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# QiSsage Body Systems, LLC

Best In Martial Arts & Healing Arts

“Where Self-Defense Becomes Health-Defense”™

## NEWSLETTER

Winter Issue, Vol. 3

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

December 2006



*Pictured above are some of the members of the first “Tai Chi from the Arthritis Foundation” class in Willingboro, NJ (lft to rt, first row), Constance Harris, Mary Anderson, Emma Love; (second row) Jana Horton, Ethel Cook, Jane Davis; (back row) Dennis Brooks.*

### ***TAI CHI FROM THE ARTHRITIS FOUNDATION***

Sifu Walker in conjunction with the Willingboro Senior Citizen Center conducted the first “*Tai Chi from the Arthritis Foundation*” class at the Kennedy Center in September.

Dr. Paul Lam (*a family physician in Australia for 25 years and an internationally acclaimed Tai Chi teacher*) developed this program in conjunction with a team of Tai Chi and medical experts. It was then adapted by the Arthritis Foundation of America. Dr. Lam suffered from arthritis for many years but gained good control of his condition by practicing Tai Chi.

Arthritis is a general term used to describe “joint inflammation”. This term actually refers to over 100 rheumatic diseases. Rheumatic diseases are conditions characterized by inflammation or degeneration of the connective tissue structures of the body. It especially refers to joints and structures including muscles, bursae, tendons, and fibrous

tissue. People with this disease experience pain, stiffness, and/or limitation in range of motion.

Most rheumatic diseases are chronic (*long lasting*) and have no cure. However, they can be managed through proper treatment programs.

Exercise is one such treatment program. There is irrefutable evidence that exercise is beneficial for arthritis. When muscles and tissue around the joints are stronger, they better support and protect the joints. Exercise also facilitates better blood circulation and body fluid throughout muscles, tendons and joints thus promoting healing.

Sun Style Tai Chi is a great exercise for people with arthritis. It is characterized as a gentle exercise with agile steps that improve mobility. It uses positioning that corrects body posture. It has high stances making it easier for people to do and it contains QiGong (*chi-kung*) which helps breathing and relaxation. Tai Chi exercises the entire body, is easy to perform and inexpensive to learn. Most of all, it is suitable for almost anyone.

Other types of rheumatic diseases that can be helped by Tai Chi are Ankylosing Spondylitis, Fibromyalgia, Gout, Infectious Arthritis, Osteoarthritis, Osteoporosis, Overuse Syndromes, Polymyalgia Rheumatica and Polymyositis, Rheumatoid Arthritis, Lupus and Scleroderma.

To learn more, go to the Arthritis Foundation web site at: <http://www.taichiforarthritis.com>.

### ***IF YOU LIKE BOARD GAMES, YOU HAVE TO ...GO!***

Wei Ch’i (*Wei Qi*) as it known, is a game that was developed in China about 3000 years ago. It’s one of the oldest games in the world still played in its original form. Japan and Korea have taken this game as a favorite past time. Japan took this game to its fullest potential by making it an institutionalized art. Millions play Go in Asia. Today, it has reached professional competition status as an art in the eastern countries! GO, try it!

## ***WHAT ARE THESE PEOPLE DOING? MAKING QI-WATER?***



Linwood Thomas (left) and Nina Simmons (right) are seen as they meditate in a technique of impregnating water with a high concentration of qi. This water is then used for health purposes.

Yes, they are making Qi Water! Students of the Willingboro Senior Citizen Tai Chi/QiGong program learned a new technique this month. They made Qi Water!

One of the largest individual senior citizens Tai Chi classes in the state of New Jersey (*maybe in the country*) meets regularly to learn and practice Tai Chi and QiGong.

This program began in September 2001 as a pilot project. Today, it contains from 50-100 students per single class that meet once a week for 10 weeks of Tai Chi classes and 4 weeks of QiGong classes continuously and back-to-back for 50 weeks of each year.

The Tai Chi classes consist of learning a modified Yang Style choreography designed to decrease the incidence of falls in seniors as they deal with the normal aging process. When they first enter the program, they are taught techniques that stabilize balance, strengthen weak leg muscles, correct posture, improve gait and build confidence by decreasing the fear of falling. As they progress, more challenging movements are taught as the choreography presents greater challenges in physical performance. Some students who have been in the program since its inception are presently learning a modified Yang Tai Chi Sword form. As students learn more about movement, they apply these principles to their daily activities and find greater freedom and independence in their lives.

To compliment the Tai Chi classes, QiGong is also taught on alternate cycles in 4 week periods. In

these classes, students learn how to prevent illness, increase their health and maintain good health. They learn techniques to identify, build, cultivate circulate, and store qi (*energy*). Making qi-water is just one technique that they learned in the recent cycle of QiGong classes. This water is used to address scenarios of abdominal (*gastro-intestinal*) disorders.

This program continues to grow and provide fantastic results for its practitioners. Go to web site: [www.qissagebodysystems.com](http://www.qissagebodysystems.com) and click on the “Testimonials” button to read what seniors have to say about these classes.

## ***NEW GROUP LEADER INDUCTED INTO THE RANKS***



Group Leader members of QiSage Body Systems, LLC, Three Mountain Schools welcome newcomer, Guy Cornish (center), into the ranks of the team. Other members are (from lft to rt), Angie Moffitt, Rose Robinson, Melvin Brennan, Jr. and Lynn Kosek Walker.

As QBS continues to grow and serve the public, more talented people are required to help serve that purpose.

In November, Guy Cornish was inducted into the ranks of “Group Leaders.” He comes to the team with previous leadership experience as a soccer coach. As a new student to the senior program in Willingboro, NJ., Guy displayed his leadership qualities by always being helpful to classmates who needed an “extra” hand in learning. His exceptional courtesy and respect for others stands out in all that he does in Tai Chi classes.

What is Guy’s secret to being such a great student? He is a practicing 4<sup>th</sup> Dan Black Belt Shotokan student also attending classes with Sensei Kisaka at the JKA Karate School in Hamilton, NJ.

His experience and knowledge are welcome to the school and leadership program. His background will be an asset to the endeavors of the school.

## MARTIAL ARTS PROMOTION



SiDi John Haremza (holding certificate) is joined by classmates (lft to rt) SiDi Michael Berry, SiDi Robert Wahl and SiMui Karen Cruse. SiDi Haremza received the 5<sup>th</sup> Rank, Green Sash in October. SiDi Wahl will be eligible to test for the 4<sup>th</sup> Rank, Orange Sash in December of this year. SiDi Berry and SiMui Cruse presently hold the 5<sup>th</sup> Rank, Green Sash.

### THE EIGHT GATES “PA-MEN”

In this issue, we continue our discussion and explanations from the last issue on the article, “The Eight Trigrams.”

Tai Chi Chuan has eight basic postures that are symbolized by the eight trigrams. Ward-Off; Roll-Back; Press; Push; Pull-Down; Split; Elbow; and Shoulder Strike (*fig 1, pg. 8*). The first four gates represent the Four Directions: south, north, west and east. The last four gates reflect the Four Corners: southeast, northwest, southwest and northeast.

The first four gates with corresponding trigrams and the Four Directions are: (*fig. 2, pg. 9*)

Ward Off ( <i>Peng</i> )	South
Roll-Back ( <i>Lu</i> )	North
Press ( <i>Chi</i> )	West
Push ( <i>An</i> )	East

The last four gates with corresponding trigrams and the Four Corners are: (*fig. 2, pg. 9*)

Elbow ( <i>Chou</i> )	Southeast
Split ( <i>Lieh</i> )	Northeast
Pull-Down ( <i>Tsai</i> )	Southwest
Shoulder Strike ( <i>Kao</i> )	Northwest

*Peng* (*ward-off*) indicates strength, power and untiring energy. Like a ball that is elastic and springy, when you push it, it reacts and does not let you find its center. To use this posture correctly, one must react like the ball.

*Lu* (*roll-back*) indicates softness and yielding. This posture can control the force of one thousand pounds with only four ounces of effort. It takes much practice to master the use of *Lu*.

*Chi* (*press*) is deceptive because it looks soft and yielding but its inner essence is dangerous. Like dripping water on a rock, it will erode even the hardest substances. Thus, *Chi* presents the greatest danger. *Tai Chi* is characterized like water. It’s gentle, yielding outer appearance conceals its inner nature, a most effective and dangerous form of fighting.

An (*push*) represents fire. Fire is very aggressive. Its heat extends outwards and its flames reach upward. This posture is used if one finds his opponent’s force is greater than his own. When over powered, you employ yielding for an instance to take your opponent off balance, then take the advantage.

*Tsai* (*pull-down*) is like the image of the Wind. Wind does not blow only in one direction but changes easily. It is free flowing. It is very important that one keeps balance and central stance with the elbows sinking downwards. Make sure that you engage only one of the opponent’s arms.

*Lieh* (*split*) acts as thunder and suggests roaring, tumbling and strapping strength. When executed correctly, one’s opponent falls backward. To be effective, one must incorporate the use of one’s legs and waist as well as the arms. Be advised however, one is vulnerable when one attempts the use of *lieh*.

*Chou* (*elbow*) is self-explanatory but the use should never be obvious to the opponent. It should be concealed or disguised from the opponent. This attack should be more a state of mind than form. The whole body should be used as a total unit in this posture that can make it atrociously deadly!

*Kao* (*shoulder-strike*) represents the mountain and suggests staying or stopping power. The hips and shoulder are introduced as a line of defense in this posture. That makes this posture an even fiercer assault than *Chou*.

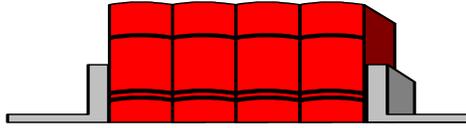
It is important to know these basic postures of *Tai Chi Chuan*. Two very important training techniques that teach the correct use of the Eight Gates are *Push Hands* and *Ta Lu*.

*Push Hands* teaches the application of the movements associated with the Four Directions. It also develops the qualities of *Ting*, *Tsou*, *Nien*, *Hua* and *Fa*.

When one achieves a certain level of proficiency in *Push Hands*, *Ta Lu* should be practiced. *Ta Lu* teaches the application of the movements associated with the Four Corners.

In our next issue, we will continue with *Push Hands* and *Ta Lu*. Don’t miss it!

## Martial & Healing Arts Book Review



*\*This article is a reprint from the original QBS Health News & Information newsletter, Fall Issue, Vol. 1, Sept 1999*

<b>Title:</b>	The Tao of I Ching
<b>Author:</b>	Jou, Tsung Hwa
<b>Publisher:</b>	Tai Chi Foundation
<b>Copyright:</b>	1984
<b>ISBN #:</b>	N/A
<b>Price:</b>	\$24.95
<b>Reviewer:</b>	Jonathan B. Walker

This is the third book of the late Master Jou, Tsung Hwa. The Tao of I Ching, Way To Divination is the last book of this trilogy. It is presented in such a revealing light and told with such elegance through the use of pictures and vivid imagery to finally raise the veil of mystery and encourage personal, practical use of this most valued work of Chinese culture.

This book describes:

- ✓ How the meaning of Yin/Yang evolved from the Tai Chi Diagram;
- ✓ Methods of divination including yarrow stalks or coins and the direct interpretation of time and personal life events;
- ✓ The principles of the Five Elements for interpretation;
- ✓ The traditional meanings of the hexagrams translated into relevant, personal terms.

As a whole, this book takes the reader away from the perception of the I Ching as a series of sayings by some wise person arrived at by a mysterious method and back to its roots as a timeless method of cultivating self-awareness and improving the quality of life.

This is a must-purchase book to complete your trilogy of writing from Master Jou Tsung Hwa. This collection is considered by me to be a complete research laboratory for the serious Taiji Player. It is full of treasures that are forever giving of new insights each time you read and re-read its pages.

### CURRENT EVENTS

- /// [FREE Introductory Tai Chi Classes](#)— There are no more scheduled Free Introductory classes at the Burlington County Library's Main Branch this year. We will resume classes next year. See our web site for upcoming classes in 2007.
- /// [QBS School Awards Banquet](#) – December 9, 2006 will be the day for recognizing those students who have excelled this year. This annual event will take place at Carlucci's Waterfront Restaurant in Mt. Laurel, NJ
- /// [AMA Hall of Fame Banquet](#) – January 5-7, 2007 will mark the next Mega Martial Arts Extravaganza Weekend in Atlantic City, NJ at the Tropicana Hotel & Casino Resort.

## QISSAGE BODY SYSTEMS

### Philosophy

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

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

### Mission Statement

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

*This task is accomplished by offering:*

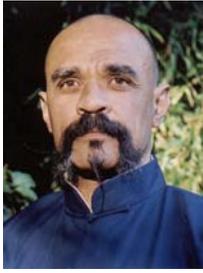
- ☉ *a network of services that are conducive to instilling those learned skills, which when practiced regularly affect our lives in a positive manner, thus producing those effects that enlighten and enrich our lives and;*
- ☉ *a referral system that interlinks with those agencies, institutions, and/or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

### ***A Pinch of Wisdom***

*If one does not begin with the right attitude, there is little hope for a right ending*

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

*... that each day holds possibilities for great discoveries and hidden joys.*



Sifu's

## Message

### Perspective

Once again, we bring another year to a close. It has been a year of positivity and negativity, yet it has been another year of life.

In retrospection, 2006 has been a pretty tough year all around. The economy has not been the greatest. We've dealt with rising petroleum costs that has affected all industries and even affected out individual households. The political climate regarding foreign affairs has our nation on the edge of their seats and often in uproaring opposition. Most disturbing is that wages never seem to equate to the rising cost of just trying to live an average lifestyle.

What is a person to do in order to have just a little relief from so many social pressures?

Certainly, as Tai Chi practitioners, you must remember that what you are learning in this art is that it is a method of dealing with maintaining harmony in your lives. You must not forget that the essence of this art is the goal of its study and practice.

Often, students are narrow in their view of Tai Chi and focused only on the achievement of the choreography. They forget that it offers so very much more than physical proficiency of anatomical movement. They must be reminded that the trilogy of their mind/body/spirit has to be involved in attaining harmony. Proficiency at one level and not the others is incomplete and only serves to dissect or divide the road to success making it unattainable.

One thing that you can learn from this year is how to overcome those obstacles in your lives by using your art to its fullest potential.

Set a goal for 2007. Get the most that you can from Tai Chi. Expand your learning and expand your horizons by using Tai Chi to its greatest extent in your daily activities. Learn and practice Tai Chi mentally, physically and spiritually.

## BETTER EATING FOR BETTER LIVING

*This recipe is submitted by Ida Handy. She states that she got it from the booklet, "Cooking Smart (For the Home Chef)", American Cancer Society.*

### Oven-Fried Catfish

*Adapted from Ebony Magazine,  
February, 1989*

Oven-fried foods use much less fat than regular frying. Drizzling margarine over the fish adds flavor without adding too much fat.

Makes 4 Servings

#### Ingredients

4 dressed farm-raised catfish  
(about 6 oz. Each, raw, which cooks down to about 4 oz.)  
¼ cup yellow cornmeal  
¼ cup dry breadcrumbs  
½ tsp. Paprika  
¼ tsp. Pepper  
1/8 tsp. Garlic powder  
½ cup skim or non-fat milk  
2 tbsps. Melted margarine  
Vegetable cooking spray

Heat oven to 450 degrees. Mix cornmeal, bread crumbs, paprika, pepper and garlic powder. Dip fish in mil, coat with cornmeal mixture. Place fish in 12x9x2-inch rectangular pan coated with vegetable cooking spray. Pour margarine over fish. Bake uncovered until fish flakes very easily with fork, about 17 minutes.

Nutrition information per serving:  
303 calories  
12 gm fat  
38% calories from fat

## STUDENT'S CORNER

*This section is reserved especially for the students' comments, questions and feedback. Most articles are printed verbatim. Editing is limited in order to*

*express each person's concerns in their own words.*

### Practice Makes Perfect

It's a pleasant thought – to become perfect in a discipline at the age of 75. Practice, Practice, Practice. Certainly the incentive is there, but where does one practice? Where does one practice in a quiet, peaceful place ideal for Tai Chi?

My husband, although semi-retired, still has an office in our home where he operates an advertising and promotions business. I have a studio on the third floor where I do dressmaking and alterations. Telephone ring incessantly. The fax machine goes 24 hours a day (yes, people transmit even at 3:00 a.m.). Fed Ex delivers at 9:00 a.m., UPS at about 3:00 p.m. Other assorted customers or delivery people appear throughout the day.

If this weren't enough, we started to miss having a pet. At one time, we had three dogs, two rabbits, a cat and a horse. A few years ago, we started to dog-sit. We have about six regulars: a Welsh Corgi, Boston Terrier, Papillon, and mixed breeds. All have one thing in common. Tai Chi is an invitation to play. Dogs are very intuitive. All perceive the "ball" as theirs. I've tried locking myself in the bathroom. (I know one couple who takes turns practicing in the bathroom.) It doesn't work for me. It just encourages barking loud enough to wake the dead.

Last week, unable to locate my husband, I checked to see if the car was gone. I found him there plugged into WRTI, the classical music/jazz station. He was not engaged in auto repair. He had found a spot to escape the rigors of self-employment, running a dog sitting service and keeping a 166-year-old house together.

At 6:30 a.m., I have the garage to myself. I am unaware of houseguests – animal or human. I can't hear the telephone, doorbell or traffic sounds. I can now practice till perfect.

*Emily Williams*

### More Tai Chi Web Sites

There are a great number of Tai Chi/Taiji sites on the Internet. Here are a few others that I found to be interesting:

[www.stanford.edu/group/taichi\\_wushu/stretching.html](http://www.stanford.edu/group/taichi_wushu/stretching.html)

This site provides descriptions of a number of floor stretching exercises recommended for use before beginning any Tai Chi or Wushu workout.

[www.mayoclinic.com/health/tai-chi/SA00087](http://www.mayoclinic.com/health/tai-chi/SA00087)

Tai chi: Stress reduction, balance, agility and more – an article by the Mayo Clinic. Discusses achieving stress reduction and improving your balance and flexibility through gentle movements.

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

This is the official site of the Yang Family Association of Tai Chi. There are plenty of great links from the site, too!

*John Bornholdt*

### [Tai Chi](#)

The following is an excerpt from the October 2006 issue of [Tufts University Health & Nutrition Letter](#). The entire article features nine ways to de-stress your aching back. The nine ways address nonphysical approaches, psychotherapy, connecting with others, and mind-body moves (*which include Tai Chi, Yoga and Pilates*). It is the position of Tufts that the mind-body moves target the back via the engagement of the brain and the actual physical moves. The excerpt below (*in quotes*) is the university's position on Tai Chi.

"A graceful martial arts form, tai chi is based, in large part, on an ancient Chinese martial art called Tai Chi Quan, which requires tranquility and calmness while emphasizing slow, soft movements. Research in countries around the world has demonstrated that tai chi can reduce stress and improve back health."

"Tai chi also helps the back at the site of the back itself. Many tai chi movements, which strengthen the core of the body, use the spine as a pivot. And that causes the spine and the muscles surrounding it to gently flex through tai chi poses with names like 'White Crane Spreads Its Wings' and 'Step Up to Seven Stars.' Through the repetition of such poses, the muscles around the spine, which include the abdominal and the back extensor muscles, become stronger. That then helps to improve posture and also

reduce back pain; the better the strength and posture, the less slouching and rounding of the shoulders and the better the spinal alignment, which lessens stress on various spinal components."

"Finally, tai chi helps lessen existing back pain by increasing flexibility."

"The idea behind tai chi is to improve mind-body awareness with controlled yet fluid movements that focus on balance, breathing and the body's place in its immediate environment as it moves through various positions and holds a variety of poses. Breathing is slow and deep as the trunk and limbs go through what are typically circular motions, intermingled with static poses. The aim is always on focusing your energy to get the most out of your strength and mental concentration -- an inner stillness but with clarity. The deep breathing facilitates the process by encouraging oxygenated blood to flow to the muscles and brain."

"One of the best things about tai chi is that it can be practiced by people who are otherwise sedentary."

"A good tai chi class starts off at a level that is comfortable, then progresses to more difficult moves. It never jars the spine or any other part of the body."

*Rosanne Bornholdt*

### ***REIKI INSTRUCTIONS COMING TO QBS, LLC***

The year 2007 will bring a new instructional service to QiSsage Body Systems, LLC. After 4 years of training and practicing, Sifu Walker received his certification as a Reiki Master/Teacher in the Usui System of Natural Healing.

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

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

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

Reiki has different levels of healing power or capability. Levels are usually designated as Level I, II, III, (IIIa, IIIb, ART), Reiki Master and Reiki Master/Teacher. There are different variations in levels taught depending on where you attend classes and the lineage of the Reiki Master/Teacher.

2007 will bring Reiki instruction availability a little closer to students and community members in Burlington County, NJ.

Keep your eyes on our web site for upcoming classes.

### ***TAIJI QUAN***

*This article is a reprint from our original newsletter, "Health News & Information," Summer Issue, Vol. 4 June 1998*

Taiji Quan translated means, "Grand Ultimate Boxing/Fist". It is one of three internal arts whose origin was on WuDang Mountain in the northern part of China. As "grand ultimate", it is considered one of the highest levels of martial arts. Its grandeur is founded on the principles of Taiji (*Tai Chi*). These principles are the philosophy that influenced traditional Chinese culture and provided the basis for the study of Taiji Quan.

Taiji principles describe practical approaches to solving problems in the natural as well as human realms. Taiji Quan is only one of the practical applications of the Taiji philosophy; therefore Taiji Quan is only one way to demonstrate these principles in a physical or combative manner. However, it is the *true martial artist* who uses only the example (tool) of combative techniques to fully comprehend and live by those principles. Once this tool has provided its lesson, it is placed aside to seek the next tool upon which to further grow and develop in the art. Combat is only used when necessary (*a last resort*) to protect life.

Taiji Quan can not be judged by its outward appearance. Its core is its philosophy. Every movement

involves the philosophy of time and space. To view Taiji Quan from watching its movements is like looking through a dirty window. You must go inside to see clearly what is there. Therefore, you must understand Taiji philosophy to get a full view of the picture of Taiji Quan.

In the next issue, we will go further in explaining the statement:

*“Tai Chi is born of Wu-Chi or the ultimate nothingness. It is origin of dynamic and static states and the mother of Yin and Yang. If they move, they separate. If they remain static, they combine.”*

## **QBS ANNUAL AWARDS BANQUET**

This year’s annual awards banquet was held at the new “Carlucci’s Waterfront Restaurant” in Mount Laurel, NJ. Once known as the Pirate’s Cove Inn, the restaurant now presents Italian cuisine at a calming waterfront setting along the Rancocas Creek.

One of our newest students, Reverend Walter McDaniels presented the invocation as 100 students, family and friends enjoyed the afternoon awards luncheon while dining on delicious morsels such as Bruschetta, Salmon in Lemon Butter, Pasta Primavera, Chicken Marsala and an All-American favorite, Apple Pie a-la-mode.

Sifu Walker presented over 25 awards in 5 different categories: Memorial; Honor; Acknowledgement; Achievement and Comedic Awards.

This year’s highlight was the presentation of the newest school award, “The Honorable Gloria W. Thomas Award” that was given to Eleanor Hessler while the family of Mrs. Thomas was on hand to help present the award for the first time. This award was created in honor of Gloria Thomas who was a faithful student and passed on earlier this year. The Thomas Family was also presented with a Memorial Award “In Loving Memory” of Gloria.

The “Distinguished Timothy Burke Award” was presented to the deserving student, Hedy Stehly while “Sifu’s Award” went to Linwood Thomas, loving husband of Gloria.

An honored guest, Sifu Richard Gamboa from Chicago, Ill. received the “Distinguished Service Award” for his role in helping to raise the status of QiSsage Body Systems, LLC to an international level in 2006.

The “Student of the Year Award” went to martial arts student, Robert Wahl. Other awards were presented to: Melvin Brennan, Jr. (*Outstanding Service*); Emily Williams (*Certificate of Excellence*); Karen Cruse & Bettyann Melvin (*Perseverance*); Angie Moffitt, Rose Robinson, Lynn Kosek Walker, Melvin Brennan, Jr. and Guy Cornish (*Leadership*); Janet Reed & Walter Lindsay (*Perfect Attendance*); Max & Cheryl Wolford, Ken & Ellen Catalano, Curtis & Gwendolyn Edwards, Frank & Paula Horvath, Melvin & Betty Brennan, Jr., Sidney & Shirley Venitsky, and Walter & Carolita Lindsay (*Dynamic Duos*); Karen Cruse (*Whoopi Goldberg Look-a-Like*); John Haremza (*Uke of the Year*); and Dennis Brooks (*Wilt Chamberlain Award*).

A pair of tickets to see “George Benson” in concert was presented as a door prize drawing to Guy Cornish.

Below are some of the fantastic photos taken during the awards luncheon. Enjoy them. Congratulations go out to all award recipients for this year and also to all students who have silently achieved their goals and objectives.

See our web site “Photo Gallery” for more great pictures of this annual event.



*Hedy Stehly*



*Eleanor Hessler*



*Linwood Thomas*



*Sifu Richard Gamboa*



*Robert Wahl*



*Guy Cornish*

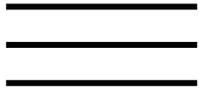


*Karen Cruse*

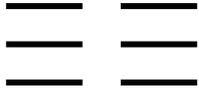


*Dennis Brooks*

(Figure 1)  
 The Eight Gates as  
 they relate to the  
 trigrams.



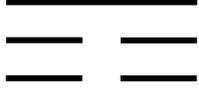
PENG (*WARD-OFF*)



LU (*ROLL-BACK*)



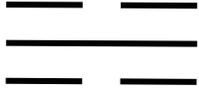
LIEH (*SPLIT*)



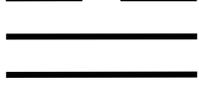
KAO  
 (*SHOULDER-STRIKE*)



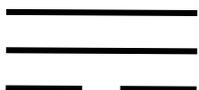
AN (*PUSH*)



CHI (*PRESS*)

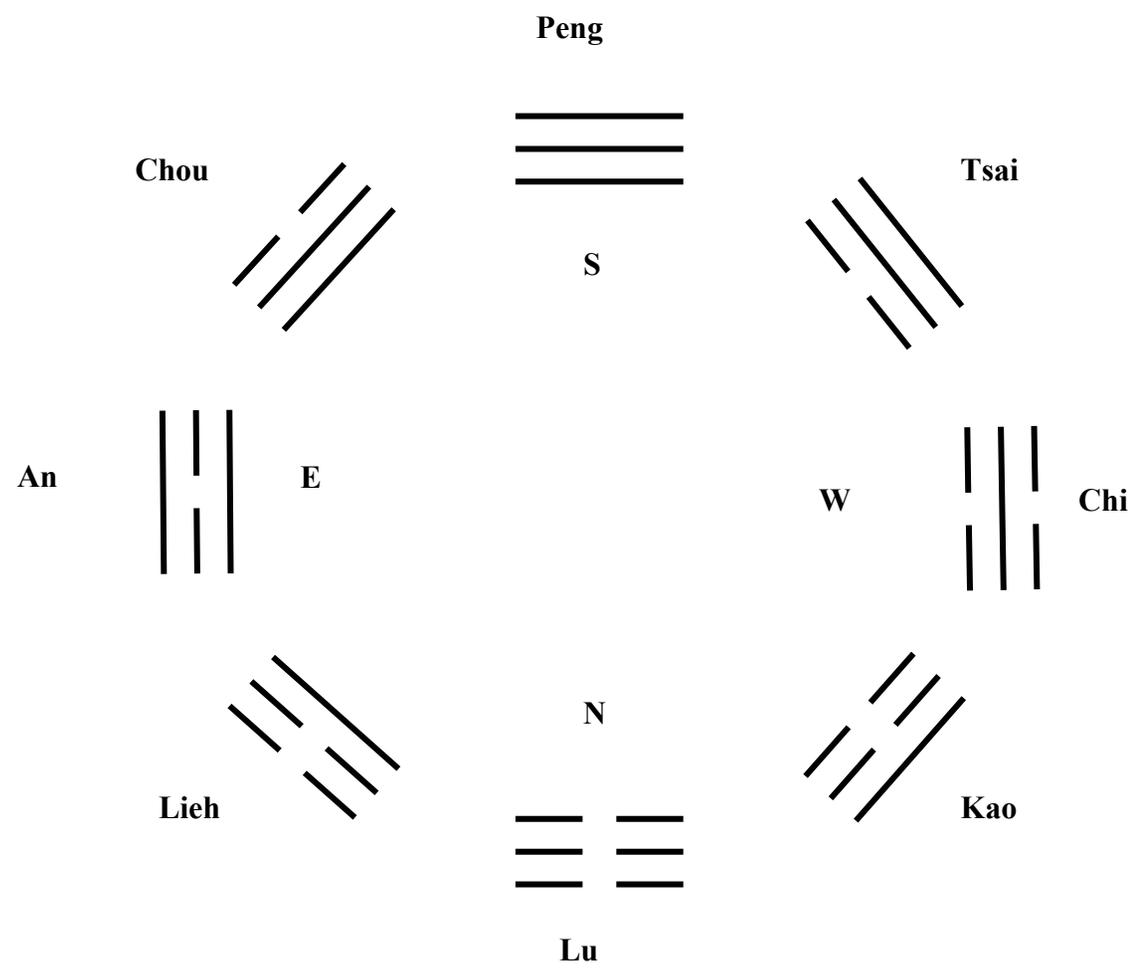


CHOU (*ELBOW*)



TSAI (*PULL-DOWN*)

(Figure 2)  
Tai Chi Chuan postures as they  
are represented by the eight  
trigrams



# Tai chi



***"Winter Special"***  
***FIRST MONTH FREE!***

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

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

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

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

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

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

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

# Martial Arts of China

# Historical Society

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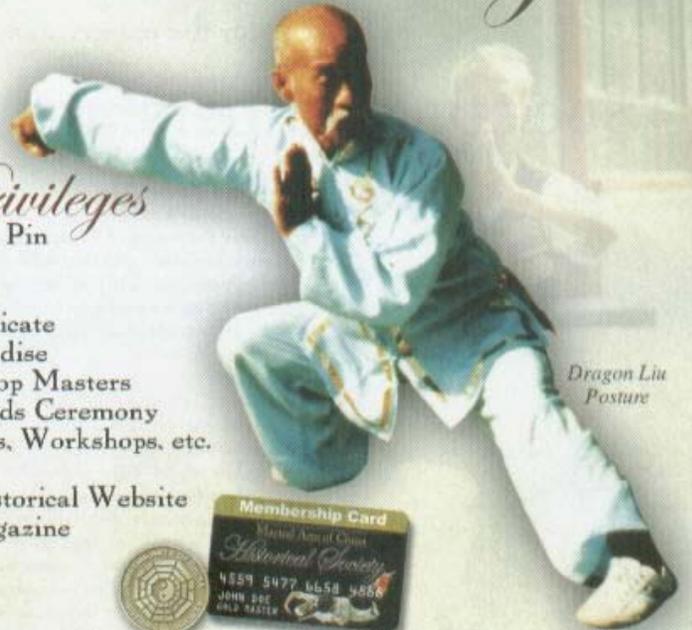
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**CHIEF ADVISOR**  
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**MARTIAL ARTS  
OF CHINA MAGAZINE**  
The Historical Society was  
established in 1990 by Martial  
Arts of China Magazine in Beijing,  
China, in conjunction with China  
Sports Magazine, an organization  
of the China State Physical Culture  
and Sports Commission.

## Membership Privileges

Membership Card and Pin  
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Dragon Liu  
Posture

**Yes!** Sign me up to be a member. I have checked the membership  
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Student	Renewal	Instructor	Renewal	Master	Renewal
\$69.98	\$20	\$99.98	\$30	\$129.98	\$40

## Membership Application

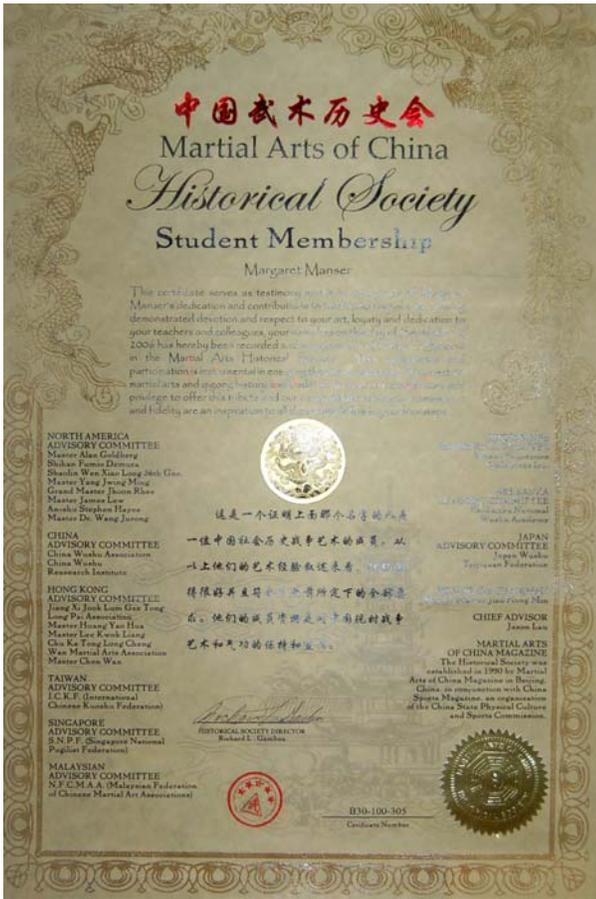
Please print clearly and completely to qualify

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.

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# MARTIAL ARTS OF CHINA HISTORICAL SOCIETY



**THESE ARE SOME OF THE  
GREAT ITEMS  
THAT YOU GET WITH YOUR  
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**EMAIL: yangqichen@aol.com**

## TAI CHI WORD SEARCH

Find the following words in the graph below:

Balance

Body

Center

Equilibrium

Huiyin

Laogong

Push

QiGong

QiSsage

Root

Talu

Tantien

Yang

Yield

Yin

E C N A L A B E X F E Y G R N  
M A E G H F S P G Q N N B Y E  
M P U K G U C J U A O T I D I  
M K D Y O U I I Y G S E J O T  
C E N T E R L Y O I L S Q B N  
P Y B Q U I R A I D N Z I O A  
D K V D B J L C U N N M G Q T  
D P L R V Y G U L J B D O C T  
G Y I X Y E U Q V J Y I N V P  
Y U S W C T K N H C Y I G L U  
M L P Z Q Z B N J W R A R R V  
I U T S E H T A L U N Y E A J  
K U L O S N Z J C G N A Y U P  
L H E U O Y I G S K C U U H B  
B S P K I R T K M V F L L H G

\*The solution will be printed in the next issue of this newsletter.

**Note:**

*Due to technical difficulties in the last issue's crypto puzzle, there will be no solution printed in this edition.  
Please excuse our errors.*

# **YEAR END HOLIDAYS**



**“MERRY CHRISTMAS”**



**“HAPPY NEW YEAR”**

# **OTHER GREAT UPCOMING HOLIDAYS!**



**“HAPPY KWANZA”**



**“HAPPY HANUKKAH”**

# **“MARTIN LUTHER KING, JR. DAY”**



**“VALENTINE’S DAY”**



**CHINESE NEW YEAR  
“YEAR OF THE  
BOAR”**