



# QiSsage Body Systems, LLC

Best In Martial Arts & Healing Arts

“Where Self-Defense Becomes Health-Defense”™

## NEWSLETTER

TM

Spring Issue, Vol. 4

www.qissagebodysystems.com

March 2007



Shown above with Sifu Walker (left) are students from the March Reiki level I class conducted at the Holiday Inn, Cherry Hill, NJ (lft to rt), Dennis Brooks, Elayne Chernin, Margaret Tomlinson, Joe Brown, Patricia Hall, Kay Woods, Cheryl Wolford, Rebecca Betz and Betty Brennan.

### REIKI FOR BETTER HEALTH

QiSsage Body Systems, LLC has added another valuable service to its roster of services and programs available to the community.

Reiki (*pronounced ray-key*) is a healing system that channels universal life-force energy (Ki). It is a gentle, non-invasive, non-manipulative technique used for stress reduction and relaxation that promotes healing. It is a simplistic yet powerful technique.

Life-force energy can be defined as energy in all created matter. “Ki” is similar in thought to “chi” or “qi” in Chinese medicine. Reiki is hands-on energy healing where the practitioner serves as an open channel for transmitting the universal energy to others.

Reiki goes to wherever it is needed most, releasing blocked energies, cleansing the body of toxins, working to create a state of balance and harmony and promoting relaxation and healing.

It can address many health scenarios on physical, mental, emotional and spiritual levels. It can help but not limited to relief pain, illness, injury, depression, mental frustration, worries and stress. Because Reiki addresses stress reduction and relaxation, it can address any scenario (and most all are) caused by stress. Its

relaxation affects promotes healing in all health scenarios.

Reiki is fairly new in the West (*introduced to America in the early 1970's by Mrs. Hawayo Takata*). It's origin dates back to Dr. Mikao Usui who founded the system in Japan at the end of the 19<sup>th</sup> Century. With the enormous popularity of Reiki today, the system has been taught to millions of people worldwide.

Sifu Walker, a qualified Reiki Practitioner and Master/Teacher of the Usui System of Natural Healing (*Usui Shiki Ryoho*) was certified to teach Reiki last year after studying and practicing Reiki for four years. He is also a qualified QiGong Practitioner and martial arts teacher of more than 15 years. “Martial and Medical QiGong are Chinese compliments to the Japanese originated Reiki system,” Walker explains, “so my studies in Reiki were enhanced by my past experiences and knowledge of QiGong. Most people don't know that a truly qualified martial artist is also versed and proficient in the healing arts.”

QiSsage Body Systems, LLC is offering Reiki classes to anyone whom wishes to learn this valuable system of healing and health care. There are varying levels that can be learned by anyone! Levels range from First Degree practitioner to Master/Teacher. What is great about the different levels is that you are not compelled to achieve any particular level. You determine which level is right for your desires. First Degree teaches individuals how to treat themselves with Reiki while continuing levels teach how to increase your abilities and treat others.

“What's really great,” Sifu Walker concludes, “is that anyone can attend classes to learn Reiki or simply contact us for a Reiki treatment session. Adding Reiki treatments to our services (*with Qigong therapy sessions*) is a part of our ongoing efforts to provide diverse alternative health care services to the community.

For information about classes or an appointment for treatment, contact the school at (609) 518-9399.

#### CORRECTION

The last issue was incorrectly identified as Winter Issue, Vol 4. It should have read: Winter Issue, Vol 3.

## AMA HALL OF FAME BANQUET



Once again, QiSage Body Systems, LLC visited the Tropicana Hotel Resort in Atlantic City for the annual Action Martial Arts Magazine's Hall of Fame induction. Joining Sifu and Mrs. Walker (*lt to right*) are Kate Megargee, Rebecca Betz, Mark Moore, Karen Cruse (seated), Melvin Brennan, Betty Brennan, Rose Robinson, Robert Wahl, Ida Handy and Betty Ann Melvin.

### PUSH HANDS

*Our continuing dialogue takes us into the practice of Push Hands in this issue of the newsletter.*

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Push Hands teaches the application of the movements associated with the Four Directions: Ward Off, Roll-Back, Press and Push and develops the qualities of Ting, Tsou, Nien, Hua and Fa.

The purpose of Push Hands is: 1) to fully realize what sensitivity of the entire body means, 2) learn how to empty the body of all force, 3) learn to balance Yin and Yang in daily experiences thus enhancing the quality of life as a whole.

There are two schools of thought on when the proper time is to introduce Push Hands to the Tai Chi student. One suggests that the student first be proficient in the Tai Chi solo exercise (form). The belief is that the student should first develop a solid background through a long period of practice in the proper body postures. The other school suggests that Push Hands be taught along with the form because they complement each other. This belief is that Push Hands enables the student to better understand the solo exercise (form) and vice versa.

Push Hands encompasses the entire Tai Chi principles in addition to helping the student develop important aspects of Tai Chi not emphasized in the form.

These aspects include, **Ting** or "Listening"; **Tsou** or "Leading by Walking Away"; **Nien** or "Sticking/Adhering"; **Hua** or "Neutralizing" and **Fa** or "Attacking."

**Ting** is a listening skill that the practitioner not only uses to objectively assess the opponent but also oneself. One must learn to free unnecessary tension from their body by relaxing the legs and waist and giving up

awkward movements. In this state, one can concentrate and truly "listen." When progress is made the entire nervous system becomes alert and sensitive. A high level of achievement will make one as swift and agile as a fly.

**Tsou** is explained as the ability to overcome the strong and hard by the gently and soft way. It suggests giving up resistance by becoming soft and thereby evading a direct conflict. Tsou follows the development of Ting simply because one cannot avoid a force if one does not know its direction or magnitude. So, when practicing, first Ting the opponent's force, then avoid the force by yielding and giving no resistance. Applying Tsou incorporates the whole body. This can be learned by practicing the Chan-Ssu Chin.

**Nien** is the ability to remain in the most advantageous position and leave one's opponent at a disadvantage. It is used to advance when the opponent retreats and to follow the opponent who tries to escape. Nien, like Tsou, uses the technique of Ting to sense the direction and speed of the opponent's retreat. It is the primary factor with Nien because one will meet resistance if one tries to initiate movement too quickly. It is paramount that one attacks only at the exact moment the opponent is at a disadvantage.

**Hua**, the combination of yielding while maintaining contact, is the definitive characteristic of Tai Chi Chuan. When applying Hua, one must keep in mind that the motion involves the integrated use of the waist and legs in moving the body as a unit rather than the independent movement of the hands, arms or shoulders. This consists of a circular movement as represented by the S-shape curve in the center of the Tai Chi diagram. The awareness of Hua develops in the mind until there is total inner awareness and practically no external motion.

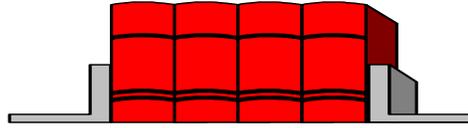
**Fa** is based on three factors: circumstance, direction and timing. To be successful, one must take advantage of all three. Circumstance connotes taking advantage when an opponent is momentarily off balance or is too stiff in a defense posture. At this time, the opponent's vulnerable posture suggests the direction in which one can apply a minimum of force to push him/her off balance. Proper timing is essential. Combined, all three factors insure an effective Fa which appears as effortless as a gently toss of a small object.

Students practice the aspects of Ting, Tsou, Nien, Hua and Fa using the Four Directions (Ward off, Roll back, Press and Push in various forms of pushing hands techniques or drills. Most common are Single-Handed Peng-An or Ward-off/Push practice, Double-Handed Lu or Roll back practice (*both with variations*) and the Four Directions practice.

It is common practice and highly recommended to practice Push Hands with as many different students as you can. This increases your ability to deal with different energies without becoming accustomed to any.

In the next issue, Ta Lu.

## Martial & Healing Arts Book Review



**Title:** Reiki Healer - *A Complete Guide to the Path and Practice of Reiki*  
**Author:** Lawrence Ellyard  
**Publisher:** Lotus Press  
**Copyright:** 2004  
**ISBN #:** 0-940985-64-0  
**Price:** \$12.95  
**Reviewer:** Jonathan B. Walker

It seems only fitting that I review a Reiki book since we are officially offering these services.

In my search for more knowledge about Reiki in the past few years, I have crossed many sources on the subject. However, I have continually found conflicting or incomplete information. The reason is that there is so much diversity in this field because it was originally passed down through oral transmissions. Unfortunately, it makes for a very confusing attempt to find concrete information without conflict. As a result, Reiki has become an eclectic practice especially in the Western parts of the world.

This book is an excellent source for clarification of the traditional methods of Reiki and especially in the history of Reiki. It further delineates the differences in lineage holders and their particular styles of Reiki and how they were passed on. It focuses on the Takata traditional Reiki methods. As a user manual, it further educates and opens doors for the Reiki practitioners as well as inform the individual who is considering Reiki. It is not a training tool to learn Reiki (*only a qualified teacher can teach and initiate Reiki*).

This book is a complete manual of 18 chapters of everything that you ever wanted to know about Reiki based on the author's collective, personal experiences and training in both the Western and Eastern styles.

I consider this a must have for the alternative health care practitioner.

## CURRENT EVENTS

- /// [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.
- /// [WTCOD](#) – Celebrated annually around the world on April 28, 2007.
- /// [Reiki Classes](#) – Level I classes are held on March 31 and April 21, 2007. Level II classes held on May 12, 2007. All classes will be conducted at the Holiday Inn, Cherry Hill, New Jersey, USA.
- /// [Zhang San Feng Festival](#) – May 31, 2007 – June 3, 2007 in Stroudsburg, Pa.

## 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:*

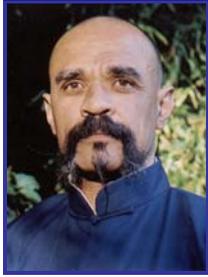
- ☉ *a network of services that are conducive to instilling those learned skills, which when practiced regularly affect our lives in a positive manner, thus producing those effects that enlighten and enrich our lives and;*
- ☉ *a referral system that interlinks with those agencies, institutions, and/or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

### *A Pinch of Wisdom*

*Better to make a mistake than to do nothing for fear of making a mistake.*

### *Did You Know...*

*... that a martial artist is not a martial artist until he/she learns to be a healing artist.*



## Sifu's Message

### “Spiritual Growth”

It has been my privilege to receive my Reiki Master Teacher certification last year after four years of training, study, research and practice.

As described to me by my teacher, this is the onset of a spiritual journey to find and connect myself with the universal energy life force or the higher spiritual existence of the universe. It is to be a time of personal growth that will initiate my final level of spiritual development. This journey has no time set and is a continual learning process.

As I have embarked upon this journey, I have sought paths that will better enable me to teach my students those lessons passed on to me by my teachers. This has, of course, been a part of the philosophy and mission of QiSage Body Systems, LLC since its inception.

I have been fortunate enough to have had many great teachers in my life who have passed on life's valuable lessons through learning modalities such as Taiji Quan, QiGong, Reiki, nursing, and teaching. I have had opportunities to explore these modalities for over 25 years by using them with, for and on those who have entered my path in this life. These opportunities have given me the chance for personal growth and development physically, mentally and spiritually on many levels.

It is now that I feel is my time to expand to my fullest potential and bring the benefits of my experiences and education to those who I am among for the sharing, caring and personal growth and development. Now is the time to come full circle.

## BETTER EATING FOR BETTER LIVING

In this issue, we will not publish a specific recipe. Instead, I would like to highlight my QiGong teacher's (*Master FaXiang Hou*) cookbook.

The name of the book is “Unleashing the Power of Food: Recipes to Heal By.” This book is not your traditional cookbook. It is as our column title suggests, “Better Eating for Better Living.” In Western cultures, we generally eat to satisfy our palate and quench our thirst. Chinese philosophy of food is completely different in its background, materials and methods. Throughout Chinese history, they have put emphasis on food as a means of maintaining health. It is believed that food works much like medicine. It has a crucial role in illness prevention and long-term cures.

To eat better, check out this book, learn and use its recipes! Look it up by ISBN #1-891434-16-0.

### CHOPSTICKS: The True Story about their Origin

Chopsticks originated in China during the Shang Dynasty (1766-1122 BC) as a substitute for knives at the table. According to Confucius, knives were equated with acts of aggression and should not be used to dine. Chopsticks then became the eating utensils of choice as neighboring Asian countries adopted its use and modified it according to cultural preference.

### WHAT'S A LION DANCE?



The traditional Lion Dance is a boisterous dramatic performance that dates back to the 17<sup>th</sup> century. A masked performer teases a vibrantly painted papiermache lion, which rears its head, roars, snaps its jaws and charges in rage.

Originally intended to help expel demons, you may still see this performance in China towns around the world when new businesses open. It is used to give the business good luck and prosperity. The ceremony is now celebrated annually on the first day of the year's first lunar month as the Spring Festival. This year it fell on February 18<sup>th</sup>.

### TAI CHI FOR CHILDREN?

Research is being conducted by QBS, LLC in consideration of offering a Tai Chi program for children. While China is still experimenting with tai chi and children, the United States has begun to explore on its own. Sifu Walker states, “This is not something that is new to us, we have had requests in the past to present a tai chi program for children. The only obstacle is that there has never been a program specifically for children. We will continue to search for quality model programs being offered around the globe. So far, we have found a few books that attempt to illustrate how children could be taught the fundamentals of Tai Chi. We have even reviewed martial arts schools that offer a Tai Chi program for children, however, most schools offer it as an adjunct to Kung Fu. We are seeking a purely Tai Chi program for children that will offer the same benefits as the regular adult programs.

As research continues, the school will be surveying community requests for children's tai chi classes. If you know of anyone who is interested, please make referrals to the school.

## **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.*

## **MARTIAL ARTS PROMOTION**



SiDi John Haremza recently received a promotion to 6<sup>th</sup> Rank and was awarded the Purple Sash in the Taiji Quan Martial Arts program at QiSsage Body Systems, LLC Three Mountains Schools.

## **"TURNING THE TIDE"**



Lynn Kosek-Walker, a television producer for New Jersey Network, recently won two awards for her production of an environmental documentary television program. The

show, **"Turning the Tide"** won a 'Gold World Medal' from the New York Festival International Awards Group Company (NYF) and a CINE Golden Eagle Award from Washington, D.C.

The NYF, in its 50<sup>th</sup> year, is an International Awards Group (IAG) Company. It maintains an international network of representatives who promote the competitions in over 65 countries. These representatives are a crucial element in upholding NYF's dedication to searching out and rewarding the World's Best Work™ not only by recruiting entries but also filling the judging rosters with award winning creatives who represent every advertising center of the world, ensuring that all work is judged without cultural bias and that each competition really does represent the best in communications the world has to offer. There are eight annual competitions in three categories; Advertising, Programming, and Industry Specific Advertising. Lynn's "Golden Medal Award" was presented in the International Television and Programming Awards competition.

This very same television show that she produced also won an "CINE Golden Eagle" award in Washington, D.C. CINE, in its 50<sup>th</sup> year, recognizes and fosters the highest quality of non-theatrical film and video production through its semiannual competitions. It was founded by a consortium representing business, education and government to depict American life and thought realistically for a global audience. It also offers development workshops for established film and video professionals as well as mentoring programs for students. It is renowned for its awards for excellence in documentary and other informational film and video productions. Recipients of the CINE Golden Eagles include Steven Spielberg, Ron Howard, Spike Lee and Mel Brooks. There are a host of categories and divisions in which to receive a "Golden Eagle Award." Lynn's "Eagle" was awarded under the Telecast: Professional Non-Fiction Division in the Environment & Natural Science category.

"Turning the Tide" narrated by Avery Brooks (*Commander Sisko in Deep Space Nine*), showcases the hidden beauty of the tidal areas in and around the Hackensack Meadowlands of northern New Jersey and Hamilton-Trenton Marsh just south of the state capital city of Trenton. Once thought to be wastelands, they are now recognized as critical resources and efforts to protect, preserve and revitalize them are taken.

If you haven't seen this program, contact the New Jersey Network or go to their web site <http://www.njn.net/community/specialinterest/turningthetide/> for more information about the show and program scheduling to see what dates it will air.



## **"FREE"**

*by Eleanor Hessler*

Some people say, "The best things in life are free." Others say, "You don't get anything free anymore!" The latter is not true. Here are some things I think are free: Talk may be cheap but it's free; greetings, i.e., Hello, how are you? Or Have a Nice Day; a smile; advise; an apology; making friends; neighbors; wild flowers; recycling; singing; volunteering; taking a walk; senior discounts; sun & moonlight; stars; rain; praying; people-watching; bird-watching; writing; some parks & historical sites; samples; listening; thinking; sleeping; breathing; crying; laughing;

Most of these are common sense things. However, here is more important information: Free picture ID and cell phone (*911 only*) from Burlington County Sheriff's Department; thousands of free books, booklets, pamphlets reports, etc from federal government agencies many of which have no eligibility requirements. Each state agency also has special offers for senior citizens from the Office on Aging. In New Jersey the address is: NJ Dept of Health & Senior Services, NJ Division of Senior Affairs, P.O. Box 807, Trenton, NJ 08625-0807. You can also call this office at: (609) 943-3436 or 1-800-792-8820, fax # (609) 588-3317 or email: [seniors@doh.state.nj](mailto:seniors@doh.state.nj). If you need help, call me at (609) 877-7591 and ask for Eleanor.

# Tai chi



***"Spring Special"***  
***FIRST MONTH FREE!***

***Do you have the qualifications to become a Tai Chi Teacher?***

***Dedication? Perseverance? Focus?  
And A Desire To Help Others?***

***We are looking for a few good candidates to join our team!  
Do you want to learn Martial Arts, obtain Black Sash Expertise and  
become the next generation to teach Tai Chi Chuan in our school?***

***If you answered YES to these questions,  
We have a career for you at:***

***QiSsage Body Systems, LLC***  
***Best in Martial Arts & Healing Arts***  
***"Where Self-Defense becomes Health-Defense"™***

***To Get Your Training Started Today, contact:***

***Sifu Jonathan B. Walker***  
***[Yangqichen@aol.com](mailto:Yangqichen@aol.com)***  
***(609) 518-9399***

# Martial Arts of China

# Historical Society

**NORTH AMERICA  
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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  
ADVISORY COMMITTEE**  
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Training Center  
China Wushu Association  
China Wushu  
Research Institute

**TAIWAN  
ADVISORY COMMITTEE**  
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Chinese Kuoshu Federation)

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Long Pai Association  
Master Huang Yao Hua  
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Wan Martial Arts Association  
Master Chen Wan

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Pugilist Federation)

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

**PHILIPPINES  
ADVISORY COMMITTEE**  
Wushu Federation  
Phillipines Inc.

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

**JAPAN  
ADVISORY COMMITTEE**  
Japan Wushu  
Taijiquan Federation

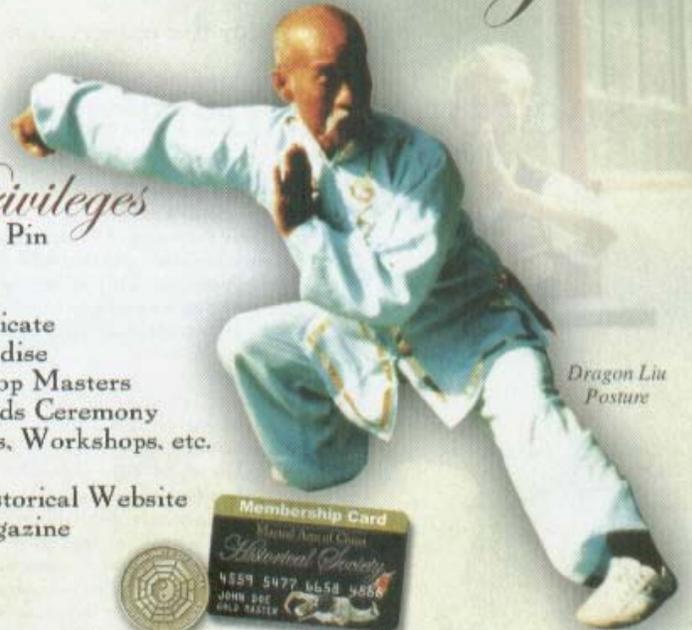
**HONORARY CHAIRMAN**  
Chief Coach of the Shaolin Training Center  
Jiao Hong Min

**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

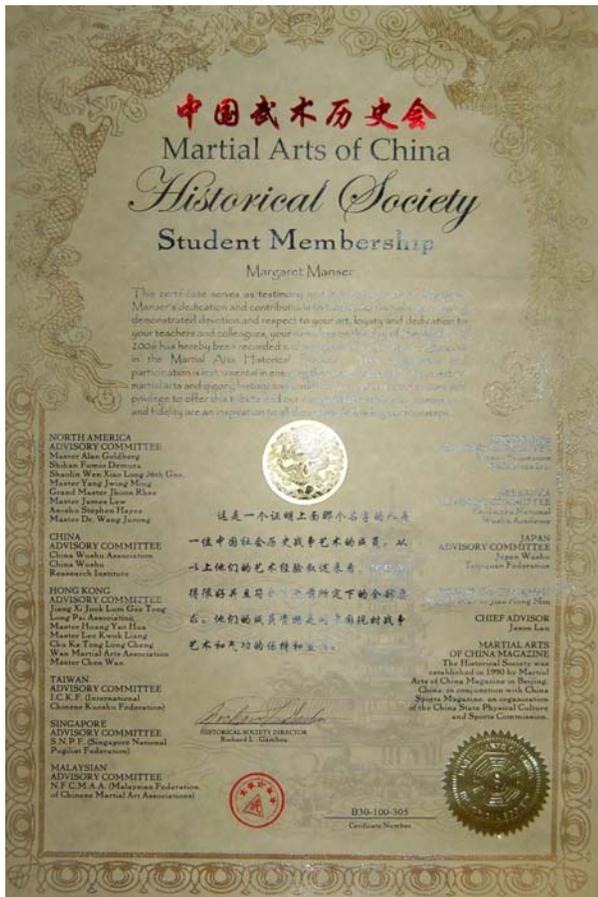
Please print clearly and completely to qualify

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.

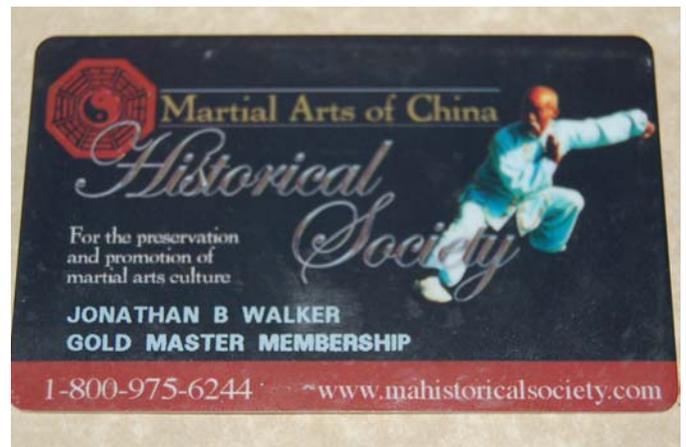
P.O. Box 11 Cary, IL 60013 1-800-975-6244  
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# MARTIAL ARTS OF CHINA HISTORICAL SOCIETY



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**LAPEL PIN**



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**CONTACT: Sifu Walker @ (609) 518-9399**

**EMAIL: yangqichen@aol.com**

# SUDOKU

	5			8	9			2
7			5	1			9	4
8	9	4	3				5	
4	6		8			2		7
2								9
3		9			5		4	6
	2				3	9	6	8
6	4			5	2			3
9			7	6			2	

## RULES

A quick look above reveals that the puzzle is a 9-by-9 grid of squares divided into nine 3-by-3 square blocks, with some of the squares filled in for you. The object is to fill in the blank squares in such a way that each of the numbers 1 to 9 appears exactly once in each row, column and block. If the puzzle has been constructed properly, there should be only one way to complete the diagram within the rules of the game. Despite this apparent simplicity, solving some sudoku puzzles can be complicated. HAVE FUN!

\*Solution will be in the next issue of this newsletter.

# HOLIDAYS



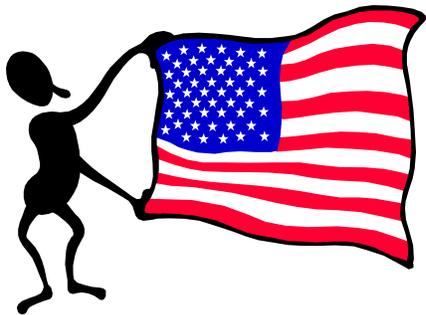
**“ST. PATRICK’S DAY”**



**“EASTER”**



**“MOTHER’S DAY”**



**“ARMED FORCES DAY”**



**MEMORIAL DAY**