



TM

# QiSsage Body Systems, LLC

Best In Martial Arts & Healing Arts

“Where Self-Defense Becomes Health-Defense”™

## NEWSLETTER

Summer Issue, Vol. 3

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

June 2006



### **LONDON INTERNATIONAL HALL OF FAME**

On June 3, 2006, a prestigious banquet will be held at the Tower Hotel in London, England, United Kingdom. It will mark the inaugural induction of noted martial artists from around the world into the newly organized London International Hall of Fame. Sifu Jonathan B. Walker will be a part of this historical induction receiving an “Excellence In The Martial Arts” award.

The stage is set at one of London’s best hotels next to the Tower of London, Tower Bridge and overlooking the famous River Thames. Two grandmasters have reached out to bring this historic event to London, Grm Gary Wasniewski and Grm Alan Goldberg from Ty-Ga International & Action Martial Arts Magazine, respectively.

The event will be the highlight of the weekend including entertainment and free seminars for all inductees and guests.

This induction will now make Sifu Walker a four-time hall of fame inductee giving him membership in two national and two international halls.

### **CREATION OF THE HONORABLE GLORIA W. THOMAS AWARD**

QBS, LLC, Tai Chi Health Programs recently lost a very special student due to a long battle with illness. Gloria Thomas was a member in good standing with the Tai Chi for Seniors classes at the Browns Mills Senior Center. She was a remarkable woman who studied her art with a passion always sharing her knowledge with her fellowman. A person of many life long talents, she brought her life’s experiences to the class and honed her ability to manage the stress of her lengthy illness. She was an exemplary student.

Her shining example of energy and excellence has led to the creation of a new award that will be bestowed upon a deserving student each year at the annual school awards banquet.

This award will be the second such type honor created from the achievement of martial arts tenets standards by school students who have died while enrolled. The other award is the Distinguished Timothy Burke Award.

### **A THEORY TO PONDER . . . . SQUARES, CIRCLES & TRIANGLES**

Let’s take a different approach to learning the correct manner to perform the Tai Chi choreography. The following are some views and approaches that I take in teaching students how to approach learning the correct manner to perform the movements of the Yang Style Tai Chi choreography. These views and approaches are a result of my personal research.

Geometrically, there are only 3 shapes that exist in the entire universe. They are the square, the circle and the triangle. Any other shape is a combination of any two or all three of the above figures or shapes.

Geometry is a branch of mathematics. We also know that mathematics is a universal language and as such is capable of speaking (*applying*) to anything in our existence.

Tai Chi Chuan is a universal philosophy applied to movement (*any movement/motion in the universe*). We specifically apply this philosophy of Tai Chi to the movement of the choreography.

Allow me to hypothesize that geometry can be applied to Tai Chi Chuan. If this is so, then we can conclude that the only three figures in the universe can be applicable to the Tai Chi choreography.

Now, with this theory in place, we will use this information to create motion in the Yang Style

choreography and find whether or not it adheres to the principles of correct movement.

Take this approach.

Envision a square. It has four sides that are equilateral (*all equal in length*). These sides are straight lines from one point to the next. Visualize that any movement (*transitions*) of the body from the waist down moves in linear fashion (*like a square*) either forward, backward, or to the left or right. Also, this movement must be equal in its distance of movement like the equal sides of a square.

Now, envision a circle. It is a continuous arc that intercepts itself thereby creating a round enclosure that radiates from a central point. Visualize that from the waist up, any movement (*transition*) of your body moves in circular or round fashion radiating from a central point in all directions equally.

Finally, envision a triangle. It has three sides and three points. The sides could all be equal in length (*equilateral*), or only two sides equal in length (*isosceles*) or no sides equal in length. Visualize that all postures (*not transitions*) in the choreography present a triangle of one type or another. It can be found between the points of both hands and one foot.

In conclusion, I charge you with the task of using this hypothesis to test your choreography to see if you can obtain more correct movement that adheres to the principles, theories and classics of Tai Chi Chuan.

If you find that you have problems making this hypothesis come to reality, contact me at:

[Sifuwalker@aol.com](mailto:Sifuwalker@aol.com)

(609) 518-9399

and I will bring its proof to you in a fantastic workshop! It's guaranteed to improve your form and your comprehension of the art!

## ***FIVE ELEMENT THEORY***

As stated in the last issue, we will explore the Five Element Theory in this issue. This theory is viewed by the Chinese as the five properties inherent in all things in the universe. It is a fundamental study for Traditional Chinese Medicine.

To begin, we will first identify the five natural elements or phases. They are Earth, Metal, Water, Wood, and Fire. It is important to realize that when we speak of these elements in reference to their relationship to the universe, we are speaking about

their properties and not necessarily solely their physical composition.

Each element symbolizes a category of related functions and qualities. For instance, Wood is linked with active functions that are in phase with growth or with increasing. Fire expresses that the functions have reached a maximum state and are ready to decline. Metal represents declining functions. Water symbolizes that the functions have declined and are ready to grow. Finally, Earth is associated with balance or neutrality. Therefore, Earth is the center point of the five elements.

Four major principles describing cyclic changes in and interrelationships among the five elements can sum up the basic theory behind the five elements. They are Mutual Creation, Mutual Destruction, Mutual Closeness and Mutual Fearfulness.

Mutual Creation refers to the enhancement or creation pattern of the five elements. In this cycle, each element produces the next. Thus, Wood creates Fire, Fire creates Earth, Earth creates Metal, Metal creates Water, and Water creates Wood.

Mutual Destruction refers to the series of conflicts between pairs of elements. In this cycle, each element destroys or weakens the next. Therefore, Wood destroys Earth, Earth destroys Water, Water destroys Fire, Fire destroys Metal and Metal destroys Wood.

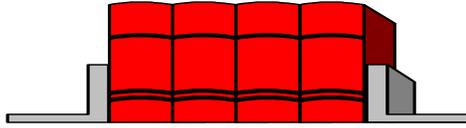
Mutual Closeness refers to the attraction of one element to its source. In this cycle, each element becomes close to its creator. Thereby, wood is close to water, water is close to metal, metal is close to earth, earth is close to fire and fire is close to wood.

Mutual Fear refers to the respect or fear of one element to another. In this cycle, each element has the potential to destroy another element. Wood fears metal, metal fears fire, fire fears water, water fears earth and earth fears wood.

The similarities and differences among the principles of mutuality can be analyzed in terms of Yin and Yang. Creation and Closeness are considered Yang whereas Destruction and Fearfulness are considered Yin. Yin and Yang are not contradictory nor is one considered "good" or "bad." Yin and Yang are relative, not absolute. To obtain health, harmony is sought between them and any imbalance is avoided. In Traditional Chinese Medicine (TCM), yin-yang also refers to the various antitheses in the human body which occur in anatomy, physiology, diagnosis and treatment.

(Continued on page 7)

## Martial & Healing Arts Book Review



**Title:** T'ai Chi Ch'uan:  
The Internal Tradition  
**Author:** Ron Sieh  
**Publisher:** North Atlantic Books  
**Copyright:** 1992  
**ISBN #:** 1-55643-128-7  
**Price:** \$13.95 (soft cover)  
**Reviewer:** Robert Wahl

Ron Sieh had been involved in various styles of martial arts since 1971. "T'ai Chi Ch'uan: The Internal Tradition" is an accomplishment of the author to share his insight on receiving a greater benefit from Tai Chi by paying adequate attention to its internal aspects. His book covers ideas and concepts that can relate to performing the form as well as push hands and sparring. The intended audience is anyone engaged in Tai Chi, new or experienced, beginner or advanced. As the title implies, the central theme of the books is how to make your Tai chi more internal. After all, Tai chi is categorized as an internal art and Sieh tries to impart to the reader what this means and what to do about it.

What does your Tai chi feel like? Sieh emphasizes that "feelings" should be present in your Tai Chi. Does your body *feel* unified with itself? Does your mind *feel* and guide your body? How does relaxation *feel* and do you have it? Do you *feel* grounded? The author sets forth that the goal of a person's Tai chi journey should be to attempt to discover and understand what the founders of the art discovered. Not to just read about "sinking and rooting" but to discover, experience and most importantly . . . *feel* it.

I think the book is appropriate for those who perform Tai Chi for health and exercise as well as those who dig deeper into it. I am certain that I will pick up this book again in the future to see what new things can be found in it.

## CURRENT EVENTS

- ⚡ **FREE Introductory Tai Chi Classes**— The next Free Introductory classes will be held on July 22<sup>nd</sup> and August 26<sup>th</sup> of 2006 at the Burlington County Library's Main Branch in Westampton, NJ. Contact the school for more specifics. You can also sign up for these classes at the library.
- ⚡ **Zhang San Feng Festival & Dao of Health Expo 2006** – June 1-4, 2006 at East Stroudsburg University hosted by James & Loretta Donnelly of ASIA
- ⚡ **London International Hall of Fame** – June 3, 2006 will see the inaugural celebration and induction of members into this Hall of Fame and banquet in London, England.
- ⚡ **World Karate Union Hall of Fame**— 10<sup>th</sup> annual WKU HOF Banquet and Awards ceremony will be held June 24<sup>th</sup> at the Chateau Resort & Conference Center in Tannersville, Pa.
- ⚡ **Jou Tsung Hwa Festival** – July 8-9, 2006, the annual birthday celebration of the Jou Tsung Hwa festival at the Tai Chi Park in Wantage, NJ.
- ⚡ **Twin Dolphin's Martial Arts Karate & Kung Fu Championships** – Nazario Martial Arts Academy holds this event in Lewistown, 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

*QiSsage 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 QiSsage Body Systems.*

### **A Pinch of Wisdom**

*What is quickly done,  
Is quickly undone!*

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

*...if your sole goal is to impress people, then you can never achieve true happiness?*

## ***WE MUST BECOME AGAIN. . .***

*This article is a reprint from earlier years of this newsletter.*

I once had the very fortunate opportunity to play with a couple of young children in the park on a glorious sunny Sunday afternoon.

Being of the ripe young ages of 3 and 8 years old, they were loaded with energy. Their eyes reflected the wonders of discovery through exploration. Their faces held smiles from start to stop. They ran, jumped, kicked, skated, peddled, laughed, giggled and saw only the greater things the day had to offer...life!

Raw, unharnessed, natural energy emitted from them like sunrays warming the planet. Their energy poured from one activity to the next like water flowing down a mountain stream. Their joy for the fun in life included everyone and everything that they saw, touched, smelled, heard, or tasted. They absorbed everything around them and blended with it as though they had always been connected to it.

They were amazing little people who reminded me of how great it is to have the mind of a child. A mind that produces a spirit with infinite bounty and power to feed the body and accomplish tasks tirelessly. This mind is truly the "Fountain of Youth".

I've often heard older people say, "If only I had that much energy!" Well, you may not have the age of youth, but you can still have the fountain...the child's spirit. This spirit (*when untainted by the bias of our environment*) is the source of youthful energy, happiness and long-life.

*"We must become again like the children we once knew; a time of innocence and trust when the excitement about learning of the wonders of life was right in our hands. Let us not forget these ways."*

This is how to approach learning the art of Taiji ...with the mind of a child. Explore the wonders of the universe from the beginning of time. Explore Taiji.

*The Editor*

### ***STUDENT'S CORNER***

#### ***"The Sincere Punch to the Face"***

In Judo, the Uke ("oo-key") is the person flying through the air or laying on the ground. They are the "receiver of the action". The "do-er of the action is known as the Tori ("tor-ee"). The terms Tori and Uke are found in most Japanese martial arts and the concept extends to (probably) any martial art or sport including our Tai Chi Chuan martial class.

In training, the purpose of a good Uke is to be more than just being a punching dummy or throw pillow. A good Uke is instrumental in helping Tori to practice their techniques or art. If Uke "fakes it", Tori does not get the proper feedback. Suppose that we have two boxers who are sparring and one fell down every time his opponent's punch connected – no matter how hard or soft. The training is worthless for both of them. The goal of Uke isn't necessarily to win (while training) but to help Tori.

Here are some tips on how to maintain a great Tori/Uke relationship:

-Tori isn't looking to hurt Uke and vice versa. Always have your partner's safety in mind.

-Uke should throw "sincere punches". If the technique calls for a punch to the face, it should be straight and direct (stop a few inches before impact). Don't anticipate and aim your punch over their shoulder.

-Know Tori's speed. If they are learning something for the first time, no need to punch or move at full speed. Start at ¼ speed until they are comfortable and then work upwards. Likewise for grabbing or holding at full strength.

-Keep your ego at the door. This is not competition. Your purpose isn't to intimidate or "win". Uke helps Tori achieve their potential.

-You should try to challenge Tori. If he is proficient at a technique, don't stay at a slow speed.

-Don't submit to bad technique. If Tori cannot do the technique, don't just fall over. Try to help them correct the problem otherwise they will only know ineffective techniques.

-Use the "being Uke" experience to your advantage: learn how to throw better punches, how to fall down safely, how the body reacts and feels when being moved, how a technique looks when done correctly or incorrectly.

A smart Tori will always appreciate a good Uke. It will make a big difference in the development of both persons' skills.

*Robert Wahl*

*(Continued next page)*

### “Not So Happy Trails”

Picture this --- it is late afternoon on the Nevada desert and you are 2 ½ miles into a horse trail ride. After the next two miles of the ride you and other guests will be back at the ranch enjoying a sunset dinner while listening to tales of Indian history and folklore. Suddenly and without warning, your horse, Aspen looks up and sees the lead horse acting up. Because horses are competitive, Aspen decides to race like he is in the Kentucky Derby ...0 to 60 in nothing flat! You try to stop him by using the “whoa” command taught in the five minute lesson prior to the ride. Aspen does not even slow down. Your next sensation is one of landing on the desert floor then bouncing before coming to a stop at a 45 degree angle to the ground. Your mouth is full of desert sand and your chest feels like a boulder landed on it. Your first instinct is to remain still, which you do (at that angle) for an hour until you are rescued. How do you accomplish this? Your mind quickly settles on principles you have been taught in your tai chi training, stillness and perseverance. You are a student and now is the time to practice what you have been taught. Concentrate on your breathing. Each breath is painful, you don’t know why, but you work through the pain. You CAN do this and you will.

Luckily, one of the guests is a mounted police officer/first responder who rushes to your side. Luckily. Well yes because the wrangler in charge of the trail ride tells you that the only way out of the desert is on horseback. The police officer tells him that horseback is not an option. The wrangler then said he would try to get a pick up truck on the scene, slide you on his chaps and put you in the bed of the truck. The police officer tells him to call for an ambulance. Because the Sagebrush Ranch is on Indian land, an ambulance is called from the Reservation. When the ambulance arrives, the EMTs realize that the terrain is too rough for the vehicle. Prior to mounting horses for their ride to the scene, they called for a helicopter.

An hour later, a helicopter arrives and transports you to the University Medical Center. After a battery of tests, your diagnosis is a fractured sternum with an expected recovery period of approximately eight weeks! While in the hospital, symptoms develop which will later be diagnosed by your family doctor as a bacterial infection.

Finally, you are home! Your recovery will take time but you will recover and eventually be back to

normal. Through all of this, you never stop being grateful. Your injuries could have been so much more severe. And, hey, you did get in two miles of the trail ride before thunder struck. Life is good!

*Dorothy Collura*

### “Wilma The Tropical Storm”

I was in Cancun when ‘Wilma’ was only a tropical storm. I arrived on Saturday, October 15 and had four wonderful days in the sun. On Thursday, the storm became a full-fledged hurricane. All tourists were evacuated from the Hotel Zone in Cancun by order of the President of Mexico and transported inland. For 85 hours, home was a school room 20-ft x 20-ft that we shared with 28 other American tourists. We had pillows and blankets and slept on the school room floors. Suffice it to say, we had no power or running water for bathing and such. We were given milk, crackers and tuna fish in cans (but no can opener). My son happened to have a Swiss Army knife. The school was located in a very poor section of town and despite this, the local people provided us with coffee, soup and rice milk.

In spite of all of the above, the group became one. We all worked together to help each other cope with this situation. We had no communication with the outside world except cell phones that became a lifeline to the States. Through them, we learned that the hurricane was stalled over Cancun.

We were a diversified group from different parts of the USA. There was a Chinese lady from New York who had us doing Tai Chi and some dancing. In a group of 28, there was a self-proclaimed comedian, a historian and four nurses who took charge of keeping our schoolroom sanitary. When we left the school on Tuesday, all the local Mexican people were lined up waving to us. I later learned that they were in a food line (and they shared what little they had with us).

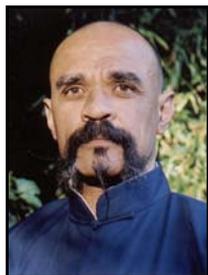
Looking back, I am glad that I had the opportunity to experience this adventure. I learned that a crisis really does bring out the good in people. As I said so many times before, IT WASN’T THAT BAD!!!

*Dolores Martin*

### **JUMBLE PUZZLE SOLUTION**

Four unscrambled words are: **Circle, Push, Universe and Foot.** The Solution is **OUCH!**

# Sifu's Message



## *“Mind Like Water”*

As summer fast approaches, just a little reminder for how to deal with the season when the weather changes to hot days and warm nights. Think about the nature of water. It flows unchanged by obstacles, always seeking to fill from the lowest point upward. Never does it allow obstacles to alter its destination but simply changes its course to get to the same destination by the most direct means.

Also, remember that water is the only liquid in the universe that quenches the thirst and sustains life!

## **QIGONG WORKSHOP**



The month of May brought an all day workshop on the topic of “Qigong” to the community. The morning session focused on building a foundation for the cultivation of qi in the body. The afternoon further investigated how to build on that foundation and circulate, store and use qi for health benefits.

The workshop was highlighted by using a special QiGong technique. It lowered the blood pressure of one of the participants that has hypertension from 170/100 to 140/80. This was accomplished in 15 minutes. The amazing thing about this highlight was that this technique was performed by the wife of the participant! She had just learned this technique in the morning session!

All participants had great experiences with learning a new manner of health maintenance and prevention.

## ***BETTER EATING FOR BETTER LIVING***

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

### **Healthy Salmon**

**Recipe:** Original  
**By:** John Bornholdt

This recipe makes one serving. Increase the ingredients for the number of servings you need.

#### Ingredients:

- 1 6 oz salmon fillet
- 1 oz white cooking wine
- 1 oz red pepper sliced
- 1 oz green pepper sliced
- 1 oz leeks sliced
- Salt, pepper and dill to taste

Place the salmon in the baking dish, topped with peppers and leeks. Pour white wine over the top of the fish preparations and season with salt, pepper and dill to taste. Cover the baking dish and bake at 350 degrees for about 10 minutes or until salmon is cooked through.

Serve and enjoy!

## ***NEW FACES IN THE SCHOOL***



Janet Hoesly



Chris McMullen

Recently, two new faces have joined our Tai Chi family by enrolling in the Healthways Tai Chi program. Janet Hoesly and Chris McMullen have signed up to practice tai chi on Thursday evenings in the Moorestown location.

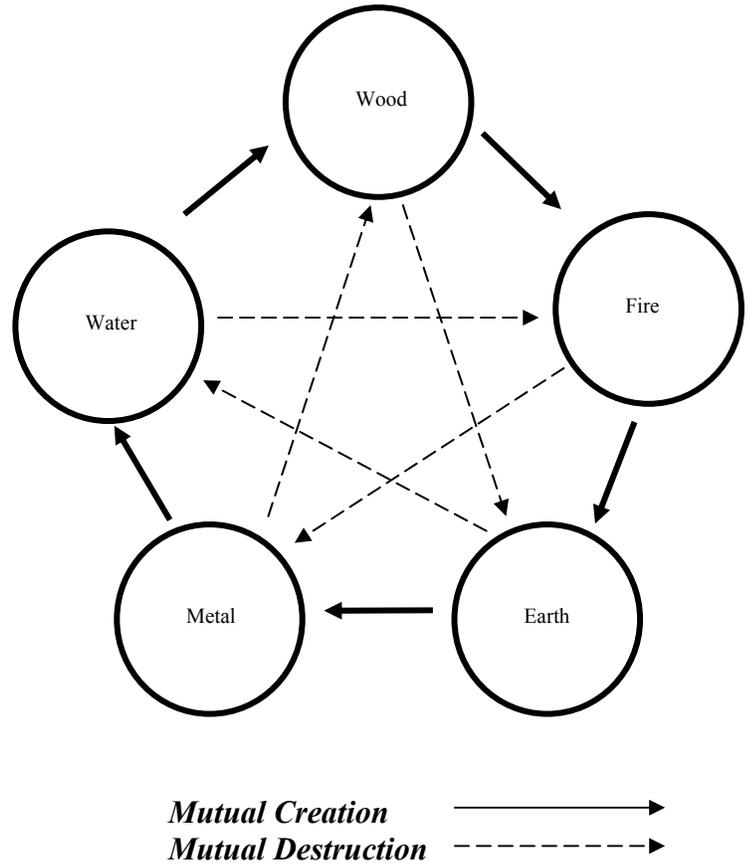
I am sure that I share the feelings of all students when I say, Welcome! We hope that you are here to stay for a long time.

*Sifu*

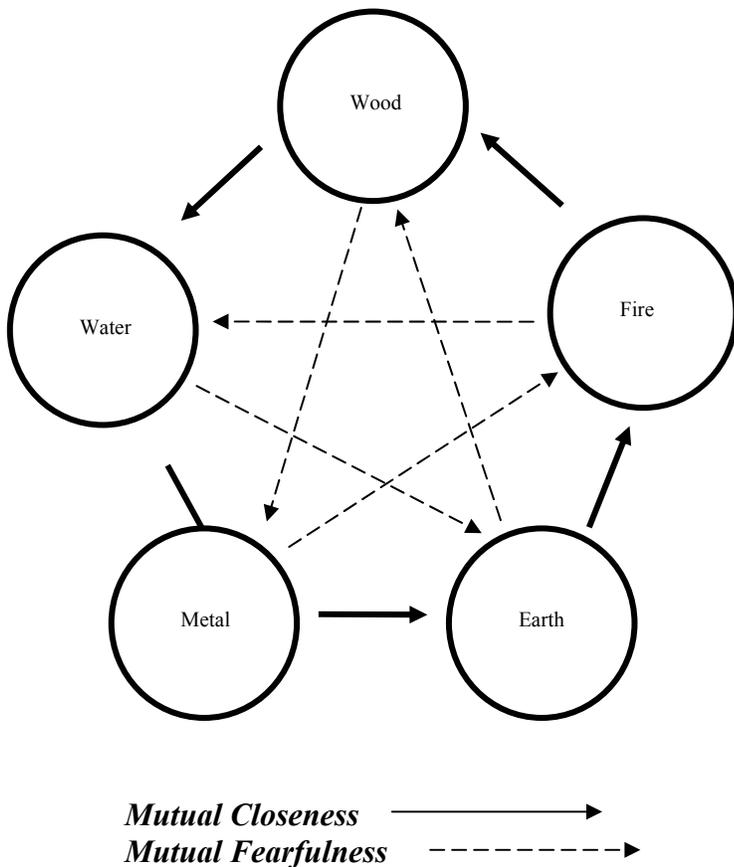
*Five Element Theory*  
 (Continued from page 2)

Figure 1

The diagram at the right represents the mutual relationships among the five elements in the Mutual Creation and Mutual Destruction cycles. The arrows indicate the cyclic movement. Carefully study this diagram for similarities and differences.



(Fig 1)



(Fig 2)

Figure 2  
 The diagram at the left represents the mutual relationships among the five elements in the Mutual Closeness and Mutual Fearfulness cycles. The arrows indicate the cyclic movement. Carefully study this diagram for similarities and differences.

# Five Element Theory

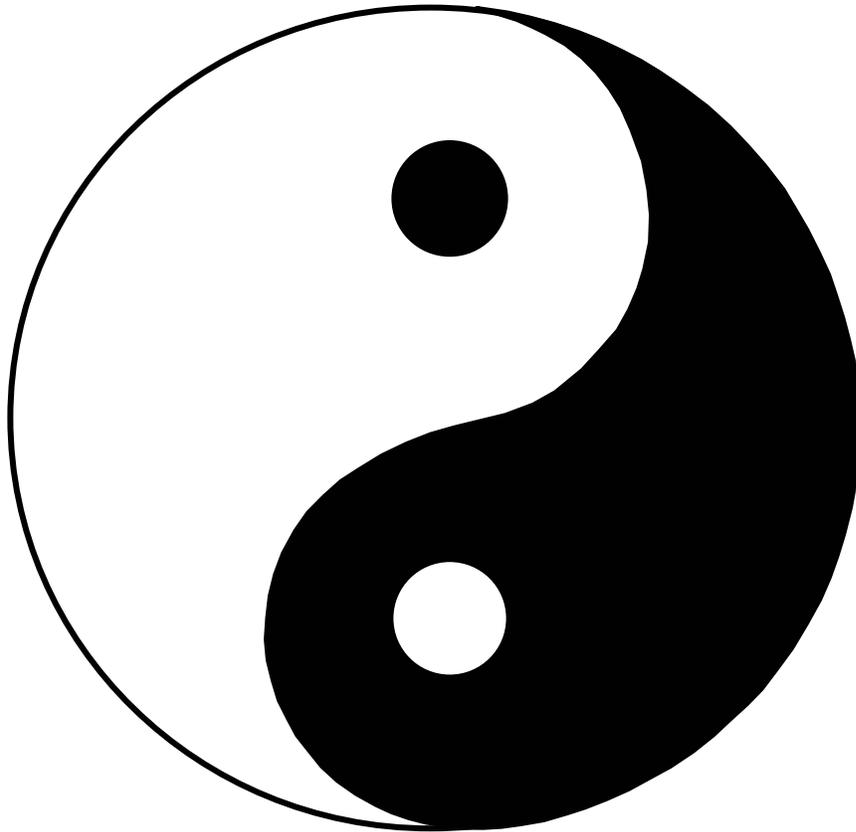
<b>FIVE ELEMENTS</b>	<b>WOOD</b>	<b>FIRE</b>	<b>EARTH</b>	<b>METAL</b>	<b>WATER</b>
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<b>HUMAN BODY</b>	<b>Emotions</b>	Anger	Joy	Pensiveness	Sorrow	Fear
	<b>Anatomy</b>	Tendons	Blood Vessels	Muscles	Skin & Hair	Bones
	<b>Specific Openings</b>	Eyes	Tongue	Mouth	Nose	Ears
	<b>Smell</b>	Goatish	Burning	Fragrant	Rank	Rotten
	<b>Human Sound</b>	Shout	Laughter	Song	Weeping	Groan
	<b>Bowels</b>	Gall Bladder	Small Intestines	Stomach	Large Intestines	Urinary Bladder
	<b>Viscera</b>	Liver	Heart	Spleen	Lungs	Kidneys
<b>NATURE</b>	<b>Directions</b>	East	South	Center	West	North
	<b>Seasons</b>	Spring	Summer	Late Summer	Autumn	Winter
	<b>Weather</b>	Wind	Hot	Wet	Dry	Cold
	<b>Developments</b>	Production	Growth	Transformation	Harvest	Storage
	<b>Colors</b>	Green	Red	Yellow	White	Black
	<b>Tastes</b>	Sour	Bitter	Sweet	Spicy	Salty

(Fig 3)

Above, in figure 3, you can see the Five Elements and their relationships the human body and nature in this table.

# Yin Yang Philosophy



(Fig 4)

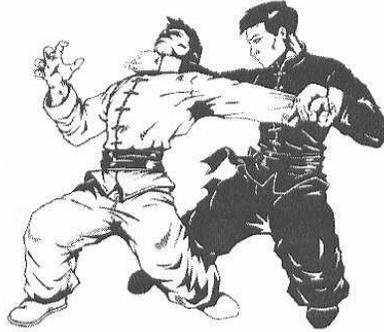
The symbol in figure 4 is the most commonly used representation of the Yin –Yang philosophy. This symbol is known as *Taiji – the Grand Ultimate*. The large outer circle symbolizes the *whole* universe. The curved line within the circle symbolizes the movement and opposing, yet interdependent nature of yin and yang. The black (yin) and the white (yang) tear drop shapes symbolize the decreasing and increasing of yin and yang as well as the transformation of yin and yang. At the greatest point of yang, there is a black dot and at the greatest point of yin, there is a white dot. These dots symbolize that yin and yang are not absolute. They are not only interdependent but there are subdivisions of yin and yang within yin and within yang.

The Yin-Yang Theory is basically used to describe the opposing, interdependent and transformational nature of all things in the universe. The Five Element Theory is basically used to explain characteristics, classifications, and the law of mutual creation and mutual destruction. In the practical applications of Yin-Yang and the Five Elements Theories, they are used in conjunction with each other.

Human physiology and the causes of disease are also within the Yin-Yang and Five Element Theories. They are an effective guide to the diagnostic and healing processes and are an important component of Chinese medicine.

Hopefully, this article has given you a glimpse of how one culture looks at our universe. In our next issue, we will continue this investigation into the Five Element Theory.

# Tai chi



# is martial arts!

*"Summer 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:*

***QiSage 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***

## ***WORLD TAI CHI DAY 2006***

World Tai Chi & QiGong Day 2006 was a great day of festive demonstrations and performances. Take a look at some of the activity. Do you see anyone you know? Go to our web site Photo Gallery for more great pictures.



Sifu and family welcome guests.



Proclamations were on display.



A Traditional Lion Dance . . .



. . . begins the ceremonies.



Door prize winners!



Everyone came from all around.



They watched and . . .



Uniquely special artists.



. . . they waited to be a part . . .



. . . of the Main Event . . .



Traditional live music!



. . . led by Sifu Walker.



Mayor Ramsey attends festivities.



Most of all, special little people.

# Martial Arts of China

# Historical Society

**NORTH AMERICA  
ADVISORY COMMITTEE**  
Master Alan Goldberg  
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**  
China's Shaolin  
Training Center  
China Wushu Association  
China Wushu  
Research Institute

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

**HONG KONG  
ADVISORY COMMITTEE**  
Jiang Xi Jook Lum Gee Tong  
Long Pai Association  
Master Huang Yao Hua  
Master Lee Kwok Liang  
Chu Ka Tong Long Cheng  
Wan Martial Arts Association  
Master Chen Wan

**SINGAPORE  
ADVISORY COMMITTEE**  
S.N.P.F. (Singapore National  
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

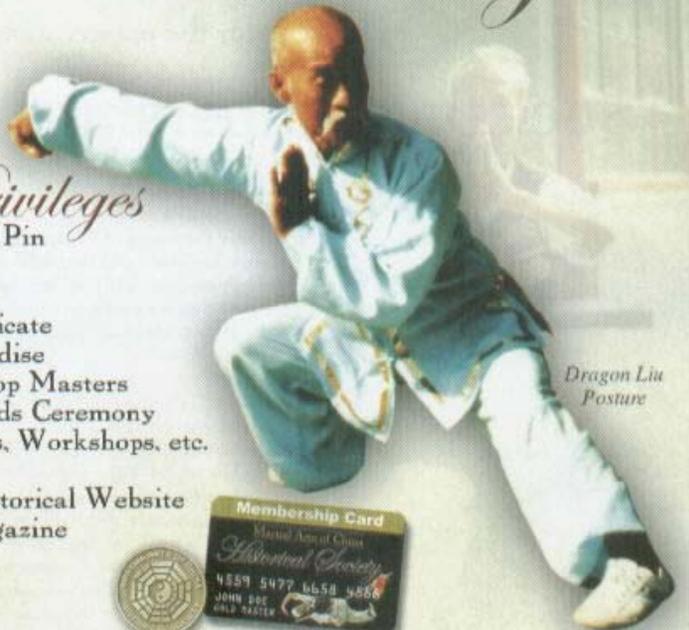
**HONORARY CHAIRMAN**  
Chief Coach of the Shaolin Training Center  
Jiao Hong Min

**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  
info@mahistoricalociety.com • www.mahistoricalociety.com

# ***QBS PUZZLE***

## ***MATHEMATICS: THE UNIVERSAL LANGUAGE***

This issue's puzzle is especially for those math wizards among us. We know that math is the universal language. See what language you speak while figuring the computations below.

**GOOD LUCK!**

	x		+		21
+		-		+	
	x		-		34
+		x		+	
	x		-		13
11		-35		16	

Try to fill in the missing numbers.

Use the numbers 1 through 9 to complete the equations

Each number is only used once.

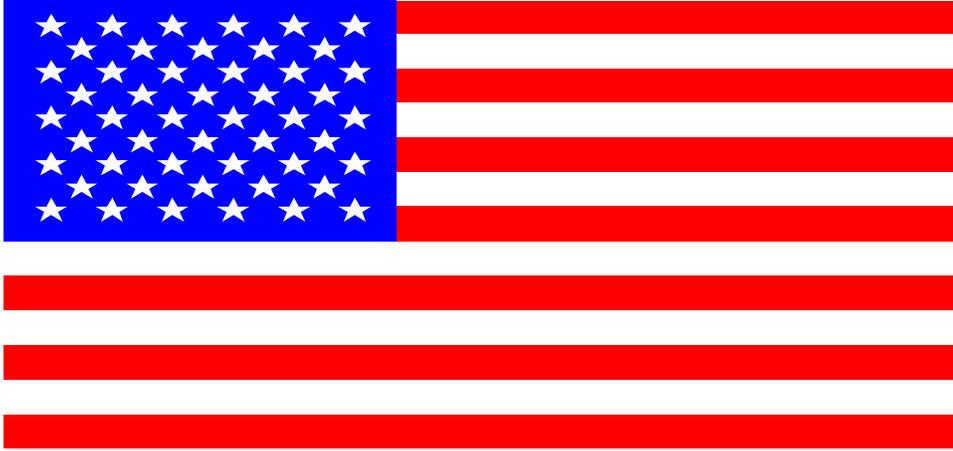
Each row is a math equation. Work from left to right.

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

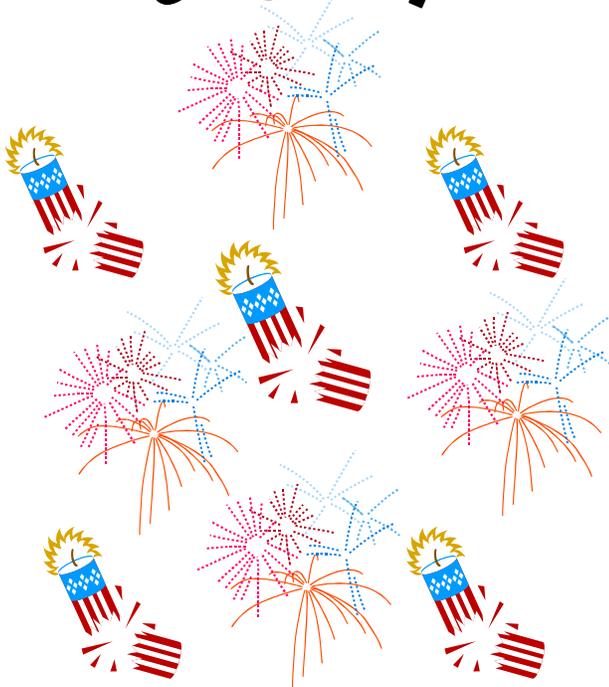
(The solution will be in the next issue)

HOLIDAYS

**"FLAG DAY"**  
**June 14th**



**"Independence Day"**  
**July 4th**



**"Father's Day"**  
**June 18th**