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# QiSsage Body Systems, LLC

A Martial & Healing Arts Organization

“Where Self-Defense Becomes Health-Defense”™

## NEWSLETTER

Winter Issue, Vol. 8

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

December 2011



~ FINAL EDITION ~  
“THANK YOU “  
FOR YOUR  
READERSHIP



The Editor, Shifu Jonathan B. Walker, PhD,  
LPN, RMT, MHT, CEO QBS, LLC



Is this “Brush Knee/Push Palm” or simply, “Goodbye?”

### 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.*

“I want to personally thank all of our readers for this wonderful relationship that we have enjoyed over the past 14 years that this newsletter has been published,” commented Shifu Walker, editor of the QBS, LLC Newsletter.

“We stated way back in September 1997 with our first edition (*see photos in this issue*) that was then called, “Health News and Information,” continued Walker, “Then in November 2003 we changed the name to QiSsage Body Systems Newsletter and finally after forming a business Limited Liability Company in 2004, our present title was born, QiSsage Body Systems, LLC Newsletter.”

This is the “Final Edition” of the newsletter.

# HISTORICAL EDITIONS



## HEALTH NEWS and INFORMATION

Fall Issue Volume One

**QiSsage Body Systems?**

QiSsage Body Systems (QBS) is a health care service designed to educate the public of simplified health care practices and basic health maintenance.

QBS was born from the life experiences of Jonathan B. Walker, a Licensed Practical Nurse; Hannah, Sexuality Health Educator; Taiji Quan Martial Artist; and a QiGong Practitioner. He searched for many years to find his purpose in this existence. The answer was all too relevant when he stopped searching and reflected upon himself. His past contained years of rich information in health care practices and health maintenance with the quality of life as the focus. With careful examination, Jon discovered that the Eastern philosophies of health (QiGong in particular) were the breeding ground that solidified his endeavors giving focus and direction to his focus.

QiSsage Body Systems has a philosophy and mission based on the beliefs formulated from "filling in the holes" of past experiences with health care systems. (Attached in this issue is a copy of this philosophy and mission statement.)

"Education is the key to obtaining quality health care and maintenance," Jon states. "It creates comprehension. Comprehension is the catalyst to behavioral modification which is essential in the production of good health care practices," he proclaims.

He continues, "however, an element often overlooked is **integration**." When the education process is complex, comprehension is decreased. If comprehension is decreased, behavioral

modification and change have little chance of success, therefore good health practices appear to be unachievable goals. Simplified leads to comprehension, which leads to education, which leads to behavioral modification, which leads to change that creates a healthier lifestyle which improves the quality of life," Jon concludes. Jon says, "QBS exists to make available a health care system that is so simple anyone can utilize it to improve and maintain good health without implementing great changes to their activities of daily life."

### Health Care News and Information

This newsletter should serve to provide health care news, facts and information, in addition to making available a referral network system for organizations, agencies and/or institutions in harmony with the philosophy and mission of QBS.

It's primary target population will be, but not limited to, the clientele of QiSsage Body Systems. Some information contained herein will be focused on contacts, issues and questions most commonly encountered by readers of this newsletter. Workshops, seminars and educational programs or events available in the local vicinity will also be highlighted. If there are topics, issues or information you would like to see in the newsletter, requests will be considered.

If you are not a regular recipient of this newsletter and would like to receive it, call 609-586-1814 to be placed in our mailing list.

Health News and Information is a product of QiSsage Body Systems.

Premiere Edition 1997



## QiSsage Body Systems "Where Self-Defense Becomes Health-Defense"

# NEWSLETTER

Winter Issue, Vol. 1 November 2003

### HNAI GETS FACELIFT

After about two years, the Health News and Information Newsletter has had focus to pan. We were no longer able to produce a 2002 hard copy newsletter for distribution. However, with the help of 21st century technology, we can now offer a new newsletter through our web site.

The last hard copy in issue, Spring of March 2003, celebrated the Chinese New Year, Year of the Dragon. We hope that our absence left you in good health and good spirits. We also hope that our return has found you in the same or better spirit.

Continue to look for upcoming issues of the new "QiSsage Body Systems Newsletter."

### WEB SITE

QiSsage Body Systems is proud to announce the operation of our new web site. Focused in this art, we are in the process of building the site to include the community of our activities, our schools and pertinent information pertaining to the internal martial arts system. We hope to utilize the site to inform students, friends, fellow martial artists and future martial artists as well as the usual health care practitioners about issues concerning training in the martial and healing arts. We will also share our events and experiences with visitors and invite their participation.

You may share any questions, comments and feedback through our contact page and/or email address.

### NEW TECHNOLOGY IN THE WKOON

In accordance with our philosophy and mission statement, we are updating the teaching techniques. This is being accomplished by bringing modern technology into the classroom. We will be utilizing digital cameras, laptop computers and portable DVD equipment to bring the learning capabilities of students to a higher level of comprehension. We will not, however, be substituting any of our technology for diligent work and practice of the art.

We feel that if we use the advantages of both eastern philosophy and western technology, it produces a marriage of the best of both worlds. This combination will help bridge the gap between East and West.

### QBS DEMO TEAM

QBS has officially organized a "Demonstration Team" to help spread the word about Taiji Quan to the public. Under the direction of Sifu Walker, the team will be available to perform at public events and offers for community requests. The Team officially had their debut at the reception through Fall Festival on September 27<sup>th</sup> this year. You can see pictures of this demonstration in our Photo Gallery. Just click on the Photo Gallery button and then click on the Fall Festival.

We would like to publicly welcome our team members: Margaret Marston, Liang Chenxi, Ruth Ann Brownell, Harry Alford, John Harner, Virginia Holschman-Cox, Michael Barry, Karen Case, John Beronick, and Renae Bernhardt.

If your school, business or organization would like to schedule a Tai Chi Demonstration, click the EMAIL button and send us a request.

### TEACHER TRAINING PROGRAM

QiSsage Body Systems is dedicated to improving the quality of life for anyone who seeks it. In respect to our philosophy and mission statement, we have implemented an "Instructor Program" for any students who wish to enrich their knowledge and learn to become a Martial Arts Instructor.

This program is also open to new students and students who would like to set their sights a little higher than the basic program.

If you have an interest in teaching martial arts, contact Sifu Walker.



The word is out...Tai Chi is a Martial Art!

Facelift Edition 2003



## QiSsage Body Systems, LLC "Where Self-Defense Becomes Health-Defense"

# NEWSLETTER

Spring Issue, Vol. 1 March 2004

### SCHOOL OPENS NEW SITE

QiSsage Body Systems' Deer Mountain Healthways School opened its doors in a new site in Montross, NJ. Through a collaborative effort with Joint-Effies Wellness Center, owned and operated by Dr. Carol Adams, D.C., the school will bring Tai Chi classes to the Montross community. The staff of the school was well received by the Wellness Center and its clients at an open-house gathering.

Arthur Alford, Ph.D. (Healthway Healthcare practitioner of Tai Chi) works at the Wellness Center who is a tai chi student of the school established the introduction of Sifu Walker to Dr. Adams.

For more information about the location of the site, see the web site for school location.

### NEWSLETTER IMPROVEMENTS

As we continue to forge forward, we continue to improve and build on our knowledge to bring you better, bigger and more revealing experiences.

This issue of the newsletter comes to you with a new look. Not only does it have a new look, but a new disposition. If you care to have your own personal copy of the newsletter, we have made it even easier to a whole new way by making it a PDF file. This will enable you to print your own copy to the screen on the screen. You can even do it to color if you have that capability on your own computer.

As time moves on through each day, week and year, we hope to continue to utilize improved news and photos technology to our efforts in bring the newsletter to you.

### TAI CHI FOR CHILDREN?

Research is being conducted by the school in consideration of offering a Tai Chi program for children. While China is well experienced with tai chi and children, the United States has begun to explore this area. Sifu Walker states "This is not something that is new to us, we have had requests in the past to present a tai chi program for children. The only obstacle is that there has never been a program specifically for children. We will continue to search for quality model programs being offered around the globe."

As research continues, the school will be surveying community requests for children's tai chi classes. If you know of anyone who is interested, please make referrals to the school.

### WEB SITE CHANGES

QiSsage Body Systems has changed its URL. We are now accessible through the new URL, address [www.qissagebodysystems.org](http://www.qissagebodysystems.org). We also have a new and fresher look. Deal with us as we continue to transform our appearance and make appropriate changes. Your comments, questions and feedback are always appreciated.

### FEATURE ARTICLE IN THE TIMES

We were very fortunate to have had The Times newspaper publish a feature article on QiSsage Body Systems, LLC school co-ordinator Sifu Jonathan B. Walker. The newspaper sent a reporter and photographer to the home of Sifu Walker when they conducted a two-hour interview of the fall of time martial art. The result produced a front section cover article complete with color photos.

Our thanks to The Times for such great coverage and report.

### TEACHER TRAINING CANDIDATES ENROLL IN PROGRAM

We are proud to announce that two (2) candidates have enrolled in the "Teacher Training Program."

Sifu Mar Margaret Helmer and Sifu Harry Alford, Jr.

Both candidates are regular martial arts students and have been with the school for several years. Sifu Mar Helmer is training to become Head Instructor while Sifu Dr. Alford, Jr. is looking at the same instructor position. They are presently in a testing cycle for their 9<sup>th</sup> Rank Purple Sash.

In the process of their regular training, they have become instrumental in the daily operations of the school and classes. Congratulations are in order for both students.



The word is out...Tai Chi is a Martial Art!

LLC Formation Edition 2004



## QiSsage Body Systems, LLC A Martial & Healing Arts Organization "Where Self-Defense Becomes Health-Defense"

# NEWSLETTER

Winter Issue, Vol. 1 December 2011

### FINAL EDITION "THANK YOU" FOR YOUR READERSHIP



The Times, 2008 Jonathan B. Walker, 9th Rank Purple Sash, 9th Rank Purple Sash, LLC.

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

### Mission Statement

QiSsage Body System exists for the sole purpose of providing the availability of an (Effective, Affordable and accessible health care system that produces a profound, normally physically and spiritually, healthy lifestyle through personal growth and development.

This task is accomplished by offering:

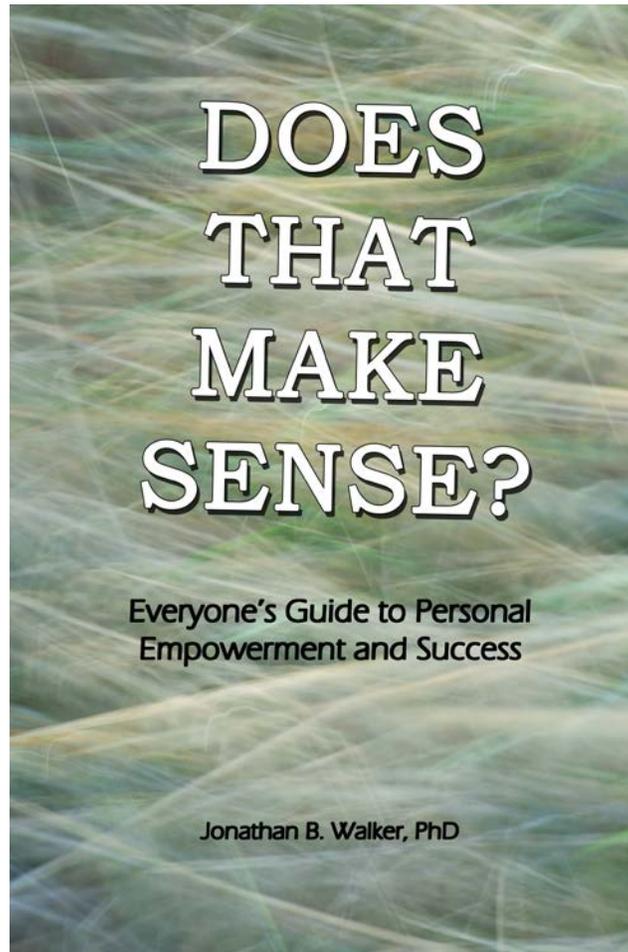
- a network of services that are conducive to building those learned skills, which when practiced regularly affect our lives in a positive manner, thus producing those effects that enlighten and enrich our lives and
- a referral system that interacts with these services, mission, and/or services that are in harmony with the philosophy of QiSsage Body Systems.

Final Edition 2011

\*All editions of this newsletter can be found in our newsletter archives on our web site at: [www.qissagebodysystems.org](http://www.qissagebodysystems.org)

**"A Final Pinch of Wisdom"**  
In the middle of every difficulty,  
Lies opportunity!

Get Your Copy Today!  
Get Your Copy Today!



**Does That Make Sense?**

Paperback, by Shifu Jonathan B. Walker, PhD

\$19.95

Excerpt:

*“Most people can’t define success for themselves because they are looking in the wrong place for it. We generally have our sights set on the success that someone else has achieved and want it for our own” . . . . . “We each have a gift. All that you have to do is identify what your gift is” . . . . . “Once you’ve identified your gift, you need to capitalize on it” . . . . . “Does that make sense?”*

**DOES THAT MAKE SENSE?** is a no-frills, thought provoking, interactive, book that is compact, direct and to the point. It illustrates how people can empower themselves to achieve any goal that they desire and obtain success in life.

It is the result of years of personal research that Shifu Walker has compiled through teaching scenarios at schools, colleges, community centers, and businesses in public and private presentations. While consulting with his fellow colleagues around the world, he discovered common denominators that are stumbling blocks to achieving success in one's life. His personal life experiences also played a role in revealing these same obstacles.

Unlike most self-help books, "Does That Make Sense?" depicts how you can find success based on your strengths not the strengths of the author. It is a book that anyone can pick up, read and find a path to success in their life based on what they want.

With highlights on simplicity, this book "packs a punch" and "drives home" the important aspects for self-empowerment!

**GET A COPY TODAY AND  
GET ON YOUR ROAD TO SUCCESS!**

~Available exclusively through QiSsage Body Systems, LLC~

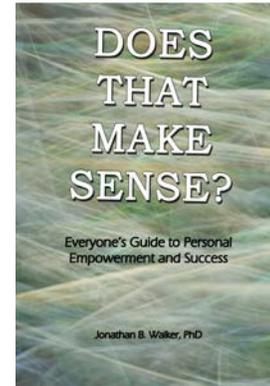
-----COMMENTS ABOUT THIS BOOK-----

*"I bought your book and read it. I was fascinated by it. The excerpt on the front of the book really knocked my socks off! Not one person in a million would have figured that out. It really struck me!*

*Robert Purucker, Co-Host  
"The Delirious Cure"  
VoiceAmerica Talk Radio Network  
Health & Wellness Channel*

# ORDER FORM

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Use this convenient order form to order your book and remit payment. Just fill in the number of copies you desire, then add the shipping/handling and sales tax for single copy orders. For multiple copies or bulk orders, call (609) 915-3435 for shipping/handling charges. We will ship orders to any continental USA address that you desire. Be sure to make a copy of this order form for files. Allow 1-2 weeks for delivery.

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# 2012 YEAR OF THE DRAGON

## January 23, 2012

### Dragon Personality:

The Dragon is magnificent. He is flamboyant, attractive and full of vitality and strength. In China the Dragon is the imperial symbol, the sign of the emperor, or the male element Yang. The Dragon is the symbol of power and wealth. It would be right to say that people born in the year of the Dragon have a natural charisma and are certainly gifted with power and luck. It is unlikely for them to escape unnoticed from a party or to take a second place in a competition. The Dragon person has an active mind and shows an unfeigned interest in the world around him. This person is also self-confident enough to know how to create a necessary impression. Because they are larger than life themselves, Dragon people like to do everything on a grand scale. They are egotistical and ambitious, almost to the point of megalomania, and will stop at nothing to get what they want. Person born in this year wear the crown of destiny, and are capable of great achievements if he knows how to harness his tremendous energy, intelligence and talent. While these people enjoy being the center of attention, they also have a brave and charitable side to their personality. If a dragon's friend faces a problem or dilemma he will be there to offer help, and when others leave the field of battle the Dragon person makes a step forward to solve the problem with authority and dignity. These people set the high standard of actions for themselves as well as for other people and are surprised when others cannot cope with a task; they are so carried away by the process that they fail to see other people's weaknesses.

The Chinese believe that there is a balance between heaven and earth in the life of people born in the year of the Dragon, and success follows them everywhere. Along with a good fortune, these people are also good organizers, who can step in at the right moment with an exciting or creative scheme. They can be quick-tempered and obstinate, and sometimes too outspoken, but there is usually good advice in their criticisms or suggestions. As a friend, persons born in this year often allow himself to be carried away by his needs to show everyone the way and neglects to solicit opinions and ideas from others. Yet no one could find a more devoted, open-hearted friend than this personality type. His vibrant, positive attitude is irreplaceable to have around and one can always count on him to support his friends unequivocally in times of need.

### Famous People Born in the Years of the Dragon:

Jeffrey Archer, Michael Barrymore, Count Basie, Julie Christie, James Coburn, Bing Crosby, Neil Diamond, Matt Dillon, Placido Domingo, Kirk Douglas, Michael Douglas, Marlene Dietrich, Tom Jones, John Lennon, Nick Nolte, Al Pacino, Elaine Paige, Gregory Peck, Cliff Richard, Martin Sheen, Ringo Starr, Shirley Temple.

# HOLIDAYS



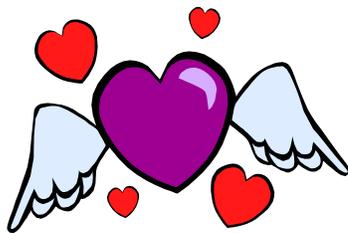
**“MERRY CHRISTMAS”**

**“HAPPY NEW YEAR”**



**“HAPPY KWANZA”**

**“HAPPY HANUKKAH”**



**“VALENTINE’S DAY”**

**“MARTIN L. KING, JR  
DAY”**

**“PRESIDENT’S**



**DAY”**