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QiSsage Body Systems, LLC

A Holistic Health Care Organization

“Where Self-Defense Becomes Health-Defense”™

NEWSLETTER

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www.qissagebodysystems.org

December 2008



USHOFMAA HOH/HOC INDUCTEE

NEW YEAR'S RESOLUTIONS

“How To Make Them & Achieve Them”



The United States Head of Family Martial Arts Association (USHOFMAA) celebrated its 10th anniversary and commemorated its 4th Annual International Hall of Honor/Hall of Champions Awards Banquet on November 15, 2008 at the luxurious Baltimore Washington International Airport Marriott Hotel in Linthicum Heights, Maryland.

Shifu Dr. Jonathan B. Walker was inducted into this Hall and awarded the “Sifu Warrior of Honor Award” during this black tie awards dinner banquet.

The USHOFMAA is dedicated to the preservation and continuation of the history, philosophy, ethical and moral standards, training and tradition of all martial arts. To accomplish this mission, the USHOFMAA has established the following programs: Education, Training, Fellowship and Awards to benefit its members.

The Education Program preserves the spirit and essence of all martial arts through workshops, newsletters, seminars, demonstrations and other formats.

The Training Program provides a rich variety of training opportunities with input from its members.

Fellowship, the most important aspect of this association, is the foundation for its success. The best way to teach fellowship is by example.

The Awards Program recognizes all martial artists and supporters for their contributions to the art.

USHOFMAA has representatives from around the world including USA, Saudi Arabia, Germany, Trinidad, Greece, Ireland, Iran and India.

It's fast approaching us. It happens every year. We stutter and stammer when trying to make a list or even single out one item. We proclaim that this year is the year that it will happen, but when we make those same resolutions or totally new ones for the new year, we fail once again at keeping them alive and achieving our goals.

As with achieving any goal, there is a “method to this madness.” If you just follow the method *to-the-letter*, you will find success. For 2009, try this method.

Before you even state your resolution, take time to think about what you want to achieve. It must be something that YOU want to do. Not what your friends are doing, not what your spouse wants you to do, and not what you think that someone else in your life would like to see you do. *IT MUST BE SOMETHING THAT YOU WANT TO DO!* So, just take some time and think about that first. When you have decided what that is, you have already progressed half way to your goal.

Make sure that your resolution is achievable. Don't set a goal that is unrealistic for you. It is wonderful to set your goals high, but make sure that you can reach them otherwise you are just setting yourself up for failure.

Don't give yourself a “laundry list” of goals. Select one or two. Don't bite off more that you can chew! It's better to achieve one or two than to not achieve any! Don't take on more than you can handle.

Next, say it to yourself OUT LOUD! When you hear yourself saying it, do YOU believe it? If not, go back and make sure that it is something that you want to do. Saying it out loud puts a whole new perspective on it. Saying words aloud gives them definition and empowers their meaning. If you don't say it, you won't do it.

Write it down on paper! If you don't write it, it won't happen. Saying it is not enough. Writing it on paper gives it life! Now you can see it as well as hear it. Congratulations! This is the first proactive step that you've taken toward achieving your goal. At this time, a resolution is born! **DON'T PUT THAT PEN DOWN, YET!** It's time to put that resolution into action. The next step is to produce a Plan of Action! (*cont. next pg.*)

NEW YEAR'S RESOLUTIONS *(cont.)*

A well executed plan leads to success, but it must be a good plan, first. Your plan must be "action specific." This means that you must detail exactly how you are going to go about making this resolution come into existence. For example, if you want to loose weight, it is not enough just to say, "I am going to loose 50 pounds in six months." You must be more detailed in how that is going to take place. Example: "I am going to loose 50 pounds in six months by omitting cakes and candies from my diet. I will eat 3 meals each day. I will eat 50% smaller portions of food at each meal. I will eat more fruits and vegetables at each meal. I will put moderate exercise into my weekly routine by walking ½ mile two times per week." Now that's action specific. It states exactly how this plan is going to take place and how the 50 pounds will be lost in six months. Be sure that you itemize each step of the way.

The most important thing to remember when making a New Year's Resolution is that if you fall off the wagon **JUST GET UP AND GET BACK ON IT!** Often when we stumble or trip along the way to achieving our resolution, we just give up and let it go. We feel that we've failed and there is no further hope of achieving our goal. Well, there is great news for you! **WE ALL STUMBLE ALONG THE WAY!** No one has ever achieved their goal without stumbling over obstacles in their path. However, those people who were successful became successful because they continued to get up and get back to their "plan of action" when they stumbled. It's a natural part of life. It's how we learn (*by our mistakes*). So when you stumble, (*and you probably will*) learn from that mistake, then get back to your plan.

In the event that you feel that you need help in getting started with your New Year's Resolution, contact us. We are the success experts. People often need a little assistance, a helping hand or just some encouragement that they can reach their goals.

QiSsage Body Systems, LLC is in the business of helping people help themselves. We are just a phone call away (609) 518-9399. If you need help getting started with your resolution or need more advice on how to put your plan into action, make your first step contacting us. We will be more than happy to help.

In the present economic status, 2009 promises to be a more challenging year. Change is on the horizon but you must take an active part in making change happen in your life. Successfully achieving your New Year's resolution can be the beginning of many new changes for you. Start off the new year with success on your side.

Have a Happy New Year!

HAPPY NEW YEAR YEAR OF THE OX 4706



January 26, 2009 will mark the Chinese New Year of 4706, Year of the Ox. The Ox is the second in the sequence of 12 animals in the Chinese calendar.

Those born under the influence of the Ox are fortunate to be stable and persevering. The typical Ox is a tolerant person with strong character. Not many people could equal the resolution and fearlessness the Ox exhibits when deciding to accomplish a task or an objective. As these great creatures were used long ago to plow the soil day after day, so do Oxen people labor through their daily responsibilities either at work or at home without complaint or gripe. Oxen know that they will succeed through hard work and sustained effort and will find no truth or benefit in concocting get-rich-quick schemes.

2008 BUILDING FUND GOAL ACHIEVED!

Congratulations go out to all students of the QBS, LLC Three Mountains Schools system whom have so whole-heartedly and unselfishly contributed to the Build Fund for 2008. "We were under some tense moments when it came down to the wire making our goal of \$1500 for this year," gasped Shifu Walker, "but I have had the confidence in our people that they would come through and make this a successful drive. We actually went over-the-top by \$28.50! In today's financial crisis that affects everyone from the top of the ladder to the bottom, we have proven that people who are banded together for a single cause can and will be successful in their efforts."

The Building Fund Drive started six months ago in July of 2008. Students made small contributions based on their attendance in classes each week. The drive was created to help ensure the successful existence of the organization, its cause and its success in providing services to the community, especially senior citizens.

The drive will continue in 2009 with a new goal of \$3000 for the year. "We know that it is difficult for everyone these days, but the ladder of success is still achieved one step at a time," stated Shifu. (*cont. pg. 4*)

ANNUAL QBS, LLC AWARDS LUNCHEON

The annual awards luncheon was held ritualistically at Carlucci's Waterfront Restaurant in Mount Laurel, NJ. Friends, family and loved ones of students from QBS, LLC, Three Mountains Tai Chi Schools attended with much anticipation of this year's award recipients. The restaurant highlighted this year's menu with an additional entrée item . . . Prime Rib of Beef Au Jus! Of course, our traditional entrees (*Grilled Salmon, Chicken Marsala & Pasta Primavera*) prevailed to delight the palates of hungry diners. The All-American favorite dessert, Apple Pie A-La-Mode made its regular appearance.

Award recipients this year included in the Honors Category: Linwood Thomas (*Distinguished Timothy Burke Award*); Marty Schmidt (*Honorable Gloria W. Thomas Award*); Curtis Edwards (*Sifu's Award*); Janet Hoesly (*Distinguished Service Award*); in the Acknowledgements Category: Walter Lindsay (*Student of the Year*); Emily Williams (*Outstanding Service Award*); Mary Ann Napolitan (*Most Inspiring New Student*); in the Achievements Category: Angie Moffitt, Pat Lindsay-Harvey & Rose Robinson (*Leadership Awards*); Arlene Chalmers (*Perseverance Award*); Walter, Carolita & Pat Lindsay (*Family Award*); Ken/Ellen Catalano, Curtis/Gwen Edwards, Teddy/Chris Handley, Carmen/Cheryl Garner & Alice/Jack Newman (*Dynamic Duo Awards*); and in the Comedic Category: Robert Wahl (*Uke of the Year*); Janet Hoesly (*Qing Shuo Putonghua Award*); and Helen Brown, Cheryl Garner & Carmen Garner (*Illegal Alien Awards*).

In addition, a special treat was added. The drawing for the door prize (*a Wii game set*) went to Ruth Brown. Take a moment and enjoy some of the photographic highlights (*below*) of this year's awards. More pictures can be seen on the Photo Gallery at www.qissagebodysystems.org.



2008 BUILDING FUND GOAL ACHIEVED! (continued)

A recent article, "As Downturn Spreads, Business Failures Could Be Key to Depth of Trouble" printed December 8, 2008 on-line at www.247wallst.com reflected that there are troubles to-come with small businesses in 2009. It stated that the United States will see 62,000 companies go bust in 2009, compared to 42,000 in 2008 and 28,000 in 2007.

The government is focused on bailout efforts for huge companies like GM, Ford, Citigroup and AIG while small businesses are not addressed.

"We are a small business striving to survive the economic crisis and recession like everyone else," said Shifu Walker, "however, we are a service oriented business that provides a valuable product to the community. That product, **health care**, is an important issue for every household and a monumental challenge even being addressed by the White House. We can all do our part to enact change in our communities."

"Our Building Fund Drive is a part of the *effort for change*," Shifu continued. "Our major target population is the senior citizen. Baby Boomers (*born 1946 – 1954*) are the senior citizens of today. We want to ensure that they have adequate options for health care. They are a population that has been receptive to alternative and complimentary health care options and have supported it from its inception in this country. We want to be sure that we can reciprocate and give back to them in their time of need."

The Building Fund Drive isn't the only fundraiser planned for 2009. The organization plans to solicit help from the community.

Walker ended, "We're just asking people to help us help people."

HEALTH TIPS

RANGE OF MOTION (ROM)

In Tai Chi, one physiological aspect that we deal with in the choreography is the joints of the body. Primarily, our concern is focused on 9 major joints that help us establish center, root and balance. Those joints are the neck, shoulders, elbows, wrists, spine, waist, hips, knees and ankles. The correct anatomical operation of these joints creates accuracy in the choreography.

Healthy joints are essential in facilitating good qi flow. Maintaining maximum range of motion keeps joints healthy.

Check the charts below to see how your range of motion (ROM) measures up to the normal. Generally speaking, ROM refers to the distance and direction that a joint can move to its full potential. All numbers are represented in degrees of movement.

Neck:

Flexion	70-90
Extension	55
Lateral Flexion	35
Rotation	70

Shoulders:

Abduction	180
Adduction	45
Horizontal extension	45
Horizontal flexion	130
Vertical extension	60
Vertical flexion	180

Elbows:

Flexion	150
Extension	180
Supination	90
Pronation	90

Wrists:

Flexion	80-90
Extension	70
Radial deviation	20
Ulnar deviation	30-50

Lumbar (waist)/ Spine:

Flexion	75
Extension	30
Lateral flexion	35

Hips:

Flexion	110-130
Extension	30
Abduction	45-50
Adduction	20-30
Internal rotation	40
External rotation	45

Knees:

Flexion	130
Extension	15
Internal rotation	10

Ankles:

Flexion	45
Extension	20
Pronation	30
Supination	20

So how do you measure up? If you have limitations in your movements, Tai Chi can help increase your ROM.

REIKI WORKS

by Lynn Kosek-Walker

What can relieve a headache, calm irritable bowel syndrome or take away the itch of herpes? For many people the answer is Reiki. A growing number of individuals rely on Reiki to help improve chronic conditions that they deal with on a regular basis.

While Reiki might best be used for chronic conditions, I also use it for acute scenarios. One day I was getting out of a van and I hit the top of my head on the metal doorjamb. The noise was so loud that my friend sitting in the front seat said, "I heard that, are you okay?"

I had to sit down because the pain was intense. I immediately started a Reiki treatment for a few minutes on my head. This caused the throbbing to subside slightly and improve throughout the day, so that I could continue working.

I am a Level III Reiki practitioner and over the years I have found that Reiki improves health problems when used on a regular basis.

Now I use Reiki to help deal with many different health problems. It is free. You can use it wherever you are and it works!

REIKI NEWS: JOIN A SUPPORT GROUP!

If you are a Reiki practitioner, trained in the Usui System of Natural Healing (*Usui Shiki Ryoho*) at QiSsage Body Systems, LLC School of Reiki, you are eligible to join a Reiki Support Group. There are as many support groups as there are levels of Reiki in this system. These groups help one another keep abreast of their techniques, practices and share experiences with each other. Support Groups are a valuable tool to keep you up to date and accurate with Reiki. Members also have the availability to practice their techniques on one another and get feedback in a safe, constructive manner.

The groups are occasionally monitored by Jon Walker Sensei who, from time to time, likes to be available to provide guidance for practitioners who may need a nudge in the right direction. He also uses this time to evaluate the practitioners' progress in preparation for scheduling subsequent classes.

If you do not belong to a Support Group and would like to join one, contact the school at (609) 518-9399.

PENTAGON RESEARCHES ALTERNATIVE TREATMENTS

(Excerpts from usatoday.com 10/7/2008)

"The Pentagon is seeking new ways to treat troops suffering from combat stress or brain damage by researching such alternative methods as acupuncture, meditation, yoga and the use of animals as therapy, military official said.

So far this year, the Pentagon is spending \$5 million to study the therapies. In the previous two years, the Pentagon had not spent

any money on similar research, records show.

Some military hospitals and installations already use alternative therapies, such as acupuncture as stress relievers for patients. 'The research will see whether the alternatives work so the Pentagon can use them more,' said Army Brigadier General Loree Sutton, head of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury.

Her office issued a request for research proposals this year on therapies ranging from art and dance, to the ancient Chinese healing art of Qigong or a therapy of hands-on touching known as Reiki."

Editorial Comment: "A change is going to come! Think about it."

BILL DOUGLAS, WTCQD FOUNDER REQUESTS YOUR SUPPORT

Bill Douglas, founder of World Tai Chi & Qigong Day (WTCQD), urges all health care practitioners of alternative and complimentary holistic health care modalities to keep abreast of president-elect Obama's new cabinet members for the positions of Surgeon General, Secretary of Health and Secretary of Education.

Bill feels that now is the time for effective change while the White House is in transition. He has sent out emails requesting everyone to email the Obama-Biden Transition Team by sending letters to the above indicated incoming cabinet members. He has created an email letter that you can use to achieve this. Just go to or click on the URL below and follow the instructions.

http://www.worldtaichiday.org/Medical_Research_On_Tai_Chi_Qigong/NATIONAL_EDUCATION_PROJECT3.html

Now is the time for change. You can take a proactive part in helping to reduce the cost of health care in this country.

"We will have a health care system, not a disease care system."

—Barack Obama—

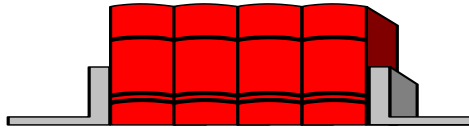
BUILDING RESILIENCE

Ever notice that certain people seem to adapt quickly to stressful circumstances and take things in stride? They're cool under pressure and able to handle problems as they come up. Research has shown certain qualities that make some people seem naturally resilient even when faced with high levels of stress. You can also build resilience by working on developing these attitudes and behaviors:

- Think of change as a challenge and normal part of life.
- See setbacks and problems as temporary and solvable.
- Believe that you will succeed if you keep working toward your goals.
- Take action to solve problems that crop up.
- Build strong relationships and keep commitments to family and friends.
- Have a support system and ask for help.
- Participate regularly in activities for relaxation and fun.

Learn to think of challenges as opportunities. Practice solving problems and asking others for help and guidance rather than complaining and letting stress build up. Make goals and keep track of your progress. Make time for relaxation. Be optimistic. Believe in yourself. Be sure to breathe. Let a little stress motivate you to take positive action to reach your goals.

Martial & Healing Arts Book Review



Title: Living Reiki:
Takata's Teachings
Author: Fran Brown
Publisher: LifeRhythm
Copyright: 1992
ISBN #: 0-940795-10-8
Price: \$12.95
Reviewer: J. B. Walker, Sensei

Hawayo Takata was a 3rd generation lineage holder of the Usui system of Natural Healing. Fran Brown, a Reiki Master and student of Mrs. Takata, has gathered many stories that Hawayo Takata told during her thirty-five years as the only Reiki Master teaching. These stories create an inspirational panorama of Takata's teachings, filled with the practical and spiritual aspects of a life given to healing.

These stories are illustrations from the life of a woman who lived the Reiki teachings. They are funny and serious, happy and sad, reflecting her own upbringing and always demonstrating her deep trust in the Life Energy. The stories also show the growth of Takata's healing power and the simplicity with which she accepted it. From humble beginnings, she became a great figure of strength, loved and respected by all that knew her.

Phyllis Lei Furumoto, O Sensei, the granddaughter of Hawayo Takata and lineage carrier of the Usui System of Natural Healing, expresses her views on Reiki in a short one-page quote at the beginning of the book.

The small 5½ x 8½ softcover, white book is tastefully sprinkled with Japanese calligraphy, art, and black & white photographs of lineage holders Usui Sensei, Hayashi Sensei and Takata Sensei as well as Fran Brown. The twenty-two students who were made Masters under the instruction of Hawayo Takata are also named.

This book is a must read for any practitioner who studies Reiki under the Usui System of Natural Healing. It further delineates some of the confusing history so often presented to the public about the origin and lineage of Reiki.

If you have plans of becoming a Master Reiki practitioner, this book belongs in your library.

CURRENT EVENTS

- /// [Reiki Classes](#) – Classes are conducted monthly based on enrollment and registration. Sign up for a class today!
- /// [HPA Seasonal Workshops](#) – Look for more exciting and new workshops out of Albany, NY coming up in 2009.
- /// [FREE Introductory Tai Chi Classes](#)– Get a FREE Introductory Tai Chi class anytime by calling (609) 518-9399 to schedule a class near you.
- /// [AMAM HOH](#) –The Annual Action Martial Arts Magazine's Hall of Honors will be held January 9-10, 2009 at the famous Tropicana Hotel & Casino in Atlantic City, NJ
- /// [CDSMP Master Trainer In-Service](#) – January 23, 2009, 10 am – 2 pm at the Lawrence Library, Lawrenceville, NJ for Master Trainers of the Chronic Disease Self-Management Program.

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:

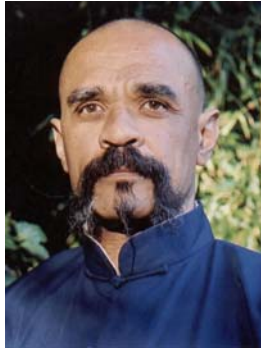
- ☉ *a network of services that are conducive to instilling those learned skills, which when practiced regularly affect our lives in a positive manner, thus producing those effects that enlighten and enrich our lives and;*
- ☉ *a referral system that interlinks with those agencies, institutions, and/or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

A Pinch of Wisdom

The fear of change is usually far worse than change itself

Did You Know...

... all your dreams can come true if you have the courage to pursue them?



Shifu's Message

"SEASONS GREETINGS"

I want to send a simple and sincere message in this holiday issue.

I think that we have all been very fortunate during the year 2008. I've had the pleasure of getting to know my students a little bit better. Some of you have had a tough year while others have had less difficulty. We have lived and survived through a time of an economic crisis, high gas prices, low wages, job loses, and an historic presidential election.

The organization and school has persevered through all of the year's challenges. I want to thank everyone who has contributed to achieving our goal for this year's "Building Fund." *Congratulations go out to everyone!*

We are going to continue our Building Fund into next year and set our sights on a new goal for 2009. With the fantastic support we've had from all, we should be able to reach our goal with little effort. We will also initiate fund drives that extend into the community.

I look forward to seeing many of you, your families and your friends in the upcoming year and wish you the happiest of holiday seasons and a very prosperous New Year.

Remember, it's your responsibility to share what you've gained this year.

In Harmony,
Jonathan B. Walker
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

Rosemary for Remembrance by Emily Williams

The Greeks made garlands of rosemary to stimulate memory. In the middle ages, sprigs of rosemary were used to protect one from evil spirits. Sprigs were put on pillows to ward off demons and prevent nightmares. Sprigs were also strewn about the home to discourage unwanted bugs and to cover up unpleasant smells.

Rosemary is perhaps best known as a symbol of remembrance, friendship and love. Brides still carry sprigs of rosemary in their bouquets. I recently attended a funeral where mourners were given sprigs of rosemary to toss into the grave. In this case, it represented the life of the departed – a life not to be forgotten.

Rosemary has long been recommended by herbalists as a treatment for depression, headaches and muscle spasms. In early days, branches were burned to keep away the "Black Death." And, as recent as World War II, rosemary and juniper berries were burned in French hospitals to ward off germs.

Today, we generally think of rosemary as a seasoning. It goes well with any meat, poultry or fish. It may also be added to bread dough, fruit salad or placed on coals when grilling. Herbs can enhance the flavor of many foods. Their use can eliminate the need for salt.

Rosemary is found in most groceries but is a nice plant to grow in pots. In spring, the plants are readily available in plant markets. It is best grown in regular potting soil with perlite or sand added. Keep it outside during the summer. Return it indoors in mid-September. This has been more and more of a struggle every year as my plant has been transplanted to a bigger pot every year. I generally end up with dirt everywhere but it is well worth it. I can enjoy snipping sprigs of rosemary all winter and the aroma is straight from heaven.

As the holidays are upon us, tie a little rosemary on your packages and add sprigs to your Christmas wreaths.

Stir Fry Bok Choi Anonymous

At one time in my life, I had injured my back severely and was out of work for 6 months. I spent plenty of time watching a TV show called, "Yan Can Cook." I collected some of the recipes from that show and will share this one with you.

Ingredients:

- 1 – bunch of Bok Choi (*leek*)
- 2 – tablespoons vegetable oil
- ½ – can Chicken broth
- 2 – slices fresh ginger root
- 1 – clove of garlic
- Salt (*to taste*)
- White pepper (*to taste*)
- Sesame seed oil (dash)

Take bok choy and cut green leafy part from white stems. Chop stems into medium size pieces. Chop ginger root and garlic. Put the 2 tablespoons of vegetable oil into a warm wok. Put in ginger and garlic. Add white part of bok choy. Stir fry about 2 minutes. Add a tiny bit of broth. Add green leafy part of bok choy and stir fry. Finally, add salt, pepper and sesame seed oil.

Serve over rice or with rice.

Breathing & Tight Shoulders
by Alice Newman

In our Tai Chi classes, we have discussed tight shoulders as opposed to relaxed shoulders. It occurred to me that in our past Tai Chi classes that Shifu has given us a clue to keeping shoulders relaxed – proper diaphragmatic breathing.

As a lifelong-trained singer/soloist who among other things sang opera, I found that it was just about impossible to have elevated tight shoulders when breathing properly. My singing teachers insisted on correct breathing technique and relaxed shoulders. When singers breathe correctly, the audience can never see when a breath is taken because the upper chest and shoulders remain stationary.

Even though I do not sing anymore, I still make sure that I breathe the way that I was taught although I still catch myself chest breathing with tight shoulders.

So, as Tai Chi students, we have been taught the key to upper body relaxation. A reminder, now and then, just might do the trick to help us stay on track. Just because we are learning new or different things in class now doesn't mean that we should forget what we already know. What do you think?

**NEW FACES
AT QBS. LLC**

As the year winds down, we welcome a few new faces to the school.

Shariff Hewlett and Roberto Oquendo joined our Martial Arts program on Monday and Wednesday evenings at the Pemberton Boro site. Both men are presently serving our country at McGuire AFB as Security Police (SP) and Shariff also serves on the Willingboro Township Police force.

On Wednesday evenings in Pemberton Boro, we have enrolled

Scott and Patricia Anderson from Browns Mills, NJ. Joining under our “Family Plan,” they plan to learn and maintain Tai Chi as a family practice.

On Thursday in Willingboro, Joyce Potts who is a seasoned practitioner, transferred from the “Tai Chi for Seniors” daytime program to attend the evening sessions for adults.



Shariff Hewlett (rt) helps SiDi Robert Wahl (lt) suit up in sparring gear in a martial arts class.



Roberto Oquendo (lt) receives some basic instructions from a senior classmate during his first class.



Scott and Patricia Anderson will begin classes the first week of January in Pemberton Boro.



Joyce Potts enjoys a free introductory class in Willingboro given by SiDi Robert Wahl.

**MARTIAL ARTS
PROMOTION**



SiDi Robert Wahl completed testing for the 8th Rank – Blue w/trim sash as the year closes. He will now enter the Intermediate Ranks of the *Wu Xing Chuan Tao* System of Tai Chi Chuan Martial Arts in 2009.

SiDi Wahl will also advance from the SWAT Team to the STORM Team and BLACK SASH CLUB memberships.

His goal of Black Sash expertise inches closer by the day. He also serves as the Web Master for our organization.

CONGRATULATIONS, SiDi and keep up the great work!

TAI CHI BENEFITS
by Rose Carter

Recently, I have experienced two incidents, which reinforced for me the benefits I am receiving from the practice of Tai Chi.

The first occurred in early spring when I began preparing my garden for the season. After clearing a large area of weeds, I realized how much stronger my legs were feeling while I was working. I also had no muscle aches the following day.

The second incident was several weeks ago when I climbed the hill at Mill Creek Park with my 5-year-old granddaughter. When we started our descent, I could feel my Tai Chi taking over. My knees went into the sink position and I could actually feel my strengthened thighs taking over and bearing the weight of my body. It was an “aha” moment.

COMING 2009

*We will now accept these
popular credit cards*



*Now you can pay
for your :*

- Monthly Tuition
- Workshops
- Reiki Classes
- Hypnotherapy
- Retail Sales items
(uniforms, T-shirts, shoes, equipment, etc)
- and more

*conveniently, easily and quickly
using your Visa, MasterCard or
Discover Card.*

*No more need to write checks,
carry cash or put your payment
in the mail .*

*QiSsage Body Systems, LLC
A Martial & Healing Arts
Organization*

*“Where Self-Defense
Becomes
Health-Defense”™*

“Making your world healthier”

Tai chi



is martial arts!

"Winter Special"



****STRETCH YOUR MONEY! *SAVE \$50.00!***

**Ad pertains to martial arts program only.*

*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 of top-ranked martial artists?*

QiSsage Body Systems, LLC

Best in Martial Arts & Healing Arts

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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, PhD, CEO, QiSsage Body Systems, LLC

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

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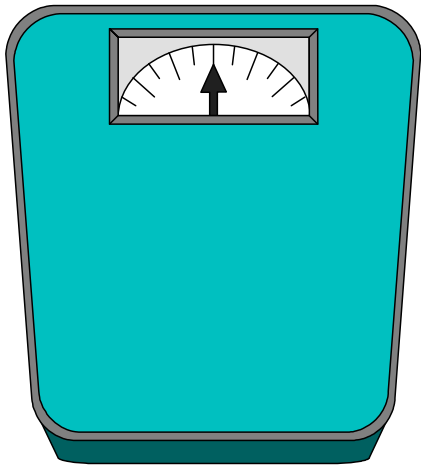
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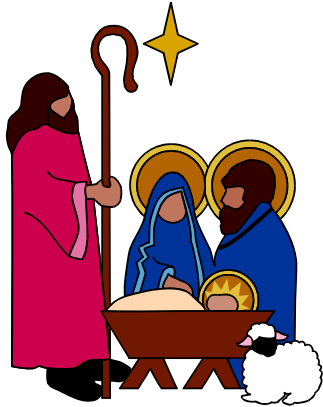
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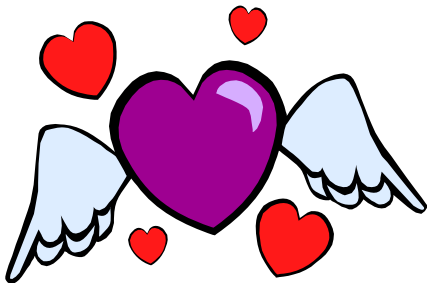
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“HAPPY KWANZA”



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