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QiSsage Body Systems, LLC

A Holistic Health Care Organization

“Where Self-Defense Becomes Health-Defense”™

NEWSLETTER

Summer Issue, Vol. 5

www.qissagebodysystems.com

June 2008



MEMORIAL DAY “A Day of Remembrance”



Sargent-At-Arms Lorenzo J. North of the Westampton Memorial American Legion Post 509 proudly salutes the US Flag and MIA/POW Flag during the recent Memorial Day Services held at the Post in Westampton, NJ.

INTRODUCING: DR. JONATHAN B. WALKER

QiSsage Body Systems, LLC is very proud to announce that Shifu Jonathan B. Walker has earned a Doctorate of Philosophy in Martial Arts Science from the University of Asian Martial Arts Studies, Department of Martial Arts Affairs recognized by the International Council of Higher Martial Arts Education in USA, Canada, Saudi Arabia and European Chapters. The official event took place on March 15, 2008.

The “Doctor” now plans to put his life’s educational acquisitions to work for others through his organization. New programs and greater quality programming is on the horizon as well as completing some books that have been in the works for several years.

“I have spent many years in school and as a martial artist and health care advocate, I know that education never really ceases. Now it’s time to payback the community that has supported me,” quoted Dr. Walker.

NEW REIKI PRACTITIONERS



New Level I practitioners are (left-right, front row), Hedy Stehly, Alice Newman, Carolita Lindsay, Valorie Truesdell, Richard Spangler, (back row), Mary Ann Napolitan, Mel Gaunt, Pat Lindsay-Harvey, Walter Lindsay, Keith Phillips and Uncas Hill.

The Usui System of Natural Healing School of Reiki at QiSsage Body Systems, LLC continues to produce fine, well-educated holistic practitioners. The end of May brought 12 additional Level I practitioners to the increasing number of practitioners who have acquired their talents and attunements under Sensei Jonathan B. Walker.

To date, the school has certified 33 Level I practitioners, 19 Level II practitioners and 2 Level III (ART) practitioners and 1 practitioner from another school who attended our school for a “Refresher” course since it first opened its doors in February 2007.

“Although, we have created our Reiki program a little differently from most others, all of our students find that it greatly enhances their ability to learn the material easily and have adequate time to practice diligently with greater results to become more effective as practitioners,” stated Sensei Walker. “We are committed to bridging the gap for Westerners to learn Eastern health care modalities. Sometimes that means adapting the methods of teaching accordingly,” concluded Walker.

The school accepts open-registration for classes year-round which means that they conduct classes often.

If you are interested in becoming a Reiki Practitioner, just go to www.qissagebodysystems.org and look on the Home Page for registration information or call (609) 518-9399.

HEALTH, ARTISTRY & CULTURE



Martial artists flew through the air. Tiny dancers gracefully spun in circles. And a Chinese “Lion” paraded around the crowd at the 10th Annual World Tai Chi & QiGong Day (WTCQD) celebration. This event held at the Kennedy Center in Willingboro on Saturday, April 26th was part of a global celebration honoring the health benefits of Tai Chi and QiGong. These ancient health oriented arts evolved over several thousand years in China and are now growing in popularity worldwide. They are practiced as a means of reducing stress and improving a variety of health conditions, including asthma, arthritis and osteoporosis.

Governor Jon Corzine sent a letter of support and congratulations while the New Jersey Senate and General Assembly issued a joint resolution in support of the event acknowledging Tai Chi’s health benefits. Many local townships also issued mayoral proclamations promoting World Tai Chi Day including Pemberton Borough, Pemberton Township, Burlington City, Burlington Township, and Willingboro.

Shifu Jonathan Walker is a co-creator of WTCQD and has been inducted in several Martial Arts Halls of Fame. He lives in Eastampton and teaches Tai Chi classes at the Kennedy Center and at the Neighborhood Arts Center in Pemberton Borough, among several other locations.

“At World Tai Chi Day everyone gets the opportunity to learn a few easy Tai Chi movements so that they can experience it for themselves,” said Walker. “Tai Chi and QiGong have greatly improved my own health. As a licensed practical nurse and healthcare advocate, I value the benefits of traditional medicine and I also believe in the health benefits of complimentary practices.”

Walker added, “We also focus on Chinese culture at our event to increase awareness of this vibrant heritage. Every year we feature Mr. Houtien Cheng an accomplished Chinese Paper Cutting Artist who creates beautiful pictures using only scissors and colored paper. This year we were also pleased to include the Norwood family who are members of Native New Jersey, a part of the Nanticoke Lenni-Lenape Indian Tribe. They shared the health benefits of their cultural traditions in singing, dancing and drumming.”

The day started with the traditional summons for good fortune and blessings brought by the Southern Style Chinese Lion dance performed by Master Mel Roberts’ Bucks County Lion Dance Team. Two performers operate a brightly costumed “lion” with a distinctive head that features large eyes, a mirror in the forehead and single horn. At various points in the dance one person stands on the others shoulders to make the lion rise up in height to scare away misfortune and

bad luck. Roberts’ Tri-State Wushu Demo Team also performed a demonstration which is characteristic of fast paced, highly acrobatic movements, including swordplay.

The main event at 10:00 a.m. featured the gathering of all participants, guests and visitors on the main floor to partake in a single “group exercise” of QiGong symbolizing the union of all people around the globe (*in each time zone*) from New Zealand to Hawaii celebrating the benefits of these wonderful eastern arts.

The Mei Mei Dancers of South Jersey charmed the audience with their pixie like steps and colorful dresses. All of the girls in the troupe were born in China and have been adopted by American families. They learn about their Chinese heritage and are taught traditional dances by YuChuan Cline. The girls range in age from 4 to 13 years old. They performed a Flower Drum Dance and The Peacock Dance at the festival.

Shifu Walker’s own students took center stage with demonstrations by members of his Tai Chi for Seniors class, including Teddy and Chris Handley, Emily Williams, Joyce Potts and Uncas Hill. His students SiDi John Haremza and Robert Wahl from the Three Mountains School of Taiji Quan demonstrated the martial power of this healing art with a Push Hands exhibition and self-defense applications that can be used in case of an attack. Walker’s wife, Lynn, highlighted the health benefits of QiGong by performing a simple yet profound exercise that is beneficial for the heart, lung and intestines.

The event came to a beautiful close as the Native New Jersey Indians led a traditional “Circle Dance” including all men, women and children in attendance throughout the day.

The Patenaude Senior Center at Willingboro co-sponsored the event and provided health-screening information. The Willingboro Recreation Department presented a Family Fitness Day in conjunction with WTCQD, which included exhibitors and activities focused on health and fitness.

“It is so important to find physical, mental and spiritual activities that can improve your personal growth, development and well-being,” said Shifu Walker. “Before I discovered Tai Chi and QiGong I had so many health problems that it made it difficult to live. Now I have greatly improved my quality of life and my goal is to share these benefits with others.”

TAI CHI IN THE WORKPLACE “Computer Health”

Have you ever considered the adverse health effects that you may be having from using the computer daily?

Maybe you should! Yes, today’s fast moving technological progress has a downside to it. One of which is “computer related health problems.” Stress has many faces and this is one of the physiological looks.

“Carpal Tunnel Syndrome” (CTS) is the most common and well-known side effect from daily and constant computer use. It is the result of inflamed muscles and expanding tendons pressing on the nerve in the wrist’s carpal tunnel from overuse. It is very common and often acute.

Other health concerns are Tendonitis, Eyestrain, Thoracic Outlet Syndrome (TOS), Repetitive Strain Injury (RSI), and Adverse Mechanical Tension (AMT) to name a few.

Ergonomics (*adapting tools to fit the worker*) is one way in which we can combat the adverse effects of the computer health related problems.

Another way is to be educated about what the conditions are and what you can do to prevent them. For more information and assistance, contact QBS, LLC at (609) 518-9399.

HEALTH TIPS

“QIGONG WORKSHOPS? NO, I DON’T HAVE THOSE KIND OF HEALTH PROBLEMS!”

Why should anyone attend a QiGong workshop if they don’t have any health care problems related to that specific subject?

It has come to the attention of this organization that people still don’t really understand the value of QiGong practices (*or Tai Chi for that matter*). This year, there have been many locally sponsored QiGong workshops that have had low attendance. When asked of prospective participants why they did not participate, they responded, “Oh, I don’t have any problems with that part of my body” or “I don’t need that. I don’t have neck or back pain, high blood pressure or diabetes!”

Well, let me help you understand WHY you still need these workshops and the knowledge that accompanies them.

First of all, if you don’t have that particular health care problem . . . Great! However, what do you think will prevent you from getting it or being more prone to getting it in the future if you don’t do something about it today?

Many of us forget how many very bad health care practices we have and acquire as we get older or deal with additional stress as we continue to live our daily lives. Stress can be a killer and can seriously impair our health such as to contribute to more serious health care concerns as we continue to live.

The next time that you hear about a QiGong class or workshop coming to your area, “STOP, LOOK AND LISTEN” to your body. Is your health heading into a dangerous intersection with a speeding disaster approaching? Are you ignoring the subtle or obvious signs of health dangers?

PREVENTATIVE health care practices are the greatest asset to a healthier lifestyle and richer quality of life.

NEW MARTIAL ARTS STUDENT



Joining the ranks of “Wu Xing Chuan Tao” martial arts students is (*center*) Keith Phillips. Welcoming their new classmate are Disciple SiDi Robert Wahl (*left*) and Senior Disciple SiHing John Haremza (*right*).

QBS, LLC School of Taiji Quan recently added a new member to the self-defense school. Keith Phillips, a Wing Chun martial artist and boxing coach at the Willingboro Kennedy Center’s Recreation Department, has joined the ranks to further develop his skills and further his knowledge in the martial arts. “Not only will this help me in my present role as a coach and role model for kids in the boxing program, but I am also able to address some personal health care concerns that I presently face,” said Phillips. “I am confident after taking the “Free Introductory lesson” that this is the place that I belong to properly address the needs that I have in all aspects of my life,” he concluded.

CHINESEPOD.COM

Want to learn the Chinese language (*Mandarin*)? Don’t have a teacher? What do you do?

Go to ChinesePod.com. There are over 1000 free lessons and more than 59000 conversations. Start with the “Newbie” lessons that teach the fundamentals to the language with easy listen and practice techniques. As you establish comfort and familiarity, move on to “Elementary,” “Intermediate,” “Upper Intermediate” and “Advanced” lessons. Each lesson is presented in the native tongue three times then a dialogue follows (*in English*) with explanations and ending with the Mandarin being spoken an additional three times to “tune” your ear. The Listen, Review, Practice and Reinforce techniques teach you the language in a new manner. Lessons can be downloaded or purchased on DVD.

Jennie and Ken Carol are your on-line teachers.

TAKING A CLOSER LOOK AT TAI CHI

“Tai Chi And the I Ching”

A system of exercise based on adapting to change yet embracing the fixed, T'ai Chi Ch'uan – Supreme Ultimate Boxing (*simply referred to as Tai Chi*) – is without question a national treasure to the Chinese.

Tai Chi is the very physical expression and culmination of Chinese philosophy, thought and practice developed in more than three thousand years of history.

It is also considered to be a “soft” martial art. This is misleading statement. Although its movements may appear soft, in expression of its applications, the energy derived is quite strong! It has sometimes been referred to as “Cotton-fist,” “Shadow-boxing,” or “Iron Bar Wrapped in Cotton.”

The “I Ching” (*pronounced, e-ching*) sometimes called the “Book of Changes” or “Book of Chou,” is the very basis for understanding the Yin-Yang Theory (*the interaction of opposite forces in nature*).

The Eight Gates and Five Steps are also philosophical theories that were derived from the rich cultural Chinese practices of Confucianism, Buddhism and Taoism. Over thousands of years, these philosophical theories shaped the way of life in China.

Today, we can use these theories to help us in holistic health care concerns as prevention, maintenance and healing modalities. For all you Tai Chi players, it will pay to further research these theories.

One such result of these theories is the formation of the “Original Thirteen Postures” of Tai Chi. The Eight Gates determine Tai Chi Postures and the Five Steps determine Tai Chi Stances. Using the infinite variations of the

I Ching theory, various forms of Tai Chi have been created. The original postures (*splitting, pulling, pushing, shouldering, rolling-back, warding-off, elbowing and pressing*) and steps (*withdrawing, gazing-right, center rooting, advancing, and looking-left*) are the foundation to all Tai Chi choreographs. You may also recognize that the Five Steps are also related directly to the “Five Element Theory” (*see 5 Element Theory Chart in this edition*).

How many of these postures and steps do you recognize in your Tai Chi forms? Look closely, they are there and if you seek them, you will better understand how they can be used to your benefit and the benefit of others!

Hopefully, this article has stimulated you to further research these theories and obtain answers that will better serve your needs as a martial artist, human being and productive member of your community.

HEALTH PRESERVATION ASSOCIATION



PRESENTING TAI CHI & QIGONG

Master Jiang Jianye of the Capital District Tai Chi & Kung Fu Association in Albany, NY has worked for over 10 years to produce the Health Preservation Association (HPA). With a collection of over 300 DVDs, he has created a program that has certified more than 80 teachers in the USA, Canada and Caribbean Islands who have learned a multitude of Tai Chi and Qigong forms and exercises that address health care concerns and conditions.

Master Jiang has studied martial arts since the age of 5 years and has earned a Bachelor's and Master's degree from Qufu University and Shanghai Physical Education Institute in China. As a master calligrapher, he has earned more than \$10,000 which was donated to Shandong Disabled Association.

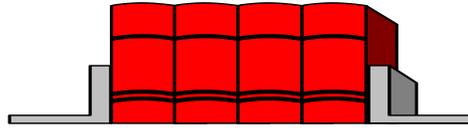
HPA's purpose is to train competent, highly qualified instructors to help prevent illness and disability in healthy individuals and to support individuals with chronic illness and disability to regain and maintain maximum health and longevity.

Anyone with 2 or more years in teaching Tai Chi or QiGong may qualify to become a Certified Instructor for HPA. Others may enroll for an HPA Membership and receive significant discounts on DVDs and free admission to training sessions and workshops on traditional Taijiquan, BaQua, XingYi and QiGong taught by Master Jiang.

The Association conducts four (4) seasonal workshops and seminars for the general public annually focused on methods to prevent illnesses and disabilities (*see flyers in this newsletter edition*). These workshops and seminars are located throughout many cities and states in the United States. With early enrollment, participants will receive a Free HPA T-shirt and Free lunch for the day.

Shifu Jonathan B. Walker, PhD is the certified HPA instructor in the Philadelphia/South Jersey area. Workshops are currently scheduled for 2008. Go to www.qissagebodysystems.com for workshop information, registration or HPA Membership; contact (609) 518-9399 or email yangqichen@aol.com.

Martial & Healing Arts Book Review



QISSAGE
BODY
SYSTEMS, LLC

Philosophy

We believe that all people should have access to health care services that will offer not only physical but also mental and spiritual growth and development.

We further believe that the integrated knowledge of Eastern health philosophy and Western health technology produces a simplistic yet optimal health care system that directly affects the quality of life in a positive manner for the benefit of a healthier lifestyle.

Mission Statement

QiSage Body System exists for the sole purpose of providing the availability of an affordable, beneficial and simplistic health care system that produces a profound mentally, physically and spiritually, healthy lifestyle through personal growth and development.

This task is accomplished by offering:

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

A Pinch of Wisdom

In times of great stress or adversity, channel our anger and your energy into something positive.

Did You Know...

... that changing what you do, will change how you think and feel?

Title: The Shaolin Grandmaster's Text: History, Philosophy & Gung Fu of Shaolin Ch'an
Author: Ch'an Shaolin
Publisher: Tuttle Publishing; Rev. Ed edition (July 30, 2006)
Copyright: 2004
ISBN #: 10:0975500910
ISBN #: 13:978-0975500910
Price: \$39.95 (\$27.57 Amazon)
Reviewer: Robert Wahl

This book was compiled and written by several monks of the Shaolin Ch'an Order. They reside in the US and claim to be related to the branch of monks that fled from the original Shaolin Temple in China during the early 1900s, due to severe repression by the communist government.

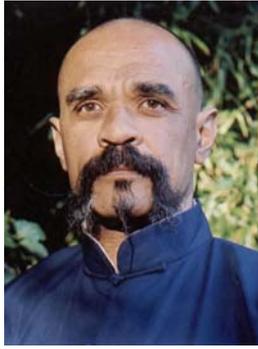
This non-fiction book is for the general public's knowledge and serves as an indispensable primer on martial arts history as well as a reference about the Shaolin view of Buddhism and philosophy. It strives to set the record straight about the Shaolin Temple and "adjust" the reader's view from the mainstream perception depicted in the 1970s by the TV show "Kung Fu." The book is filled with bits of wisdom ranging from ancient Buddha & Lao-Tzu to the modern Gandhi & Yoda.

The book covers the Temple in 495 AD at Tamo's first arrival through notable events in Shaolin history to the exodus of The Shaolin Order to the United States. Shaolin Ch'an Buddhism, life in the temple and martial arts are also covered. Although Tai Chi Chuan was not directly founded in the Shaolin Temple, the progenitor of it can be traced back to Tamo's arrival at the Temple and his influence on the monks physically fitness.

I find this book a great read and find the claims of authenticity very plausible. The sense of lament at the current state of "real" martial arts in China comes through. Like all good books, I look forward to reading this again.

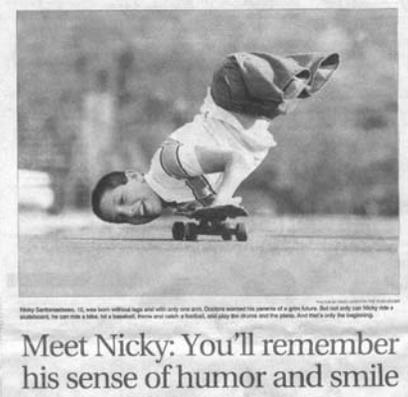
CURRENT EVENTS

- ⚡ Reiki Classes – Classes are conducted monthly based on enrollment and registration. Sign up for a class today!
- ⚡ HPA Teachers Workshop – July 5-6, 2008 in Burlington County, NJ. Master Jiang Jianye will teach Traditional Yang Lu-Chan & Chen Family Style Tai Chi
- ⚡ FREE Introductory Tai Chi Classes – Free Introductory classes at the Burlington County Library's Main Branch each month. Check with the library or go to our web site & check out our calendar for the year.
- ⚡ HPA Seasonal Tai Chi & QiGong Workshops 2008 – Classes are held March, June, September and December in 2008. Certified HPA instructors throughout the USA and Canada conduct all workshops.



Shifu's Message

“CAN’T” ISN’T ACCEPTABLE TERMINOLOGY



As I traveled between locations in early May, I stopped at a WaWa to pick-up lunch. When leaving the store, I noticed The Star Ledger newspaper had a cover story on a young kid named, “Nicky.”

What really drew my attention wasn't the story but the above photo of this young kid skateboarding apparently with no legs! As I purchased the paper and read the story, I thought, “What a great inspiration for those of us who cling to the word, “Can’t.”

You see, Nicky was born without any legs or right arm and his left arm ends with only one finger. For 12 years, this young man has lived as normal a life as any child. He can hit a baseball, ride a skateboard, throw and catch

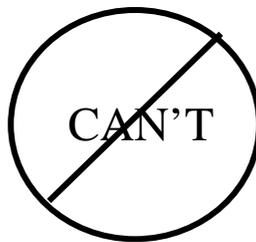
a football, type, write, play the drums and piano. He can even draw. He drew so well that he won a statewide poster contest sponsored by the New Jersey Parent-Teacher Association (*who incidentally did not know of his birth defects*). He eventually went to the Governor’s mansion, Drumthwacket, to receive an award for the contest (*and surprise a lot more people with his birth defects*).

All of his young life, Nicky has refused to be treated differently. When his parents got prostheses for him, he just threw them aside and adapted the way he wanted to adapt. He has accepted his life as it is and happily so. He seeks no special attention and is generally accepted as just another kid among other children. His attitude has enabled him to overcome many obstacles that may present itself.

Therefore, the next time you decide that a challenge or adversity presents itself to you and you have “that word” on the tip of your tongue, think about Nicky.

His life is an inspiration and role model for those you readily want to accept the unspeakable . . . “that 4-letter word!”

Remember, there are a few important things that everyone should know and practice to be just like Nicky!



YES, I CAN!

JUST DO IT!

In Harmony,

Jonathan B. Walkert, Shifu, PhD

STUDENT’S CORNER

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

HEALTHY FOODS COLUMN

*Echinacea:
Cone Flower
by Emily Williams*

Echinacea, commonly known as coneflower, is not one of my favorite plants. The daisy-like flower, a dirty pink, usually appears chewed. Some unseen beetle must find the flowers irresistible, thus making the flower very unattractive. I keep it in my herb border because it is very important to herbalists.

American Indians used the plant more than any other, either for chewing or making a tea from the root. It was used to speed the healing of wounds and to cure everything from snakebites to rheumatism. It was considered so important, it was once packaged as a drug. Today, it is available in capsule form anywhere drugs are sold. Millions of people believe Echinacea boosts immunity and helps prevent the common cold. As urged in previous columns, use caution. It is advised to abstain from its use if allergic to rag weed or are taking drugs that can hurt the liver.

Echinacea is easy to grow from seed. It thrives in heat and humidity. It needs dividing every few years.

Share your plant with a friend!

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

Five Element Theory Chart

FIVE ELEMENTS	WOOD	FIRE	EARTH	METAL	WATER
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HUMAN BODY	Emotions	Anger	Joy	Pensiveness	Sorrow	Fear
	Anatomy	Tendons	Blood Vessels	Muscles	Skin & Hair	Bones
	Specific Openings	Eyes	Tongue	Mouth	Nose	Ears
	Smell	Goatish	Burning	Fragrant	Rank	Rotten
	Human Sound	Shout	Laughter	Song	Weeping	Groan
	Bowels	Gall Bladder	Small Intestines	Stomach	Large Intestines	Urinary Bladder
	Viscera	Liver	Heart	Spleen	Lungs	Kidneys
NATURE	Directions	East	South	Center	West	North
	Seasons	Spring	Summer	Late Summer	Autumn	Winter
	Weather	Wind	Hot	Wet	Dry	Cold
	Developments	Production	Growth	Transformation	Harvest	Storage
	Colors	Green	Red	Yellow	White	Black
	Tastes	Sour	Bitter	Sweet	Spicy	Salty
TAI CHI	Tai Chi Postures	Splitting Pulling	Pushing	Shouldering Rolling-back	Warding-Off Elbowing	Pressing
	Tai Chi Stances	Withdrawing (Retreat)	Gazing-Right	Fixed-Rooting (Center Equilibrium)	Advancing	Looking-Left

Health Preservation Association

養生協會

Exciting and Special News



Grandmaster Jianye Jiang
53 Year Wushu Career



American Society of Internal Arts
2007 Hall of Fame Inductee



Founder of HPA with
Selected Certified Instructors



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



Featured in
T'ai Chi
Magazine
August 2001



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



Master of Chinese Calligraphy

Grandmaster Jiang is proud to offer

- **Free** training programs throughout the USA in 2008
 - Traditional Yang Lu-Chan Tai Chi Chuan System
 - Traditional Chen style Tai Chi Chuan (Unique Chen Style)

➤ Free HPA Teachers Training Program

➤ Free Trip to China Program 2008

For information on training and China trip, visit our website

HPA Festival Caribbean Island Cruise Ship Coming in 2009

HPA Presents Four Exciting Seasonal Workshops Throughout the USA, Canada & Caribbean Islands

In Tai Chi and Qi Gong for 2008

including Meridians, Massage and Acupressure

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

All Workshops Conducted by 80 Certified HPA Instructors

**To register and find a Certified HPA instructor
near you, contact us directly.**

E-mail: sales@jiangtaichi.com

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

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

Visit our website for more information on the workshop

www.jiangtaichi.com

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



Upcoming:
Health Preservation Association
“Summer Workshop”

In the Philadelphia and South Jersey Area

June 28, 2008

Learn these exciting techniques:

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

Your Local HPA Certified Instructor:



Shifu Jonathan B. Walker, PhD, LPN, RMT, CHt

For more information and enrollment
Call: (609) 518-9399 email: yangqichen@aol.com

Upcoming:
Health Preservation Association
“Autumn Workshop”

In the Philadelphia and South Jersey Area

September 27, 2008

Learn these exciting techniques:

- *Tai Chi for Neck & Back Pain*
- *Qi Gong for Healing*

Your Local HPA Certified Instructor:



Shifu Jonathan B. Walker, PhD, LPN, RMT, CHt

For more information and enrollment
Call: (609) 518-9399 email: yangqichen@aol.com

Upcoming:
Health Preservation Association
“Winter Workshop”

In the Philadelphia and South Jersey Area

December 13, 2008

Learn these exciting techniques:

- *Tai Chi: Balance of Life*
- *Qi Gong Diabetes*

Your Local HPA Certified Instructor:



Shifu Jonathan B. Walker, PhD, LPN, RMT, CHt

For more information and enrollment
Call: (609) 518-9399 email: yangqichen@aol.com

Tai chi



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become the next generation of top-ranked martial artists?*

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"Where Self-Defense becomes Health-Defense"™

Get Your Training Started Today!

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email: yangqichen@aol.com

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

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
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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

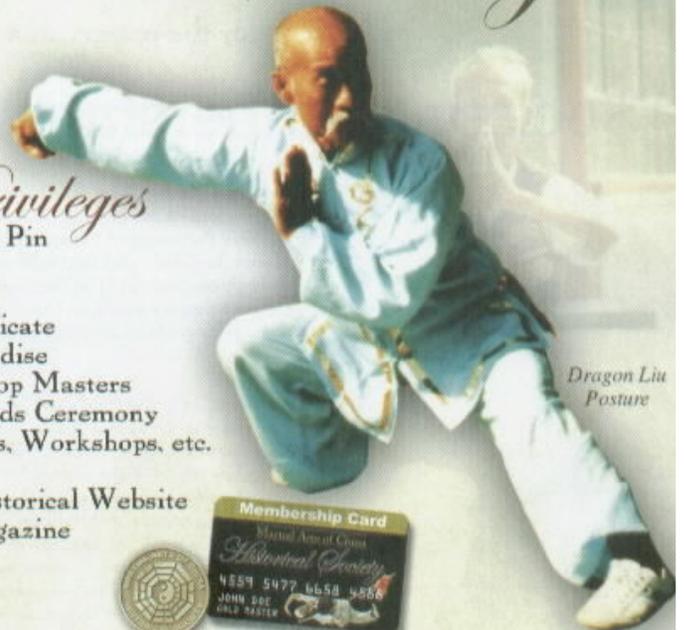
HONORARY CHAIRMAN
Chief Coach of the Shaolin Training Center
Jiao Hong Min

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

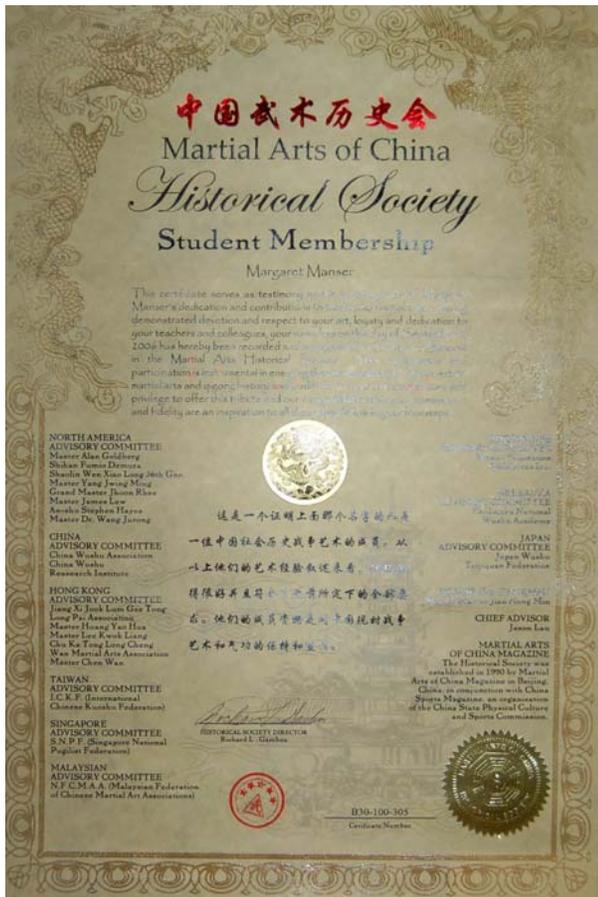
Please print clearly and completely to qualify

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 _____

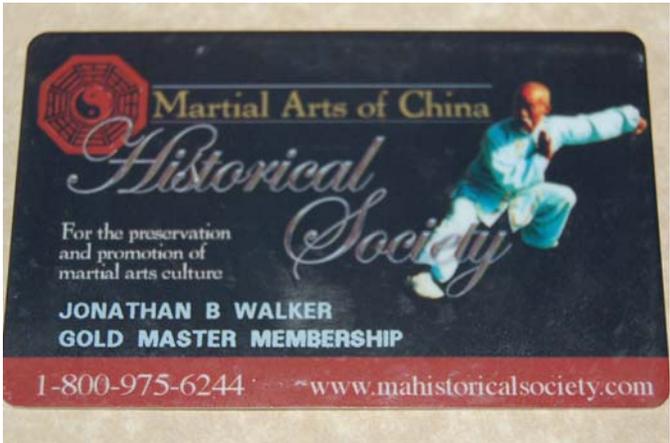
All applicants are screened accordingly.
Applicant must provide proof of his/her certification with this application.
The Association reserves the right to refuse membership without explanation.

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

MARTIAL ARTS OF CHINA HISTORICAL SOCIETY



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



CERTIFICATE

MEMBERSHIP CARD



LAPEL PIN

T-SHIRT W/INSGINIA

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

CONTACT: Shifu Walker @ (609) 518-9399

EMAIL: yangqichen@aol.com

(609) 518-9399



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VERNA NEEDS YOUR HELP!

Thousands of Americans are in need of vital organ donations. For many, the chance to live a full life won't come unless more of us consider organ donation. Each of us has the potential to save a life as an organ donor. A single donor can make it possible for a family to stay together or make it possible for a woman to spend precious nurturing time with her grandchildren.

Why should you consider this life-saving decision?

Many people have not considered this because they feel that they are too old or their medical history would rule them out as a candidate of donation. There are misconceptions. Because of these and other misconceptions, many people do not make a decision to become donors.

Right now, there are approximately 95,000 people on the national transplant waiting list!

Verna is one of those people waiting for a kidney. The number of individuals in need of an organ continues to grow while the number of donors is not growing as quickly. This means that each day, 18 people will die waiting for a transplant!

With your help, hopefully, Verna will not be one of those 18 people.

Consider organ donation and maybe you can give Verna another chance to live!

For information about how you can help Verna,

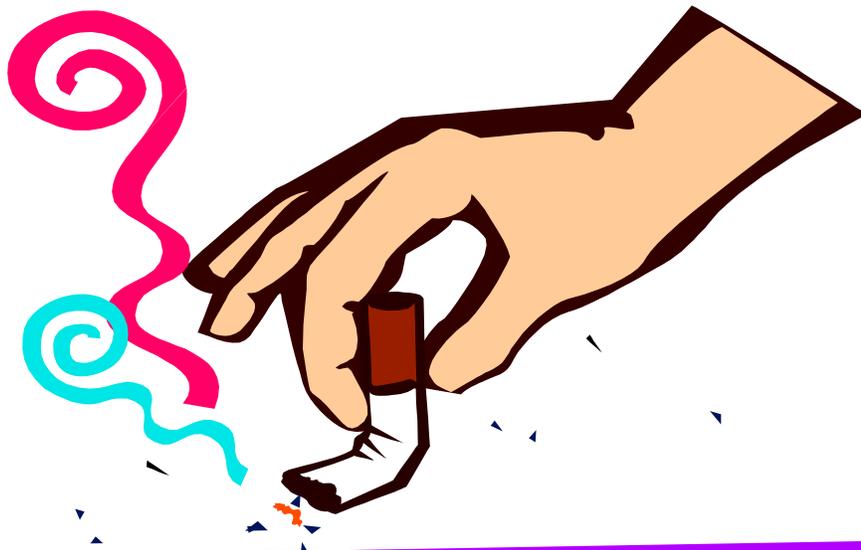
Contact Shifu Jonathan B. Walker, LPN, CEO, QiSsage Body Systems, LLC

Phone: (609) 518-9399 or email: sifuwalker@aol.com

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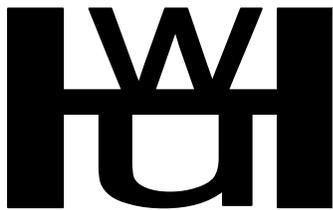
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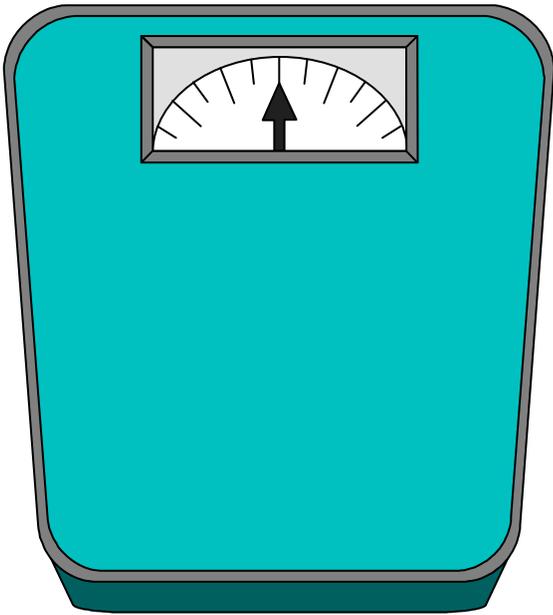


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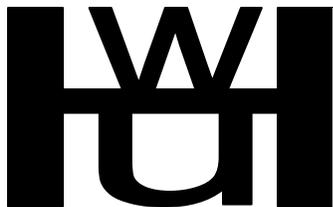
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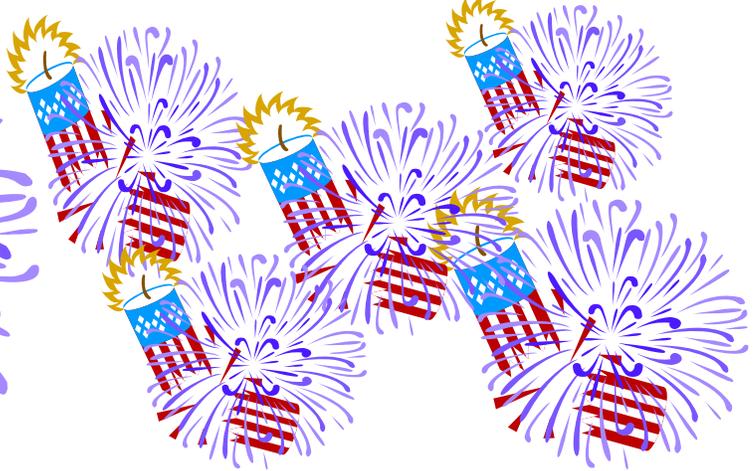
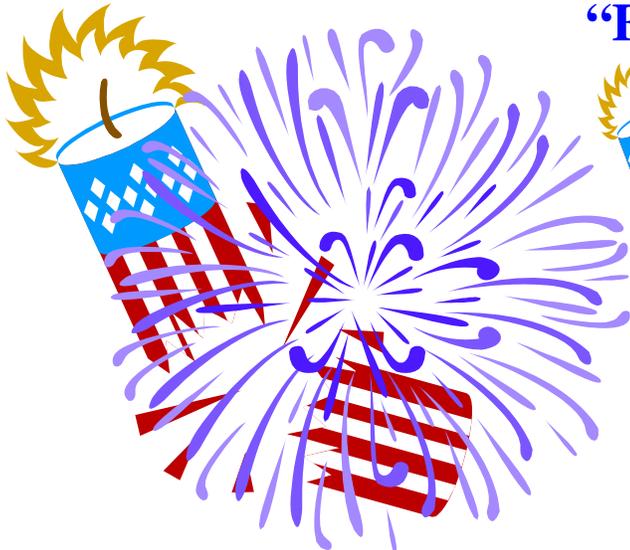
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