



TM

QiSsage Body Systems, LLC

Best In Martial Arts & Healing Arts

"Where Self-Defense Becomes Health-Defense"™

NEWSLETTER

Summer Issue, Vol. 4

www.qissagebodysystems.com

June 2007



HYPNOTHERAPY

THE NEXT QBS, LLC SERVICE

In accordance with the Mission and Philosophy statements of QBS, LLC, Sifu Walker is continuing to expand the services in the organization this summer.

Hypnotherapy will become the next service available by fall of 2007. "I feel that this alternative and therapeutic modality will add another dimension of services to our organization," Sifu commented. "In our efforts to help people with personal growth and development for healthier lifestyles, we have encountered many scenarios where obstacles to personal growth and development may have not necessarily been addressed or overcome by our present services. Hypnotherapy is a growing therapeutic modality that has helped people in dealing with scenarios such as smoke cessation, weight loss management, stress management, overcoming phobias, memory improvement and relaxation, just to name a few. I feel that it is in concert with our mission and responsibility to the community," he concluded.

American Medical Association (AMA) supported the teaching of the therapeutic use of hypnosis in medicine in 1958. Today, an International Society of Hypnosis coordinates and assesses standards and practices of professional hypnotists across the world. Hypnosis is currently used in dentistry, medicine and psychology and has proved helpful if used alongside more conventional treatments and therapies.

There are many misconceptions about hypnosis. A simple definition of hypnosis is that it is a state of increased suggestibility and concentration. People who are hypnotized for the first time are frequently disappointed to find that they experience nothing overwhelming. They feel mildly relaxed but they remained in touch with reality and in control of their thoughts. They may have discovered that the hypnotist's suggestions are quite resistible. Contrary to what most people believe, a person under hypnosis need not fall asleep, or lose contact with his surroundings or relinquish his will. He is often able to recall everything that happened during the session and will act perfectly normal.

Physicians, psychologists, and hypnotherapists have

used hypnosis as a valuable tool in solving such problems as sleep disturbance, concentration and memory, fears and phobias, stuttering and control of pain and asthma. Hypnosis has also been helpful in treating smoking, overeating, alcoholism, and skin conditions such as acne and warts.

Hypnosis is a relaxing and enjoyable experience. The hypnotherapist needs your cooperation, as all hypnosis is self-hypnosis. All that the hypnotherapist does is guide you into it.



Sifu Jonathan B. Walker, LPN leads the Memory & Motion participants (left to right), Jean Kenly, Alice Esposito, Joe Angelastro, Barbara Kelly, Gail Treger, Rosalie Dear, Norma Goldberg, & Mary Notoro, in Tai Chi.

NJISA UMDNJ SOM REPORT

The New Jersey Institute for Successful Aging (NJISA) at the University of Medicine and Dentistry in New Jersey, School of Osteopathic Medicine recently released a web page regarding the Memory & Motion research study in which Sifu Walker participated in 2005.

Dr. Rachel Pruchno, a nationally recognized researcher of family caregiving, end-of-life decision-making and mental health in adulthood and later life was Director of Geriatric Research at the NJISA and oversaw the research program.

This study was initially targeted at Alzheimer patients but while in progress took an interesting swing and resulted in more interesting and additional findings. To review the study research findings, check out the Memory & Motion Research project at: <http://njisa.umdnj.edu/research/behavioral/studies/memory.html#>.

TAI CHI FROM THE ARTHRITIS FOUNDATION



March began a 13-week “Tai Chi from the Arthritis Foundation” program conducted by Sifu Jonathan B. Walker for the Jewish Federation of Southern New Jersey’s Jewish Federation Housing, Inc. This Tai Chi program serves residents from three senior housing locations in Cherry Hill, NJ. They are the Bernard Dubin House, the Gesher House and the Raymond & Gertrude R. Saltzman House.

There are about 80 residents (*see photos next page*) from the combined locations who attend a class once a week for one hour on either Tuesdays or Thursdays to learn a short 6-posture Sun Style Tai Chi choreography. They also learn about how to combat arthritis and related diseases/disorders through effective exercising, proper rest and self-help skills.

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.

QiSsage Body Systems, LLC is an authorized agent for the Arthritis Foundation, New Jersey Chapter to deliver Tai Chi programs to organizations in the community who want to improve lives through leadership in the prevention, control and cure of arthritis and related diseases.

To learn more about the Jewish Federation of Southern New Jersey, go to: <http://www.jfedsnj.org>.

If you would like to learn more about the Arthritis Foundation New Jersey Chapter, go to: <http://www.arthritis.org/communities/chapters/NJ/Sjersey2.asp>.

Join the battle against Arthritis, it affects everyone.

REIKI FOR BETTER HEALTH



Students from the Reiki Level II class (*seated left to right, Corrine Myers, John Haremza, Constance Harris*) look on as Guy Cornish (*standing*) practices Reiki treatments on classmate Kenneth Catalano (*on table*).

QiSsage Body Systems, LLC, School of Reiki continues to teach new students higher levels of Reiki since commencing classes in February 2007.

“We have taught an average of 10 people per class holding one class per month for four months,” states Sifu Walker, the Reiki Master/Teacher. “We will continue educating students in our school as well as interested persons in the community each month for the remainder of the year,” he continued.

“We have found a great place to conduct our classes at the Holiday Inn Cherry Hill-Philadelphia located in Cherry Hill, NJ. The hotel is very accommodating and provides a great location for us to serve both southern New Jersey and Philadelphia, Pa communities,” Sifu concluded.

To date, Reiki Level I and Level II have been taught with the formation of “Work Study” and “Support Groups” continuing to practice and learn outside of the classroom.

Additional Reiki classes at higher levels will be taught in the fall of this year. To learn more about attending classes, contact Sifu Walker at (609) 518-9399. Enrollment is continually open to the public. Call any time to be placed on the list for the next available classes. Classes fill quickly, so do not hesitate to contact the school.

If you would like to have Reiki classes taught at your school, agency, organization or (*cont. see REIKI*)

**JEWISH FEDERATION SENIOR HOUSING
TAI CHI FROM THE ARTHRITIS FOUNDATION PROGRAM**



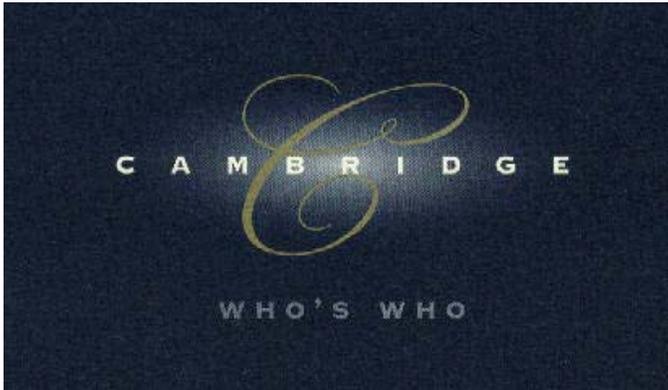
Participants from the Gesher/Dubin House [(bottom row on floor *lt to rt*), *Ida Feldman, Betty Martin, Bobbie Schwartz, (first row sitting) Bernice Schnabel, Roberta Sandler, Jack Nissenson, Helen Mueller, Henry Gutin, Fran Rigberg, (second row sitting) Rabbi Kaber, Betty Cohen, Gussie Landman, Hilda Hanzel, Rose Klein, Sylvia Gesser, (standing back row) Bea Wechsler, Rachel Kaigler, Ellen Holloman, Fran Freedman, Saranne Rones, Judy Schwartz, Lorraine Petrov, Tamara Taube and Lillian Barag*] pose with smiling faces as they complete one of 13 class sessions of the Tai Chi from the Arthritis Foundation program.



Residents of the Saltzman House (*lft to rt, Pauline Kaplan, Helen Kivolowitz, Estelle Kushner, Bea Greenberg, Jerry Mosberg, Estelle Ross, and Kay Shore*) look on as Sifu Walker (*kneeling*) instructs them on a particular posture in the Sun Style Tai Chi form that they are learning.

REIKI (cont. from second page)

community group, contact Sifu Walker at the phone number above or email to yangqichen@aol.com and request Reiki programming for groups, organizations, schools or members in your community.



WHO'S WHO AN AWARD OF DISTINCTION

Sifu Jonathan B. Walker, LPN, Founder and CEO of QiSsage Body Systems, LLC has been nominated, interviewed and accepted membership into the *Cambridge Who's Who* "Honor's Edition" Registry of Successful Professionals and Executives.

This registry is considered as the single highest mark of achievement among accomplished professionals throughout America. This membership is an honor and privilege that is associated with distinction and achievement worldwide. Sifu Walker now shares this privilege with thousands of other members who are all outstanding leaders in their various and highly respected industries.

"I am pleased to be given this honor," Sifu said, "but I see it as more than just a personal achievement. I see it as another dimension by which the organization and school can grow. Now we are recognized as not only experts in the industry but also as a highly accomplished organization that achieves its goals. We want the public to be aware of this and take advantage of what we have to offer the community."

Cambridge Who's Who Among Executives and Professionals is dedicated to providing its members a worldwide networking forum where they can establish new business relationships, and achieve career advancement within their company, industry or profession. The company's goal is to deliver its members recognition, support and credibility, giving them the competitive edge needed to succeed. Cambridge Who's Who has more than 200,000 active members. Its extensive membership base highlights executives and professionals in virtually every profession and industry.

Membership includes a personal biographical profile on the Who's Who web site, CD ROM edition, hardcover book publication, an official Certificate of Recognition and a solid wood, engraved wall plaque.



Joining Sifu Walker (center) at the Zhang San Feng Festival are (lt to rt) Max & Cheryl Wolford, Lynn Kosek-Walker and Robert Wahl

ZHANG SAN FENG FESTIVAL

The 32nd Annual Zhang San Feng Festival was held at East Stroudsburg University, East Stroudsburg, Pennsylvania from May 31 to June 3, 2007.

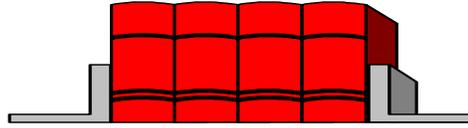
This year's featured presenters included Shifu Bob Castaldo (*The Gompa*), Shifu Dale Dugas (*Coiling Dragon Martial Arts*), Shifu Marie Favorito (*Healing Dao of Boston*), Sifu Tom Grant (*Yee's Hung Ga Kung Fu Academy*), Master Jianye Jiang & Shifu Yuzhi Lu (*Capital District Tai Chi and Kung Fu Association*), Master William "Bam" Johnson (*The Bam's Kung Fu*), Dr. John Painter (*The Gompa*), Shifu William C. Phillips (*Patience Tai Chi Association*), Sifu David Ritchie (*Central Connecticut Tai Chi Chuan*), Master Jingshan Tang (*Oriental Fitness Institute*), Sigong Dr. Gary Torres (*Phoenix Dragon Kung Fu*), Shifu Christopher Viggiano (*Shen Wu Dao Martial & Healing Arts*), Shifu John Lee (*International Traders Group*), Maestro Louelle Lledo (*United Nation Martial Arts Federation*), Sifu Jonathan Walker (*QiSsage Body Systems, LLC*), Gene Ching (*Kung Fu Tai Chi magazine*), Doug Gray (*Shamanic Teacher*), Michael & Jennifer Sauvageau (*Try Out Toys Entertainment*) and was hosted by Shifus Jim and Loretta Donnelly (*American Society of Internal Arts*).

The festival made available over 40 workshops during the weekend in addition to a Friendship Parade, Traditional Chinese Lion Dance, Forms/Combat Demonstrations, Instructors Roundtable Discussion, raffle and Daoist Ancestral Incense Burning Ceremony.

This annual activity, founded by renowned late great Grandmaster Jou Tsung Hwa, was originally held at the legendary 103 acre Tai Chi Farm (beginning in 1984) in Warwick, NY. Since the death of Master Jou in 1998 (see *Health News & Information, Fall Issue, Vol. 1, Sept 1998*), the event has moved to the present location. Today, it has increased in size, activities and participation by those who strive to keep alive the memory and goals of Grandmaster Jou.

To see more photos from the festival activities, go to www.qissagebodysystems.com and click on "Photos."

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

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

The wise man seeks everything in himself; the ignorant man tries to get everything from someone else.

Did You Know...

... that if you are afraid of doing something and do not do it, you lose out twice.

Title: The Secret Life of Water
Author: Masaru Emoto
(translation: David A. Thyne)
Publisher: Atria Books
Copyright: 2005
ISBN #: 0-7432-8982-X
Price: \$22.95
Reviewer: Virginia Hubschman-Cox

The author is an internationally known Japanese researcher and an independent thinker. He is a Certified Doctor of Alternative Medicine.

From its arrival on earth to the vast areas it traverses before emptying into the sea, water holds all the knowledge and experience it has acquired. As phenomenal as it may seem, water carries its whole history, just as we carry ours. It carries secrets, too.

A small adventure beginning with a tiny little water crystal has spread to people all over the world, creating a growing movement. Hearts have been opened, and love, gratitude, and a hope for peace have spilled out, opening the way for a new adventure.

Water has a memory and carries within it our thoughts and prayers. As you yourself are water, no matter where you are, your prayers will be carried to the rest of the world.

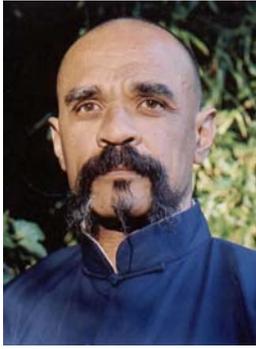
Masaru Emoto has taken thousands of awe-inspiring photographs that demonstrate how water responds to human thoughts, feelings and intentions.

In *The Secret Life of Water*, best selling author Masaru Emoto guides us along water's remarkable journey through our planet and continues his work to reveal water's secret life to humankind. He shows how we can apply its wisdom to our own lives, and how, by learning to respect and appreciate water, we can better confront the challenges that face the twenty-first century—and rejuvenate the planet.

This book has the potential to have a major influence on the way in which people think and live.

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.
- /// [Jou Tsung Hwa Celebration](#)— July 7-8, 2007 at the Tai Chi Park in Wantage, NJ
- /// [Reiki Classes](#)—Classes are held each month during the year 2007. The next Level II class will be held on June 30, 2007. All classes will be conducted at the Holiday Inn, Cherry Hill, New Jersey, USA.
- /// [Zhang San Feng Fest](#)— May 31,–June 3, 2007, Univ. of Stroudsburg, Pa.



Sifu's Message

“Self-Defense”

I was fortunate enough lately to have the opportunity to present workshops at the Annual Zhang San Feng Festival at the University of Stroudsburg, Pa.

During an evening gathering, all presenters were asked to perform a short demonstration. I decided to do something that I don't often do in public, “self-defense techniques.”

Being a presenter who was listed toward the end of the demonstrations, I watched other Masters, Sifu, teachers and instructors demonstrate their specially selected skills. There were many wonderful and very impressive demonstrations from a wide variety of styles and techniques.

Being a little nervous about performing, I silently pondered what impressive techniques that I might demonstrate for the spectators. After searching my mind fruitlessly, I finally and spontaneously decided to do exactly what we do best. The very same things that we teach in the martial arts program at our school.

Upon being introduced by the MC, I arose from my seat, accompanied by my respectful and dedicated martial arts student and demo team member (*SiDi Robert Wahl*) and proceeded to the stage area.

After completion of our demonstration, we were given a generous round of applause as camera flashes temporarily blinded us while we returned to our seats. I thought to myself as I sat down, “That wasn't a bad demo and people seemed to appreciate it.”

After the evening's ceremonies concluded, to my surprise, many of the spectators (*martial arts teachers as well as student practitioners*) came to congratulate me on the great demonstration that was performed. They were extremely impressed with the manner in which the demo had been conducted and more importantly the message that had been revealed.

You see, our demonstration began with the typical attacker/defender scenario. As the attacker (*SiDi Wahl and two audience volunteers*), attacked the defender (*myself*), I defended myself by diverting the attack techniques, HOWEVER (*as taught in our school*) I did not return offensive techniques BUT I did physically NEUTRALIZE the attacker and offer him an opportunity to change his way of behavior from a negative mind-frame to a positive mind-frame BEFORE considering a counter-attack, if at all necessary.

Most self-defenses demonstrations do not physically depict this action. It is much more exciting to see the attacker defend and disable and/or destroy the opponent.

In our school, this is the last and final resort. If this measure is necessary, we do it with the reality that we have lost this fight before we have started because we have resorted to the same negative behavior as our attacker thus descending to their lower level of life where both of us fail.

As a martial artist, we have a responsibility to ourselves and our fellow man to help elevate ourselves to a higher way of life. Physical combat is the lowest form of self-defense. Spiritual combat is the level that we seek to overcome negativity but it must be practiced in all scenarios of life. We must learn to demonstrate self-defense at a much higher level than the physical.

The greatest martial artist is the person who has learned to not fight others but to help others.

TALU

To conclude our series of articles, we will have a final dialogue that takes us into the practice of Ta Lu in this issue.

Ta-Lu (*pronounced da-lu*) or Four Corners should be practiced after one has achieved a certain

level of proficiency in Push Hands with smooth transitions in postures Peng (*ward-off*), Lu (*roll-back*), Chi (*press*) and An (*push*) which indicate the Four Directions.

Ta-Lu practice indicates the Four Corners, Chou (*elbow*), Lieh (*split*), Tsai (*pull-down*) and Kao (*shoulder strike*). The combination of Push Hands and Ta-Lu gives the practitioner the foundation of the theory of the square and circle.

To understand the subtler attributes of the Push Hands square, one must realize the circle inscribed within it. This circle is suggested in the movement by the way in which the four postures become a smoothly flowing exercise.

By indicating the Four Corners, the Ta-Lu postures form the outline of a circle. Again, to find the vital subtle meaning of Ta-Lu, one must find the square indicated within it.

In addition, the practice of Shan (*lightning strike*) and Chue (*breaking*) can be studied in Ta-Lu.

Through the changes from square to circle and from circle to square, one can realize the absolute harmony of Yin/Yang and understand how they can become each other. At first, Ta-Lu seems to be very complex but moving the whole body as a unit will clear the way for progress in Ta-Lu. One can also find that Ta-Lu can become a more fun practice than Push Hands.

There is no way to discuss all of the combinations or possibilities that exist in the practice of Ta-Lu. The best way to learn is through a teacher who can point out all of the different applications for attack and defense.

We hope that you've enjoyed this series of articles and possibly found something in them that has helped in your understanding and

training in the wonderful art of Taiji Quan.

If you've collected the series, you may want to print out these articles and add them to your notebook or collection of materials to further study and practice.

Keep your eye out for future articles and series that may stimulate your interest and give you food for thought. If you have a topic that you would like to see discussed in this publication, contact the school at (609) 518-9399 or yangqichen@aol.com and make your request.

CHOPS or SIGNATURES?

A Chinese chop is a signature seal. Traditionally, Chinese have used a personal "chop" or seal as a sign of ownership or promise to perform some type of commitment much like Westerners have used their hand-written signatures.

In ancient days, the stamp was all that was required to guarantee authenticity of a document, but nowadays in China, a handwritten signature is also required beside the chop's stamp.

The art dates back about 3700 years to the Yin Dynasty and has its origin in the cutting of oracle inscriptions on tortoise shells. People then carved their names on utensils, etc to show ownership. As people carved their names into small wooden blocks that they carried around the custom was established.

Many Chinese chops are beautifully carved from pieces of fine stone or jade. Until recent years, they were always hand-carved but now carving machines are quite popular and most chops are made for tourists. The art of seal cutting is called, "zhuanke."

The ink paste used for imprinting seals is called, "yinni" which means, "seal clay." High quality (*rare*) paste was made of eight ingredients: cinnabar, pearl, musk, coral, ruby, moxa, castor oil

and red pigment. It was of such quality that it remains unchanged for hundreds of years.

ZHENG HE'S VOYAGES

Between the years of 1405 and 1433 CE, the Ming emperor dispatched Zheng He, who was the minister of state, on seven voyages in the seas around China, mainly the Indian Ocean. He visited over 30 countries, collecting scientific information and bringing home unusual animals like giraffes and various plants and herbs.

With thousands of years of experience in shipbuilding, the Chinese provided Zheng He with a convoy of 317 ships and 27,800 men for his voyages. The group sailed with as many as sixty two ships, some as large as 440 feet long (*about six times as large as the largest ship that Columbus used 90 years later to cross the Atlantic Ocean*).

An interesting note: Chinese ships were built with bulkheads – walls inside that divided the interior into small spaces. Each space was sealed from the others, protecting the ship from sinking if it hit a rock or broke in a storm. The water would fill the space with the damage and the remaining compartments would easily keep the ship afloat.

HEALTHY BREAKFAST

This recipe was taken from the Brand Name Light & Natural Cookbook, Healthy, Additive-Free Recipes for the Good Life; edited by, Hedi Levine.

Fish Brothers Omelet or Scrambled Eggs

- 2-3 eggs
- 1 tbs. milk
- 1 tbs. grated cheddar cheese
- 3 oz Smoked Salmon or Smoked Albacore
- 2 tbs. low-calorie sour cream

Mix eggs & milk. Add cheese and smoked fish. Remove from

heat when done and add sour cream. Presto! Serves 1.

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.

50th WEDDING



ANNIVERSARY



Sidney and Shirley Venitsky happily celebrated 50 years of wedded bliss recently. Having tied the knot on May 19, 1957 in Philadelphia, Pa, they are the proud parents of 3 children, Neil, Murray and Beth who produced 2 daughters-in-law, Joen and Allison and 5 grand children, Sarah, Blair, Molly, Natalie and Evan.

Sid and Shirley are two of the more than 70 senior citizens that are students in the Tai Chi program at the Kennedy Center in Willingboro, NJ. Their status as "Senior Disciples" in the program indicates their longevity as Tai Chi practitioners since the inception of the program.

CONTRAGULATIONS, SID AND SHIRLEY. WE WISH YOU MANY YEARS OF MARRIAGE.

TAI CHI AT WORK

by Lynn Kosek-Walker

As many of you know I had a major heart procedure done over two years ago at Johns Hopkins Hospital. This “ablation” cured a heart arrhythmia that I had since I was a child. I believe that Jesus worked through the hands of the doctors to heal my heart. Since that time I have used Tai Chi to aid in my recovery and to build up the strength of my heart.

My newfound health enabled me to work my way back into the fast lane of life. Occasionally, when I was going full speed working as a television producer, mother of two children and wife of a Sifu, my heart would remind me to slow down. I began to worry about whether this was caused from overdoing things and could simply be resolved by bringing life into balance or if it was something more serious.

At a regular check-up last December, I told my cardiologist that I sometimes felt unsure about how well my heart was functioning. He reassured me that I was doing great. He said that I could be a poster child for having an ablation, since I had no heart medicine in nearly two years and no reoccurrence of the episodes that had plagued my life. He said that for my own peace of mind he would schedule an echo cardiogram stress test to make sure everything was okay.

On the day of the stress test, they hooked me up to the equipment that would monitor my heart rate and provide a visual picture of my heart in motion. First, they took an image of my heart at rest while lying down. Then the doctor administering the test asked me what I did for exercise. I told him that I practiced Tai Chi.

“Okay,” he said. “But what do you do for exercise? People tell me they do yoga and things like that all the time. That’s good for

relaxation and flexibility, but that is not really what I would call exercise. Do you power walk? Run? What do you do to exercise your heart?”

“All I do is Tai Chi,” I said. “Okay,” he replied. “Let’s start the test. I want you to really try as hard as you can. The longer you do the test the better results we will get. Tell me when you have reached your peak level and can’t do anymore. Then we will stop.”

The stress test is done on a treadmill. The test starts at an easy walking pace with the surface at a flat level. Each stage lasts a few minutes and increases in speed and height. I made it through the 1st stage with ease walking at a comfortable pace. In the second stage the speed increased and the incline raised making it feel as if I was going up a slight hill. The doctor talked to me though out the test telling me that I was doing great and everything looked normal.

Before the third stage started, the doctor told me that the speed was going to increase and the incline would rise again. He asked me if I thought I could continue. I said yes. Now I was walking at a good clip going up an even higher hill. Half way into this level I could feel the exertion was intense, but was able to keep going. My breathing was strong and steady and I could carry on a conversation.

At this point the doctor said to me, “You know what I said about Tai Chi? Well I take it back. It does work. You are in great shape.” Then he asked me if I could go to the next level. I said I would try. He told me that at this stage I should run if necessary to keep up with the treadmill. I am not used to running but tried to keep up. This is something that I would have been afraid to do on my own, because I would have thought I was stressing my heart too hard. I thought, this is it. I’m

not going to keep this up for much longer. Then the doctor said you just have a little bit more to go at this level. Do you think you can make level five? I said no this was it for me. Then they stopped the test. I quickly lied down on the table and they took an image of my resting heart after full-blown exercise. Again the doctor told me that I was in excellent shape, no problems with my heart.

At that point the nurse asked, “And all you do is Tai Chi for exercise?” “Yes,” I said. “ I practice a little every day and take a one and a half-hour class once a week.” “Well it works. I’m going to have to look into that,” she said.

We who study Tai Chi know that it is so much more than an exercise, but here is clinical proof that when practiced on a regular basis it is a powerful way to keep your body in condition. The stress test showed me that my heart is strong and healthy and it reinforced in my mind that Tai Chi works!

STUDENT ADVANCEMENTS & PROMOTIONS



Since our last issue, we have had the following student advancements in the “Tai Chi Healthways” classes conducted on Wednesday evening at the Pemberton Borough, NJ location: Kenneth Catalano, Ellen Catalano and Robert Wahl (*seen above respectively*) have completed the First Part of the Yang Family Style Tai Chi Chuan 108 Large Frame choreography. Each has worked diligently, practiced regularly and is dedicated to learning valuable information about themselves as they continually progress.
CONGRATULATIONS TO ALL!

Tai chi



"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:*

***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
(609) 518-9399

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

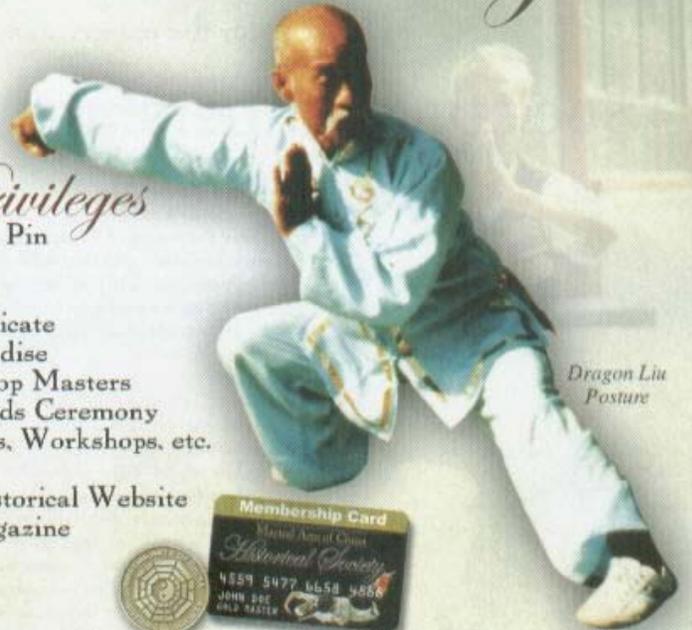
HONORARY CHAIRMAN
Chief Coach of the Shaolin Training Center
Jiao Hong Min

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

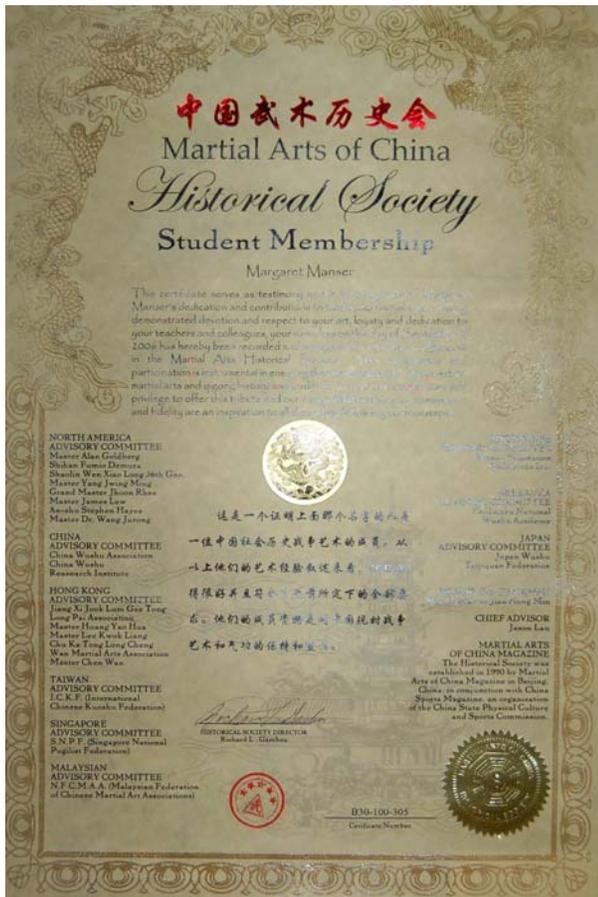
Please print clearly and completely to qualify

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.

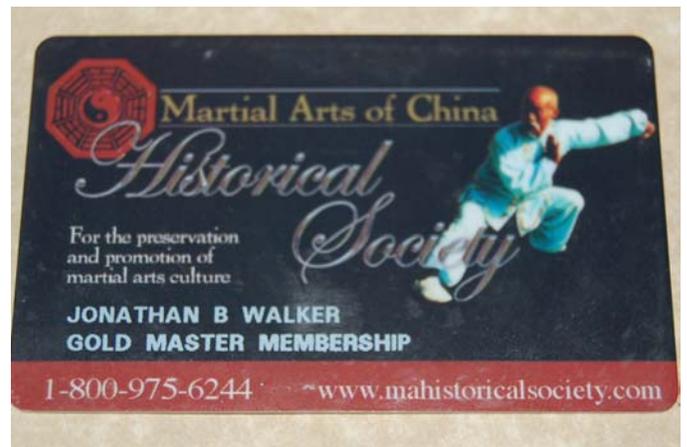
P.O. Box 11 Cary, IL 60013 1-800-975-6244
info@mahistoricalsociety.com • www.mahistoricalsociety.com

MARTIAL ARTS OF CHINA HISTORICAL SOCIETY



CERTIFICATE

**THESE ARE SOME OF THE
GREAT ITEMS
THAT YOU GET WITH YOUR
MEMBERSHIP!**



MEMBERSHIP CARD



LAPEL PIN



T-SHIRT W/INSGINIA

SO WHAT ARE YOU WAITING FOR? GET YOUR MEMBERSHIP TODAY!

CONTACT: Sifu Walker @ (609) 518-9399

EMAIL: yangqichen@aol.com

SUDOKU

(Solution to last issue's puzzle)

The numbers in red are the solution to the puzzle.

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

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)

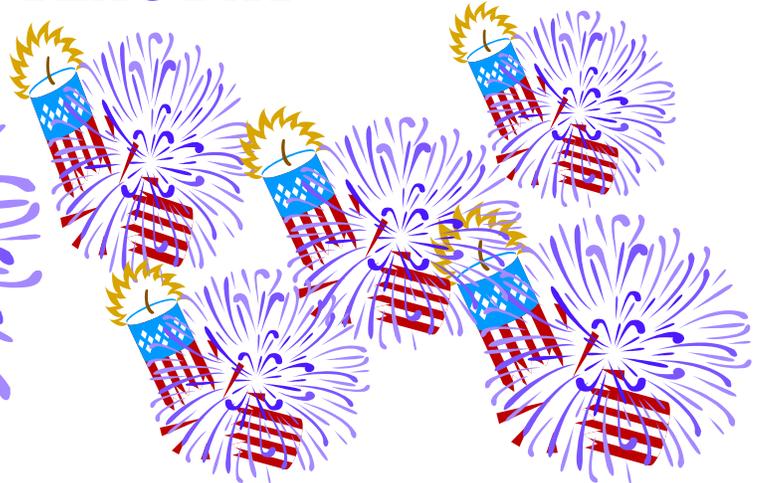
HOLIDAYS



“FATHER’S DAY”



“FLAG DAY”



“INDEPENDENCE DAY”