

# QiSsage Body Systems, LLC

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

## NEWSLETTER

Summer Issue, Vol. 2

[www.qissagebodysystems.com](http://www.qissagebodysystems.com)

June 2005



### **MARTIAL ARTS WORLD LOOSES ONE OF ITS GREATS**



Martial Arts lost one of its greats last month. Benjamin George William Weldon of Washington, D.C. parted this life on May 20, 2005 after a lengthy battle with cancer. He, known to most as "Benny", was a member of the Action Martial Arts Hall of Fame and honored recipient of the Diamond and Platinum Lifetime Achievement Awards.

An Army veteran from the Korean War, Benny received his 8<sup>th</sup> Degree Black Belt studying under Grand Master Gogen Yamaguichi.

Benny was a veteran security employee for the Republican National Committee and personal bodyguard to RNC Chairman Marc Racicot. He had guarded every GOP chairman during his employment starting with Frank Fahrenkopf in 1984. His employment on Capitol Hill befriended him to Presidents Reagan, Clinton, Bush and many Congressmen and Congresswomen.

Benny's impressive personal security history included such personalities as Georgie Wood, Sammy Davis, Jr., The Supremes, The Temptations and Gladys Knight & The Pips.

Benny is survived by his sister, Anna E. Jones and his two sons, Benjamin R. Welburn and Kevin L. Welburn.

### **CROSS TRAINING & TAI CHI ???**

"What's the fastest way to bring power and stamina to your sport? Start moving very, very slowly. (No, even slower than that.)" These are the opening remarks by Katie Arnold, Managing Editor of Outside Magazine in the April 2005 issue.

Yes, Tai Chi is one of the best (if not the best) cross-training activities for just about any sport. This article reflects just some sports (Climbing, Surfing, Mountain Biking, Golf, Tennis and Kayaking) that can benefit from Tai Chi.

What's your sport? Improve it! Cross train with Tai Chi!

### **'SHANGI BAZAAR' GRAND OPENING IN CHINATOWN, PA**



Lily Fei Hong Song (right) with her daughter, Nan (left) celebrates the opening of her new store, the Shanghi Bazaar on Race Street in Chinatown, Pa. with a traditional Lion Dance.

### **SIFU WALKER NAMED CO-CREATOR OF WTCQD**

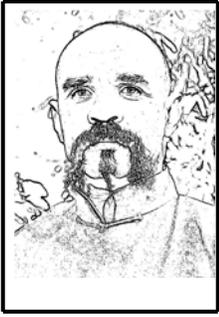
Sifu Jonathan B. Walker has been named a Co-Creator of the annual global event, World Tai Chi & QiGong Day. Bill Douglas, Co-Founder with his wife, Angela Wong Douglas have named individuals around the world who have been instrumental in creating one of the biggest global health events in holistic health care history.

Mr. Douglas has placed short biographies of these individuals on his web site ([www.worldtaichiday.com](http://www.worldtaichiday.com)) in an effort to share this information with the world.

Sifu Walker has worked to improve the quality of life for others for at least 25 years. He has organized this annual event in the southern part of New Jersey for the last 5 years. In that time, he has managed to enlist the support of many local mayors, the New Jersey State Senate and Assembly and the Governor.

He began sponsoring this free event at the Burlington County Community College in Pemberton and now holds it at the Kennedy Center in Willingboro's Community Center. Each year brings approximately 100-300 community members out to learn about the benefits of these holistic arts.

Sifu Walker states, "I cannot accept this privilege alone. It would not have been possible without the great community support that I get from the wonderful citizens of South Jersey. I hope that we can continue to spread the word to all the citizens in New Jersey about the profound benefits found in Tai Chi and QiGong."



## **SIFU'S MESSAGE**

### ***"Continuing Education"***

I want all of my students to take a moment and think back to when you first started your Tai Chi training with me. I passed out a Student Manual to each of you (*or maybe just handouts if you have been with me since 1998*) that contained valuable information. One piece of paper included in that Manual was titled, "How Do I find a Good Teacher?"

I am going to take an excerpt from that paper.

*"Most advice about this usually says to ask about the teacher's credentials. Has he or she been teaching for a long time? Has he been practicing Tai Chi Chuan for a long time? Has he learned from a respected teacher or in a traditional lineage?*

*Is he or she teaching something that has some tradition or is it something he or she created? Did he learn from a book or video, or from a teacher with good credentials?*

*Ideally, these are good things to know."*

With that stated, I will relate the intention of this message. The Philosophy and Mission Statement of QiSsage Body Systems has always been to combine the best of the West with the best of the East in holistic health care knowledge and practices. It has been my personal responsibility to maintain my educational standard as high as possible to provide the best education for my students and health practices for my clients.

In an attempt to maintain the standard, I have enrolled in a class to further my education in Reiki practices and healing techniques. In June of this year, I will enter training to obtain a Reiki Master/Teacher Certification. Upon completion of this training, I will be able to perform Reiki healing at a higher level, teach others how to perform Reiki and attune others who learn Reiki.

I have chosen to study for my Master/Trainer Level under the Usui System of Reiki that originated in Japan by Dr. Mikao Usui.

Upon completion of my training, I will bring to QiSsage Body Systems, LLC this additional knowledge to share with others.

*In Harmony,*

*Sifu Jonathan B. Walker, LPN*

## **UMDNJ RESEARCH STUDY**

The University of Medicine & Dentistry of New Jersey, Stratford has undertaken a research project that will study memory difficulties in citizens 50 years and older.

Through learning low impact exercise and Tai Chi, the School of Osteopathic Medicine, Center for Aging will study the affects on the memory in this age group. Using three groups (a Low-Impact Exercise Group, a Tai Chi Group and a Tai Chi Wait Group) a 12-week program will be used with participants attending classes 3 times per week. The program is called, "**Memory & Motion.**"

QiSsage Body Systems, LLC has been asked to supply the Tai Chi program for this research. Sifu Walker was selected as the expert for the Tai Chi program after UMDNJ searched the Internet for candidates. A representative from the project then monitored one of Sifu Walker's existing Senior Tai Chi Programs. Following a brief interview with a Research Teaching Specialist, it was decided and agreed that Sifu Walker would participate in this program.

Recently, Sifu and his Demonstration Team visited UMDNJ in Stratford to assist in eliciting volunteers for the program by performing at a university Health Fair. The demonstration successfully recruited approximately 35 volunteers to begin this study in June. The staff and research team was very impressed with the demonstration performance and hopeful of exploring other options regarding Tai Chi.

## **NOMINATED TO THE WKU HALL OF FAME**

Sifu Walker has been recently nominated for induction into



the World Karate Union Hall of Fame. This organization was established in Pennsylvania in 1996 as a means to honor those martial artists who devote their lives to the practice and art. Nominations are submitted from the United States of America, Canada, Europe, Asia, Australia, Russia, Puerto Rico and South America. Criteria are based on a

nominee's excellence in the martial arts and a strong commitment to the community.

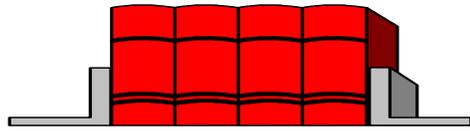
The 10<sup>th</sup> Annual WKU Hall of Fame Awards & Banquet will be held on Saturday, July 2<sup>nd</sup> at the Chateau Resort & Conference Center, Tannersville, Pa in the Pocono Mountains.

The next issue of the newsletter will report on the outcome of this nomination.

## **STUDENT CORNER**

This column has been reserved for the students. Be sure to make use of your privilege to speak about issues, topics and matters of your personal choices. For your personal submission, contact the school through our web site at: [www.qissagebodysystems.com](http://www.qissagebodysystems.com).

## Martial & Healing Arts Book Review



**Title:** The Tao of an Indian  
**Author:** Red Hawk  
**Publisher:** SunRise Publishing  
**Copyright:** 2004  
**ISBN #:** 1-57636-169-1  
**List Price:** \$15.95  
**Reviewer:** Sifu Jonathan B. Walker

Red Hawk is a Spiritual Leader, former Clan Chief, storyteller, recording artist and motivational keynote speaker who has taken the Tao Te Ching to a new level of understanding. As an Indian, he has taken note of his culture, heritage and roots to discover that all peoples of the world, regardless of origin, share a common bond.

His particular interest in the works of Lao Tzu (*Lao Tse*), threads the binding of the once united Eastern peoples to the present day North American Indian.

If you have had the opportunity to read any interpretations of the Tao Te Ching, this book is a must. It adds another dimension for the reader to obtain a deeper meaning of the spirituality of these original writings.

Fortunately, I have had the pleasure to personally see and speak with Red Hawk at the recent Rancocas Arts Festival in Burlington County. It was a meeting that remains highly impressionable.

## CALENDAR OF UPCOMING EVENTS

- ⚡ **FREE Introductory Tai Chi Classes** -The next Free Introductory classes in 2005 will be held on Saturday, June 25<sup>th</sup>, July 23<sup>rd</sup> and August 27<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.
- ⚡ **UMDNJ Research Study** -The University of Medicine and Dentistry of New Jersey will be conducting a study of the effects of Tai Chi verses Low Impact Exercises on seniors who have memory difficulties. QBS will be a part of this study during the summer months, June through August (*see article*).
- ⚡ **Twin Dolphins Martial Arts Championships** – Outdoor Open Karate/Kung Fu competition, July 16<sup>th</sup>. Over 100 divisions. 1<sup>st</sup> - 4<sup>th</sup> Place Awards. Lewistown, Pa. More info, call Sifu Nazario at (814) 404-3762. QBS will be there, will you?
- ⚡ **Rochester, N.Y.** - The school has been invited to present a motivation program to the local community of Rochester, New York in August. This presentation will focus on the power of Tai Chi as a motivational tool to empower success in one's life.

## 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***

*You are judged not by what you have,  
but by what you do with  
what you have.*

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

*Nothing is so strong as gentleness;  
Nothing is so gentle as real strength.*

*The word is out!*



*Tai Chi is a Martial Art!*

**“ S U M M E R       S P E C I  
A L ”**

*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 (1st) FREE MONTH**

**\*\*\*\*\*BONUS\*\*\*\*\***

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

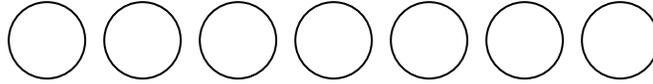


*"Independence Day"*  
*Independence Day*

*Happy Holidays*  
*Happy Holidays*

QiSsage Body Systems, LLC  
Three Mountains Schools  
CRYPTOGRAM #2

WHAT TAI CHI REALY IS !



Below are clues to help you find the solution to the puzzle. You must first discover the clues! Rearrange the letters to discover each clue. Write it in the spaces. When all clues have been found, take the circled letters and rearrange to find the answer to the puzzle. Go ahead, have fun!

1. A Universal flow. VEMOENTM

\_\_\_\_ \_ \_\_\_\_ \_  \_\_\_\_ \_ \_\_\_\_ \_

2. After 3-D. MIET

 \_\_\_\_ \_ \_\_\_\_ \_

3. The foundation of your Form. ESGL

 \_\_\_\_ \_ \_\_\_\_ \_

4. What you seek in Pushing Hands. GETAVADAN

\_\_\_\_ \_ \_\_\_\_ \_  \_\_\_\_ \_ \_\_\_\_ \_ \_\_\_\_ \_

5. The control center of movement. TWIAS

\_\_\_\_ \_  \_\_\_\_ \_ \_\_\_\_ \_

6. Hard style martial arts. TAXLEERN

\_\_\_\_ \_ \_\_\_\_ \_ \_\_\_\_ \_  \_\_\_\_ \_ \_\_\_\_ \_

7. Entry point of the Universal energy. AIIBUH

\_\_\_\_ \_ \_\_\_\_ \_ \_\_\_\_ \_ \_\_\_\_ \_ 