcium and potassium are still used by European herbalists to treat diabetes, anemia, indigestion, liver ailments and as an appetite stimulant. The juice from a fresh plant is said to remove warts.

Caution! In using all herbs for medicinal purposes, do not give up prescribed medications and consult your family doctor, first!

Many people think that they can avoid a trip to the doctor by using herbs. James Duke with the Department of Agriculture states, “He who self-medicates has a fool for a doctor.”

Mushroom Barley Soup By Lynn Kosek-Walker

1 Tbsp. vegetable oil
3 cups sliced mushrooms (~ ½ lb)
½ cup chopped sweet onion
1 cup sliced carrots
½ cup finely chopped celery
½ cup finely chopped red/green bell pepper
2 cloves garlic, minced
½ tsp. dried thyme
½ tsp. dried marjoram
2 Tbsp. chopped fresh parsley
4 cups chicken broth
2 cups water
½ cup quick cooking barley
1 large bunch of spinach,
(washed & cut in large pieces
or use whole leaves)

In a 4 quart pot, cook the mushrooms, onion, carrots, celery, red or green pepper and garlic in oil over medium heat about 5 – 10 minutes or until tender, stirring occasionally. Add thyme, marjoram, parsley, chicken broth, water and quick cooking barley.

Bring to a boil; reduce heat. Cover and simmer 15 to 20 minutes or until barley is tender.

When barley is finished cooking, add spinach leaves. Cook another 3 minutes or until spinach wilts.

This is an adaptation from a recipe for Mother's Brand 100% Natural Quick Cooking Barley available in most health food stores.

Use Swanson's Natural Goodness Chicken Broth which is 100% fat free with no MSG.

This is a quick and easy soup to make that tastes delicious. It is also versatile.

- Add 2 cups of chopped cooked chicken prior to adding the spinach, for a hearty main course soup.
- Use six cups of water (*instead of the 4 cups chicken broth/2 cups water*) to make a vegetarian soup.

Add a salad and you have a healthy dinner that is low in fat and high in fiber.

**To submit your article for the "Student's Corner," contact the Editor at (609) 518-9399.*

MANDARIN CLASSES AND TAI CHI



Ni hui buhui da taijiquan?

Ni Hao! QBS, LLC has added an interesting slant to its Tai Chi training classes. "With the inclusion of Mandarin, the official

language of the People's Republic of China," states Shifu Walker, "we can more effectively immerse the student in the culture of Taiji Quan as well as its performance."

Classes are taught quarterly by Janet Hoesly, who has been a Tai Chi student since April 2006 and has taken (*outside of QBS, LLC*) more than her share of Mandarin classes. She has agreed to bring her knowledge to the school's student body at an introductory level. "Mandarin is a unique language because unlike most languages its deals tonal qualities," said Janet. She brings professional talents in her presentations that include words, phrases and limited conversational Mandarin that is relevant to the subject of Tai Chi instruction and teacher/student interactions in the kwoon.

"We don't expect anyone to become proficient in speaking this language," concludes Shifu, "but we do have fun and it's always great to expand your horizons.

Xiexei ni, Janet! Zai jian!

TAI CHI FROM THE ARTHRITIS FOUNDATION



QiSsage Body Systems, LLC, an authorized agent for the New Jersey Chapter of the Arthritis Foundation, has gained another "Certified Tai Chi from the Arthritis Foundation Leader" to help facilitate programs in New Jersey communities.

Si Di Robert Wahl, a student in the martial arts self-defense

program, completed mandatory training under the instruction of the Arthritis Foundation late last year and is poised, ready and eager to put his newly learned skills to work in southern New Jersey communities.

QBS, LLC has been conducting classes for over a year in Burlington, Camden and Ocean County communities. These classes are directed toward people who live with the complications of arthritic conditions.

Arthritis, which means, "joint inflammation," in actuality refers to more than 100 rheumatic diseases. Rheumatic diseases are conditions characterized by inflammation or degeneration of the connective tissue structures of the body, especially the joints and related structures, including bursae, tendons and fibrous tissue. People with these conditions experience pain, stiffness, and/or limitation in range of motion of the affected body parts. These conditions are chronic (*long lasting*) and have no cure.

Tai Chi, particularly Sun Style, is especially suitable and effective for arthritis because it is characterized by agile steps (*improves mobility*), higher stances (*making it easier for older people*), QiGong movements (*improves breathing and relaxation*) and its artistic depth holds the learner's interest as they progress.

Si Di Wahl is now a part of the two-man team with Sifu Jonathan B. Walker who will be furthering efforts to help the Arthritis Foundation address the needs of those community members who live with rheumatic diseases such as Ankylosing Spondylitis, Bursitis, Degenerative Joint Disease, Fibromyalgia, Juvenile Rheumatoid Arthritis, Osteoarthritis, Polymyositis, Psoriatic Arthritis, Raynaud's Phenomenon, Rheumatoid Arthritis, Scleroderma, and Systemic Lupus Erythematosus.



Grandmaster Jianye Jiang
52 Year Wushu Career



American Society of Internal Arts
2007 Hall of Fame Inductee



Founder of HPA with
Selected Certified Instructors



Featured in
The Book of
Famous Chinese
Martial Artists
Abroad - 2007



Featured in
'Tai Chi
Magazine
August 2001



Producer of 300 DVDs for Tai Chi,
Qigong, Xingyi, Bagua and Kung Fu



Master of Chinese Calligraphy

Health Preservation Association

養生協會

Presents

Four Exciting Seasonal Workshops
In Tai Chi and Qi Gong for 2008
including Meridians, Massage and Acupressure



GrandMaster Jianye Jiang, President- HPA

American Society of Internal Arts Hall of Fame Inductee
Featured in Famous Chinese Martial Artists Abroad (2007)
Producer of 300 Educational Martial Arts DVDs

Spring: March 15-16, 2008	Summer: June 28-29, 2008
Tai Chi for Heart, Lung & Intestines Qi Gong for Arthritis Principles of Tai Chi and Qi Gong	Tai Chi for Liver, Kidneys & Spleen Qi Gong for High Blood Pressure Principles of Tai Chi and Qi Gong
Autumn: September 27-28, 2008	Winter: December 13-14, 2008
Tai Chi for Neck and Back Pain Qi Gong for Healing	Tai Chi: Balance of Life Qi Gong for Diabetes
Cost \$ 200 "Early Bird" registration, 2 Months prior to workshop \$ 260, 1 month prior to workshop \$ 350, less than 1 month prior to workshop. (No free bonuses) Seniors (65 and over) Half Price	Free Bonuses HPA T-Shirt (\$25 Value) Lunch, Both Days (\$30 Value)

All Workshops Conducted by 66 Certified HPA Instructors Throughout the USA and Canada

To find a Certified HPA instructor near you or to register:

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Phone: 518-459-6869, Cell phone: 518-209-2285

HPA Address: 29 W. Dillenbeck Drive, Albany, NY 12203

Visit our website for more information on the workshop

www.jiangtaichi.com

HPA offers training programs for domestic and international
instructors, as well as seasonal trips to China for cultural study



Upcoming:
Health Preservation Association
“Summer Workshop”

In the Philadelphia and South Jersey Area

June 28-29, 2008

Learn these exciting techniques:

- ***Tai Chi for Liver, Kidneys & Spleen***
- ***Qi Gong for High Blood Pressure***
- ***Principles of Tai Chi and Qi Gong***

Your Local HPA Certified Instructor:



Shifu Jonathan B. Walker, LPN, RMT, CHt

For more information and enrollment

Call: (609) 518-9399

email: yangqichen@aol.com

World Tai Chi & QiGong Day



April 26, 2008

Kennedy Center, Willingboro, NJ

9:00 a.m. - 12:00 noon

Tai Chi
Comes To
Willingboro



Accepting enrollment
for "Adult" Classes

Thursday evenings
7 pm - 8:30 pm

Willingboro Kennedy Center
429 JFK Way
Willingboro, NJ 08046

Try a **FREE** Introductory Class.

To Schedule a **FREE** class, contact Shifu Walker at:
Phone: (609) 518-9399 email: vangqichen@aol.com

Tai chi



is martial arts!

"Spring Special"



****STRETCH YOUR MONEY! *SAVE \$50.00!***

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Do you want to learn Martial Arts, obtain Black Sash Expertise and
become the next generation of top-ranked martial artists?*

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Best in Martial Arts & Healing Arts

"Where Self-Defense becomes Health-Defense"™

Get Your Training Started Today!

Call: (609) 518-9399

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(You must bring this printed-out ad to qualify for discount)

Martial Arts of China

Historical Society

**NORTH AMERICA
ADVISORY COMMITTEE**
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Shaolin Wen Xiao Long 36th Gen.
Master Yang Jwing Ming
Master Jef Naayers
Master James Lew
Madame Wu Ching De
Master Dr. Wang Jurong
Master Jon Walker

**CHINA
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China's Shaolin
Training Center
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China Wushu
Research Institute

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ADVISORY COMMITTEE**
I.C.K.F. (International
Chinese Kuoshu Federation)

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Long Pai Association
Master Huang Yao Hua
Master Lee Kwok Liang
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Wan Martial Arts Association
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Pugilist Federation)

**MALAYSIAN
ADVISORY COMMITTEE**
N.F.C.M.A.A. (Malaysian Federation
of Chinese Martial Art Associations)

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**SRI-LANKA
ADVISORY COMMITTEE**
Sri-Lanka National
Wushu Academy

**JAPAN
ADVISORY COMMITTEE**
Japan Wushu
Taijiquan Federation

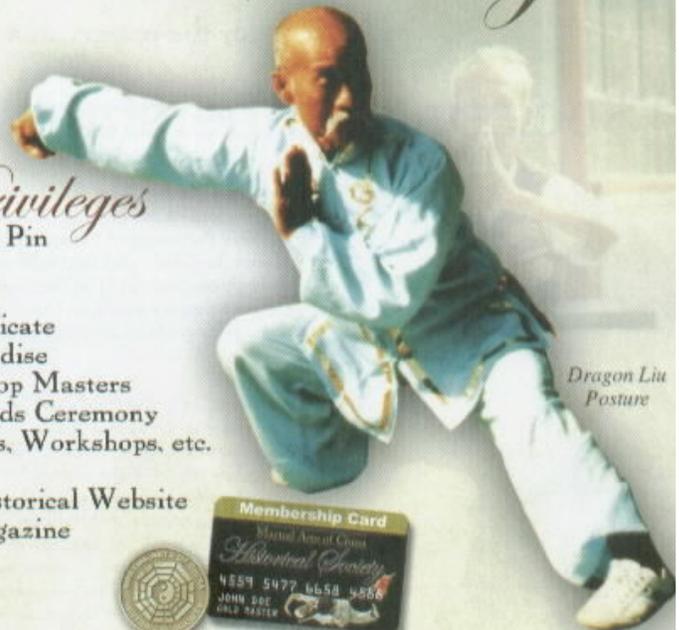
HONORARY CHAIRMAN
Chief Coach of the Shaolin Training Center
Jiao Hong Min

CHIEF ADVISOR
Jason Lao

**MARTIAL ARTS
OF CHINA MAGAZINE**
The Historical Society was
established in 1990 by Martial
Arts of China Magazine in Beijing,
China, in conjunction with China
Sports Magazine, an organization
of the China State Physical Culture
and Sports Commission.

Membership Privileges

Membership Card and Pin
Free T-shirt
Registered in China
Beautiful China Certificate
Discounts on Merchandise
Train in China with Top Masters
Dinner Banquet/Awards Ceremony
Discounts on Seminars, Workshops, etc.
800 Answer Line
Optional Name on Historical Website
Free Martial Arts Magazine



Dragon Liu
Posture

Yes! Sign me up to be a member. I have checked the membership
I want and have enclosed proof of certification and payment.

Student	Renewal	Instructor	Renewal	Master	Renewal
\$69.98	\$20	\$99.98	\$30	\$129.98	\$40

Membership Application

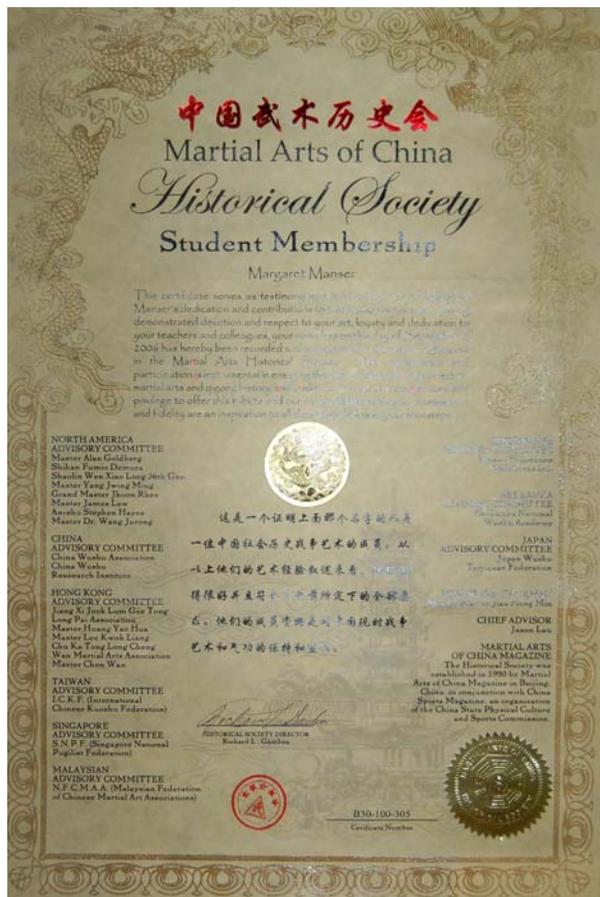
Please print clearly and completely to qualify

Name _____ Gender M F
Date of Birth _____ Age _____ Height _____ Weight _____
Address _____
City _____ State _____ Zip _____
Country _____ Home Phone _____
Signature Required _____ Date _____
Email _____ Website _____
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 _____

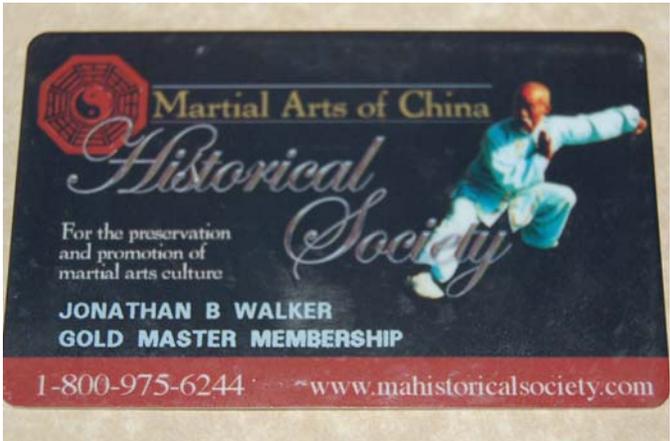
All applicants are screened accordingly.
Applicant must provide proof of his/her certification with this application.
The Association reserves the right to refuse membership without explanation.

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CAN SEE IT
AND
BENEFIT FROM IT!

IT'S A PUBLIC NOTICE FLYER!



NEW YEAR'S RESOLUTIONS?

HOW MANY NEW YEAR'S RESOLUTIONS
HAVE YOU MADE FOR 2008?

HAVE YOU ACHIEVED
ANY OF THEM?

WHY NOT?

*Some of the most popular New Year's Resolution
That are NOT achieved are:*

- *STOP SMOKING*
- *WEIGHT LOSS*
- * STRESS REDUCTION*

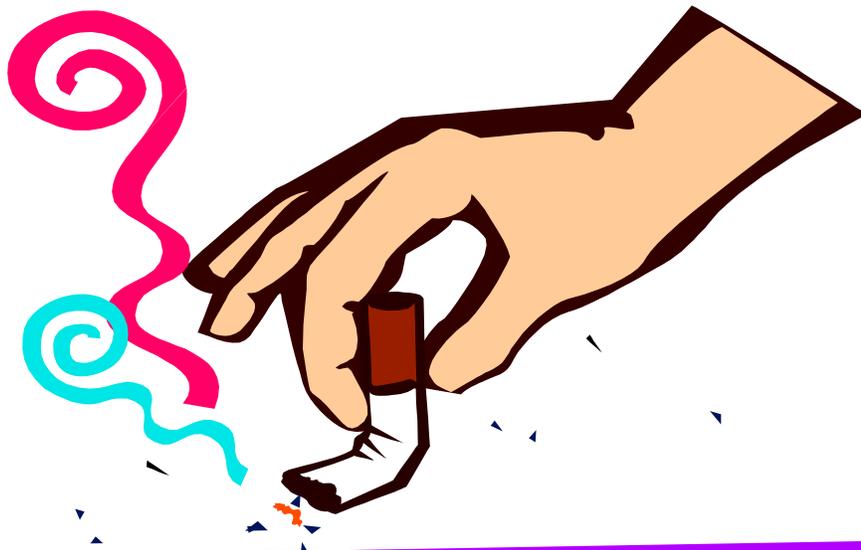
*If You Need Help (and most people do need help)
WE CAN HELP YOU ACHIEVE
WHATEVER GOALS YOU SET!*



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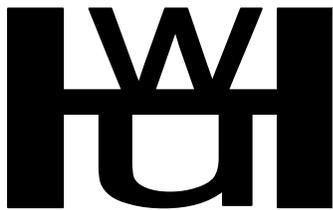
“We are the achievement specialists!”



Want to make that the last one?

Hypnosis

**can help you do it
in ONE session!**

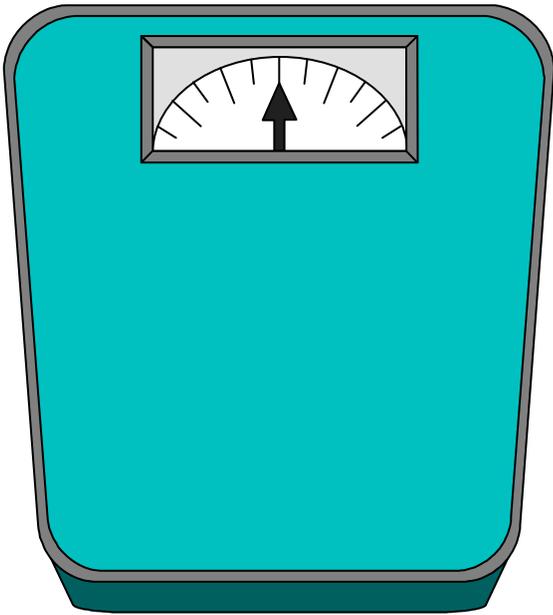


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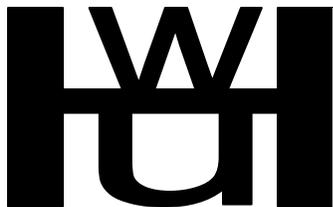
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UPCOMING HOLIDAYS



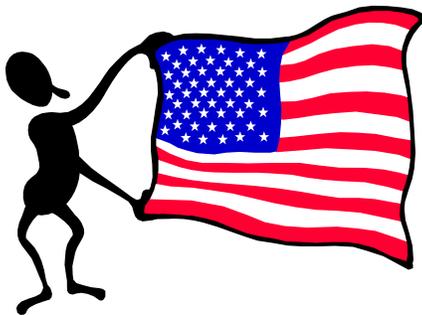
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EASTER



MOTHER'S DAY



ARMED FORCES DAY



MEMORIAL DAY