QiSsage Body Systems, LLC

Best In Martial Arts & Healing Arts

"Where Self-Defense Becomes Health-Defense"™

NEWSLETTER

Fall Issue, Vol. 4 www.qissagebodysystems.com *September 2007*

"MOST DISTINGUISHED MASTER" AWARD AT USMA HALL OF FAME

On August 4, 2007, at the magnificent Golden Nugget Hotel in downtown Las Vegas, Nevada, the official 2007 Hall of Fame Banquet and Induction ceremony commenced for the United States Martial Arts Hall of Fame inductions.

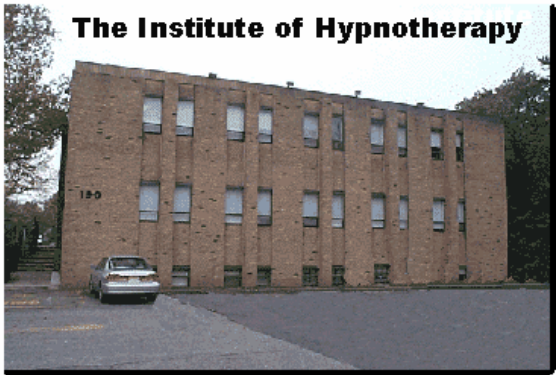
Sifu Jonathan B. Walker was among the inductees from all over the United States and abroad who received honors of distinction for their accomplishments and achievements in the martial arts world.

These inductions have been sponsored by the International Martial Arts Council of America who also presented inductees with a one-year membership in the IMAC organization.

"I am honored to be recognized for the work that we are doing here in our organization and school," Sifu said. "I guess we must be doing something right and the word does get out to others. We will have to just continue doing what we are doing and not deter from this path. I would like to publicly thank Professor Marty Cole, Executive Director and the International Martial Arts Headfounders Grandmasters Council for this award."

COMING SOON… MOTIVATIONAL SPEAKING

The Education & Outreach Departments are finishing a dynamic motivational presentation that (*cont. page* 3)



THE INSTITUTE OF HYPNOTHERAPY

The Institute of Hypnotherapy in Edison, NJ provides qualified training and certification to hypnotherapists. Its standards of teaching meet the requirements of the leading hypnotherapy bodies in the country, The International Association of Counselors and Therapists (IACT), The American Board of Hypnotherapy (ABH), and the International Medical and Dental Hypnotherapy Association (IMDHA). Graduates of this school qualify for membership in the National Guild of Hypnotists.

Dr. Jaime Feldman, Director and his wife, Dr. Helene A. Feldman, Education Director have extensive backgrounds and both received their Doctor of Clinical Hypnotherapy from the American Institute of Hypnotherapy and are both certified instructors. They are certified and registered with the American Board of Hypnotherapy (ABH), National Guild of Hypnotists (NGH), American Institute of Hypnotherapy (AIH), the International Association of Counselors and Therapists (IACT), and the International Medical and Dental Hypnotherapy Association IMDHA).

On August 12, 2007, The Institute completed another Basic Hypnotherapy Certification course. There were eight individuals (*see next page*) attending this course (*one of whom was Sifu Jonathan B. Walker*) satisfying various levels of accomplishment and certification.

The school conducts regular classes. If you are interested and wish to attend, go to this web site: http://www.hypnotherapyinstitute.com/index.html or call (732) 446-5995.

INSTITUTE OF HYPNOTHERAPY
"CLASS OF AUGUST 2007"

Joyce Rudolph, PHR

Dr. Jaime Feldman, DCH
(Instructor)

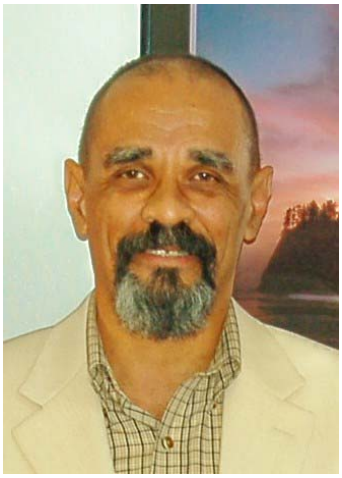
Sharon Kurtz, RN

Patricia Montenegro, Ph.D.

Judy Zaccaria, RN

Dr. Liselle Badache

Dr.Yves Jeudy



Sifu Jonathan Walker, LPN

Arthur Weiner, Ms. Ed

JOINT~EFFORT UNDER NEW DIRECTION

Dr. Kristine Davison Allcroft became the director and administrator of Joint~Effort Wellness Center in March of this year. Joint~Effort Wellness Center is a consortium of holistic and complimentary practitioners and therapists and represents a multifaceted approach to wellness and healing.

Dr. Allcroft owns and operates The Body Works! Neuromuscular Reeducation Program, LLC out of the Joint~Effort facility. If you haven't stopped by to see us recently, please come see all the new and exciting changes to Joint~Effort.

Dr. Kristine Allcroft and The Body Works! Neuromuscular Reeducation Program have expanded our treatment approaches to include anti-aging and skin care, wound healing and sports injury healing, aromatherapy, and detoxification. Call 856-608-0700 for more information.

COMING SOON . . . TO QBS, LLC "HEALTH & WELLNESS UNLIMITED"

A new consolidated service will soon be unveiling at QiSsage Body Systems, LLC. "Health & Wellness Unlimited" will be the new name of the Health Care Services Department. This department has provided QiGong and Reiki therapies to the school members and the general public in the past and will now include hypnotherapy and hypnocounseling services.

The Health Care Services Department has long been a viable service providing health care options to the community. Many recipients of these services have found lasting quality of life through QiGong therapy.

QiGong (*energy work*) is a Chinese health care practice that improves the quality of life through addressing the energy pathways of the esoteric body. Energy, called Qi, is an essential component of all life. A QiGong practitioner manipulates the energy and pathways, called meridians, in a person's body to facilitate the correct flow and balance of qi throughout the body. This in turn promotes healthy and efficient functioning of the body and its organs on a mental, physical and spiritual level. QiGong has been effective for many health care scenarios.

A special QiGong technique is utilized in this department. It is a family style known as *Ching Loong San Dian Xue Mi Gong Fa.* It is a style that specializes in female health scenarios but is not confined to that specific type of clientele. It works just a well with male clientele and is just as effective.

Reiki (*ray-key*) is a Japanese health care practice comparable to QiGong. Reiki engages the guidance of the universal (*life*) energy (*ki*) through a practitioner and delivers it to the client to reduce stress and promote relaxation thus create healing. This is accomplished by balancing the seven chakras (*energy wheels*) in the body. Reiki has is equally effective for many health care scenarios.

To date, clients find the effectiveness of Reiki very spiritually and emotionally healing as well as physiologically balancing experience.

New to this department will be hypnocounseling/hypnotherapy. Hypnosis has long been a valid technique in solving such personal problems as sleep disturbance, concentration and memory, fears and phobias, stuttering, pain control, asthma, smoking cessation, overeating, alcoholism, stress and anxiety management.

Hypnosis addresses many more scenarios. This department will specialize in, but not be limited to, general hypnosis for relaxation, stress management, smoking cessation, weight management and sports enhancement (*especially martial arts*).

This expansion and addition to the QiSsage Body Systems, LLC family will enhance the organization's ability to effectively serve the community with different options for quality health care.

If you would like to know more or schedule an appointment for one or more of these options, call (609) 518-9399.

MOTIVATIONAL SPEAKING

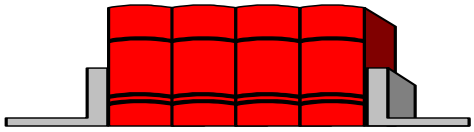
(*cont. from page 1*)

will be available to organizations, schools, and social groups. This sensational program will focus on the "Road To Success" detailing the steps to achieve your personal goals in life. It will be an excellent keynote presentation for high school and college graduations.

Sifu Walker is also working on a companion book that will further detail the steps to success.

"We are totally excited about this program, "Sifu Walker explained, "It has been in the making for a long time and its time has come!"

Martial & Healing Arts Book Review



Title:	The Biology of Belief Unleashing the Power of Consciousness, Matter and Miracles
Author:	Bruce Lipton, Ph.D.
Publisher:	Mountain of Love/Elite Books
Copyright:	2005
ISBN #:	0-9759914-7-7
Price:	$25.00
Reviewer:	Sifu Jonathan B. Walker, LPN, CHt

This book is a groundbreaking work that I highly recommend for anyone who believes that you control your own health and wellness. Dr. Bruce Lipton has brought to view what many have suspected but not able to prove due to the controversial nature in the scientific world. Dr. Lipton has spent more than twenty years discovering what is written in his book. Now it's in print, the connection between your beliefs and the physiology of the human body.

Be prepared to take a refresher course in cellular biology as Dr. Lipton begins with the simple cell and gradually opens your mind to quantum biology while establishing the link along the way. Then get ready for a "quantum leap" as the reality of this book sinks in and your understanding to the power of the conscious mind leads you to the potential for anyone to control his or her health and quality of life.

This is a must read for anyone who wants to take control of their life and benefit from a greater quality of living.

Post Script: Be prepared to continue this line of thought as Dr. Lipton introduces Robert M. Williams' book, "PYSCH-K.."

CURRENT EVENTS

- *FREE Introductory Tai Chi Classes*– Free Introductory classes at the Burlington County Library's Main Branch the 4th Saturday of each month. Check with the library or go to our web site & check out our calendar for the year.
- *Reiki Classes* –Classes are held each month during the year 2007**.** The next Level I and Level II class will be held in September 2007. All classes will be conducted at the Clarion Hotel & Conference Center in Cherry Hill, New Jersey, USA.
- *Mandarin Classes* – September 19-20, 2007, we will have Chinese language classes in the school. Janet Hoesly (*from the Moorestown site*) will teach classes.
- *Movie Night* – Now that the school owns all of the equipment necessary, we will commence showing videos relative to school topics on a regular basis. The first video to be featured is "China Revealed," a Discovery Atlas special.

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:

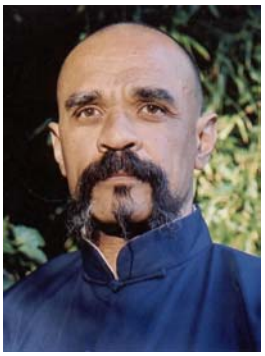
- *a network of services that are conducive to instilling those learned skills, which when practiced regularly affect our lives in a positive manner, thus producing those effects that enlighten and enrich our lives and;*
- *a referral system that interlinks with those agencies, institutions, and/or services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

A Pinch of Wisdom

Instead of giving someone
a piece of your mind,
give someone the peace of mind.

Did You Know…

… that nature, time and patience are the three great physicians?



Sifu's Message

"A New Beginning"

As most of you (*students and regular readers*) are aware, I have spent the last few years attending school after school, and class after class. Since 2002, I have studied and acquired a Reiki Master/Teacher certification and most recently a hypnotherapist certification. These newly added skills combined with my already acquired practical nursing and martial arts experience now gives me insights like I have never had previously.

The journey has given me many new inroads for helping people. For a long time, I have wanted to help more people in a more effective manner than the past years have permitted me. I believe that I now have a combination of training and experience provided by some of the most experienced and highly trained people in the world that I can finally get to work doing what it is that I feel I was intended to do with my life.

I will continue to "stretch my envelope" and find new teachers to expose me to the old (*traditional*) and new (*contemporary*) educational training skills that will enhance my journey in helping others.

I personally want to thank those who have assisted me in getting to this point and encourage them to persevere as we get closer to our goals.

My next project is to complete writing the two books that I have started and more importantly, produce the best and most effective motivational program the world will get to know and use. This I feel is the direction in which I have been steered and now is the time to bring it to reality.

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.

TIN HELMETS IRON MEN

Philadelphia Fires 50's-70's

He's a tall, gently spoken man who religiously attends his once-a-week "Tai Chi for Seniors" class in Willingboro, NJ. He's been in this program for quite a while and even brought his friendly, always-smiling wife in to join him in classes. Together, they look like any other ordinary couple who uses the services at the local community center.

His name is Walter Lindsay and he is anything but ordinary. As a matter of fact, he's one of those extraordinary individuals who has spent many years of his life risking his life time after time for the sake of saving the lives of others. He was a Philadelphia Fireman.

He was appointed and assigned to Engine 11 in 1950. In 1953, he transferred to Engine 57, then Ladder 13. After a promotion to Lieutenant in 1958, he worked at Engine 65 & 47. In 1969, when he was at Ladder 19, he was promoted to Captain then worked at Engine 29, Ladder 13, and Engine 45. He was promoted to Battalion Chief in 1975 while at Engine 41. After working at Battalion 5 and 7, he retired in 1977.

Walter, like many Philadelphia firemen of the 50's, 60's and 70's encountered numerous fires throughout the city and battled blazes risking life and injury every time that the alarm sounded for them to suit up and go screeching through the streets of the city.

One man who graphically captured the daily challenges of the Philadelphia Fire Department's history was a photographer, Bob Bartosz. He compiled a book of photographs from the fire departments during the 1950's through the 1970's and entitled it, "Tin Helmets Iron Men."

Yes, you guessed it! Walter Lindsay is in this book! Not only did he make Bartosz's book but also since has been immortalized in a mural on the side of the Shop Rite store located in South Philadelphia at Swanson Street and Snyder Ave (*photos on page 7*).

HEALTHY FOODS

This is the first of a series in this column. It is written by, Emily Williams, a student of the Senior Tai Chi program in Willingboro, NJ. She will be sharing her tips and usage of Herbs and Spices.

GINGER – THE "YANG" HERB

Razzmatazz! That's ginger. I'm talking fresh ginger not ground ginger. The fresh, available in produce sections of super markets, looks like a root with papery skin.

Ginger is one of the oldest know spices, probably coming from China. In traditional Chinese medicine, ginger is a "yang" herb or hot herb associated with aliments one gets in cold, damp weather. It helps stimulate circulation.

To fix up what ails you, slice ginger into matchstick sizes. Add to chicken soup. In fact, add to almost everything –-chicken, beef, pork, seafood (in particular shellfish) and vegetables. Add to hot tea with honey and lemon.

Using ginger all but eliminates the need for salt that is nothing but a preservative.

Candied ginger is also available in grocery stores. If you don't see it, ask for it. Some eat it as is claiming it adds digestion. I add it to custard, ala Susanna Foo, the Asian Fusian chef from Philadelphia. Tate's Bakery, Southampton, NY adds candied ginger and dried apricots to their scones. In attempting to duplicate these, I discovered a substitute for "*concrete*." Try adding it to a simple muffin recipe instead. Also, try adding it to stewed fruit, especially pears.

I purchase ginger in small quantities. I've read that ginger should be stored wrapped in a paper towels then plastic wrap. A Chinese lady told me to store it in a jar covered in sherry wine (*why waste good sherry, asked I?*). I just store it unwrapped in the crisper drawer of the refrigerator. Throw it away when it looks bad (*the ginger not the fridge!)*

Try ginger. Add zip and zing and a little razzmatazz to your life!

NEW STUDENTS

Since out last issue, we have had the following new student enrollments in our Tai Chi schools. Judy Ries (*above left*) has enrolled in the Tai Chi Healthways School conducted on Wednesday evenings and Ginto Cherian (*above right*) has enrolled in the Taiji Quan School of Martial Arts conducted on Monday and Wednesday evenings. Both schools conduct classes at the Pemberton Borough, NJ location: Judy and Ginto have enrolled as a result of the "FREE Introductory" sessions that the school conducts at the Burlington County Library each month. WE WELCOME JUDY AND GINTO WITH OPEN ARMS!

TAIJI QUAN
"The Martial Art"

Above, John Haremza, Robert Wahl and Karen Cruse prepare to train in self-defense during a recent martial arts class. Below, John demonstrates his techniques against a front lead punch from Karen as Robert coaches.

It's not a common site to see Taiji students performing self-defense techniques, however, as any serious Taiji Quan student knows, this art is a martial art and as all martial arts, utilizes self-defense techniques in its practice.

On Monday evenings at the Pemberton Boro location, students learn both the Yin and Yang of Taiji Quan. They know that the soft flowing movements of the 108 posture choreography are actually comprised of the original thirteen postures of Taiji in multiple and repeated variations. They also know that the beautiful postures represent offensive techniques and the transitions between them represent defensive techniques of this martial combat system.

Soft, flowing movements are suddenly transformed into a high level of self-defense that utilizes the internal power of Taiji Quan cultivated through years of practicing the fundamentals, principles and theories of the art.

Once a month, the class is scheduled to "gear-up" and put their skills in action.

PERSONAL ACHIEVEMENTS

The martial arts program recently had two individuals move one notch up the ladder in personal achievements.

John Haremza (*above left*) received appointment to STORM (*Special Team Of Role Models)* Membership and Robert Wahl (*above right*) received appointment to SWAT (*Special Winning Attitude Team*) Membership.

John's appointment came after serving as a SWAT member since July 2005. Both students have also been recipients of the "Student of the Year" award in the past.

Congratulations, gentlemen. Keep up the great work!

LIFETIME CERTIFICATION PROGRAM

Sifu Walker is still "in-training." He is now in the process of qualifying for a Lifetime Certification in the Tai Chi & Qi Gong for Wellness program sponsored by the Health Preservation Association of the Capital District Tai Chi and Kung Fu Association (CDTKA) in Albany, NY.

This program is headed by Shifu Jianye Jiang, the founder of CDTKA. Shifu Jiang received an MA from Shandong Normal University and Shanghai Physical Education Institute.

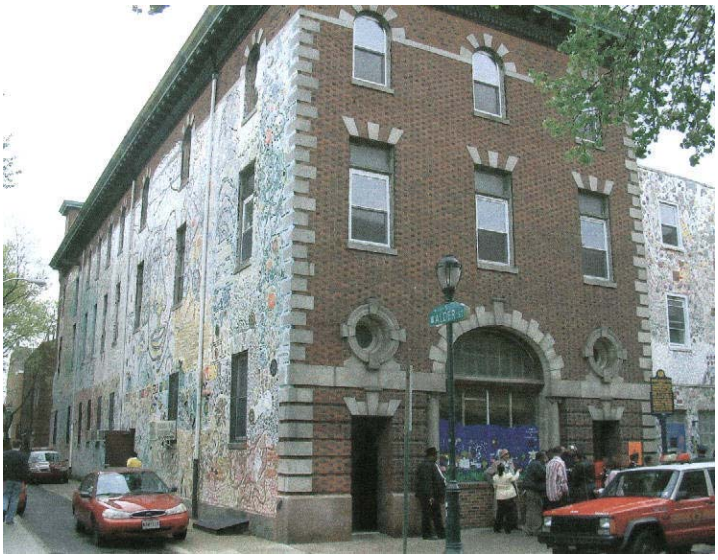
"TIN HELMETS, IRON MEN"

Photo of Walter Lindsay taken by Bob Bartosz.

Walter's picture on mural at Swanson St. and Snyder Ave.

Additional photographs taken by Walter Lindsay of the mural on Shop Rite's building in South Philadelphia containing his likeness.

Plaque in front of fire station on South Street, Philly.



Engine Company No. 11 on South Street, Philly.

"NEWS WATCH"

The following article was taken from ABS News, Wednesday, August 29, 2007.
Go to: (http://abcnews.go.com/Health/PainManagement/story?id=3533002&page=1) web site.
For additional information, go to the above web site and click on "Health"

HYPNOSIS REDUCES BREAST SURGERY SIDE EFFECTS

Pain, Nausea and Other Side Effects Mitigated by Pre-Surgery Sessions, Study Shows

It's something that's usually associated with stage performances and helping smokers quit, but new research suggests hypnosis may soon be an important tool in helping patients endure common side effects of breast cancer surgery.

Researchers at the Mount Sinai School of Medicine in New York showed that a 15-minute hypnosis session reduced side effects including pain, nausea and emotional distress in patients undergoing breast cancer operations.

Related Stories

The study was published Tuesday in the Journal of the National Cancer Institute.

"If this were a drug, it would be very successful," said lead study author Guy Montgomery, director of the Integrative Behavioral Medicine Program at Mount. Sinai School of Medicine. Montgomery added that hypnosis carries the added benefit of having no side effects — a quality that makes it an attractive alternative to many drugs used for similar purposes.

Two hundred women who were about to undergo surgeries like a breast biopsy or removal of a suspicious breast lump participated in the study. About half of the women received a 15-minute hypnosis session shortly before their operations. The other women in the study had a consultation with a psychologist before surgery.

The hypnosis session included relaxation exercises that encouraged the women to think of pleasant thoughts, such as a beach on warm day. The women who did not undergo hypnosis talked to a psychologist, who listened and offered supportive comments only. After their surgeries, the women who had hypnosis experienced less pain, nausea, fatigue, discomfort and emotional upset than their counterparts — and these differences were substantial, the study's authors reported.

Not only did hypnosis reduce the side effects from surgery, but it also did this while reducing the amount of anesthesia used during the surgery. Additionally, the researchers showed that hypnosis decreased the amount of time spent in the operating room by almost 11 minutes, leading to an overall cost savings of about $770 per patient.

These results were seen despite the fact that treatments involving hypnotism don't work for everyone; previous studies have shown that about 11 percent of people are resistant to hypnosis. But researchers noted that the tests used to weed out hypnosis-resistant women from the study would have taken longer to perform than the hypnosis itself.

Believing in Good Results

Hypnosis is believed to work by helping patients expect good results. It also helps take attention away from pain, and some studies have even shown that hypnosis can actually change the way a patient perceives pain.

"When we take an aspirin … we expect to have headache relief," Montgomery said. "One of the things hypnosis is very good at is helping people form expectancy to these outcomes, such as less pain and less nausea."

While hypnosis is commonly associated with a loss of control, many doctors say it is a powerful tool that patients can use to take charge of their own health.

C. Richard Chapman, professor and director of the Pain Research Center at the University of Utah said, "This study adds to a growing body of evidence showing that psychological interventions complement medical interventions. … Such interventions empower patients by engaging them in their own care and giving them control over their own pain, nausea and discomfort."

Montgomery said that even patients who are skeptical about or fearful of hypnosis can take advantage of its benefits if they are properly counseled.

"We're going to tell you that hypnosis is typically not like hypnosis used in television or seen in movies," he said. "Rather, its something that we can do together that can help you reduce side effects. … You're really the person in control."

Adding to this notion is the fact that the hypnosis sessions the women underwent included instruction on how they could perform hypnosis on themselves in the future.

Not Just for Breast Cancer Surgery

In addition to being effective, hypnosis may also prove to be a versatile tool. The benefits of hypnosis have been shown in previous research to extend to other procedures as well, including gynecological surgery and coronary artery bypass.

Montgomery said he is hopeful that doctors continue to expand the use of hypnosis in other medical applications.

"This could become part of standard care," he said. However, he added, "it's not a panacea for everything, but rather a tool in the toolbox that we can use to address specific problems."

Note: ***"News Watch" is a new service added to this newsletter by QiSsage Body Systems, LLC.***

DONATE TO

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. These 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 more information about how you can help, visit www.donatelife.net or contact Sifu Jonathan B. Walker, LPN, CEO of QiSsage Body Systems, LLC by phone at (609) 518-9399 or by email at sifuwalker@aol.com to see how you can help ***Verna directly***.

This is a message from:

QiSsage Body Systems, LLC

"Where Self-Defense Becomes Health-Defense" TM

Tai chi

is martial arts!

"Fall Special"

Print this page in color and remit for 1st 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 Taiji 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, LPN, CHt
Yangqichen@aol.com
(609) 518-9399

Martial Arts of China Historical Society

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Shaolin Wen Xiao Long 36th Gen.
Master Yang Jwing Ming
Master Jef Naayers
Master James Lew
Madame Wu Ching De
Master Dr. Wang Jurong
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China Wushu Association
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Chinese Kuoshu Federation)

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Phillipines Inc.

SRI-LANKA
ADVISORY COMMITTEE
Sri-Lanka National
Wushu Academy

JAPAN
ADVISORY COMMITTEE
Japan Wushu
Taijiquan Federation

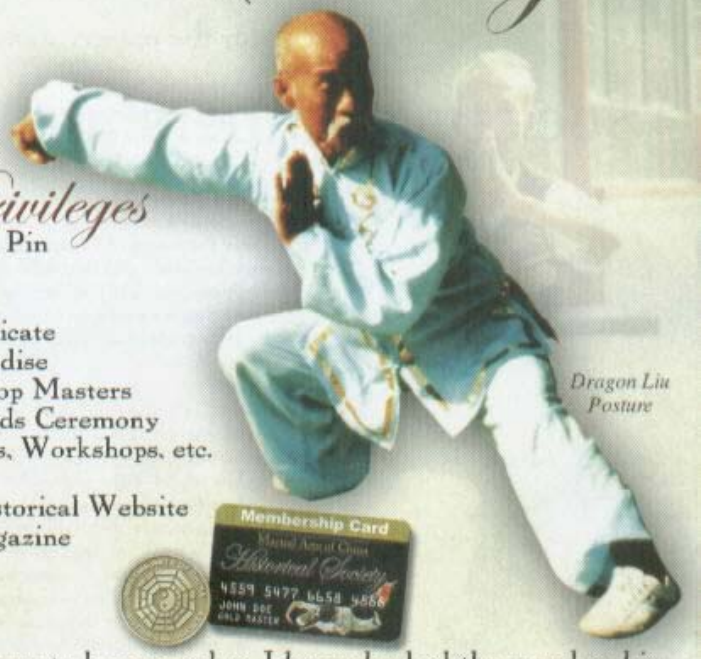
HONORARY CHAIRMAN
Chief Coach of the Shaolin Training Center
Jiao Hong Min

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

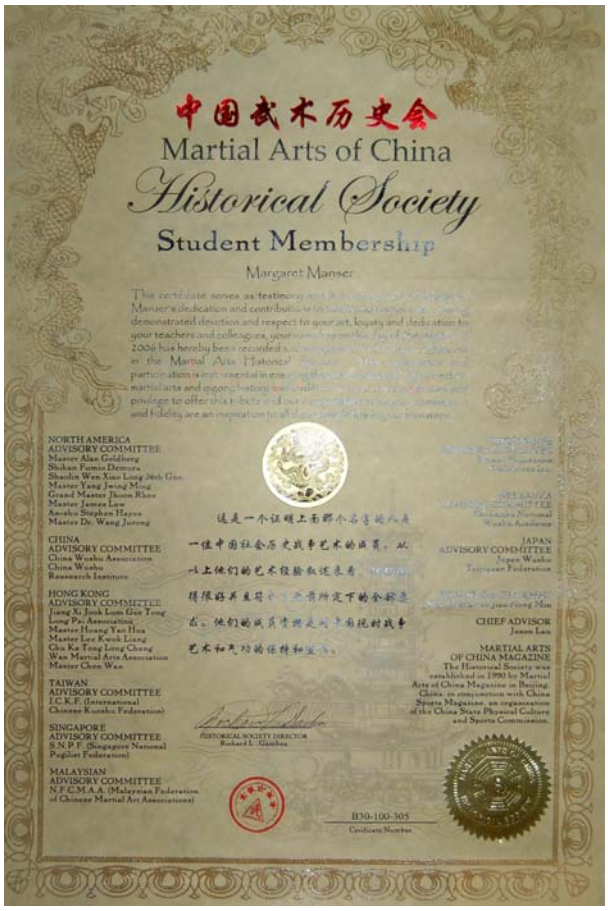
Please print clearly and completely to qualify

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_____

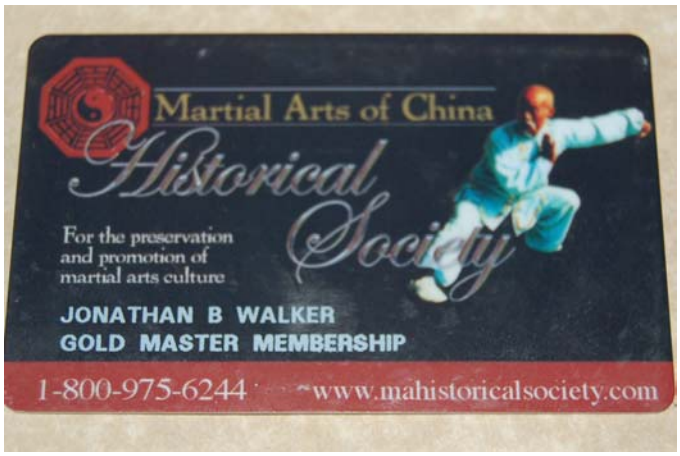
All applicants are screened accordingly.
Applicant must provide proof of his/her certification with this application.
The Association reserves the right to refuse membership without explanation.

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: Sifu Walker @ (609) 518-9399 **EMAIL: yangqichen@aol.com**

QBS PUZZLE

MATHEMATICS: THE UNIVERSAL LANGUAGE

SOLUTION

4	x	3	+	9	21
+		-		+	
5	x	8	-	6	34
+		x		+	
2	x	7	-	1	13
11		-35		16	

Try to fill in the missing numbers.

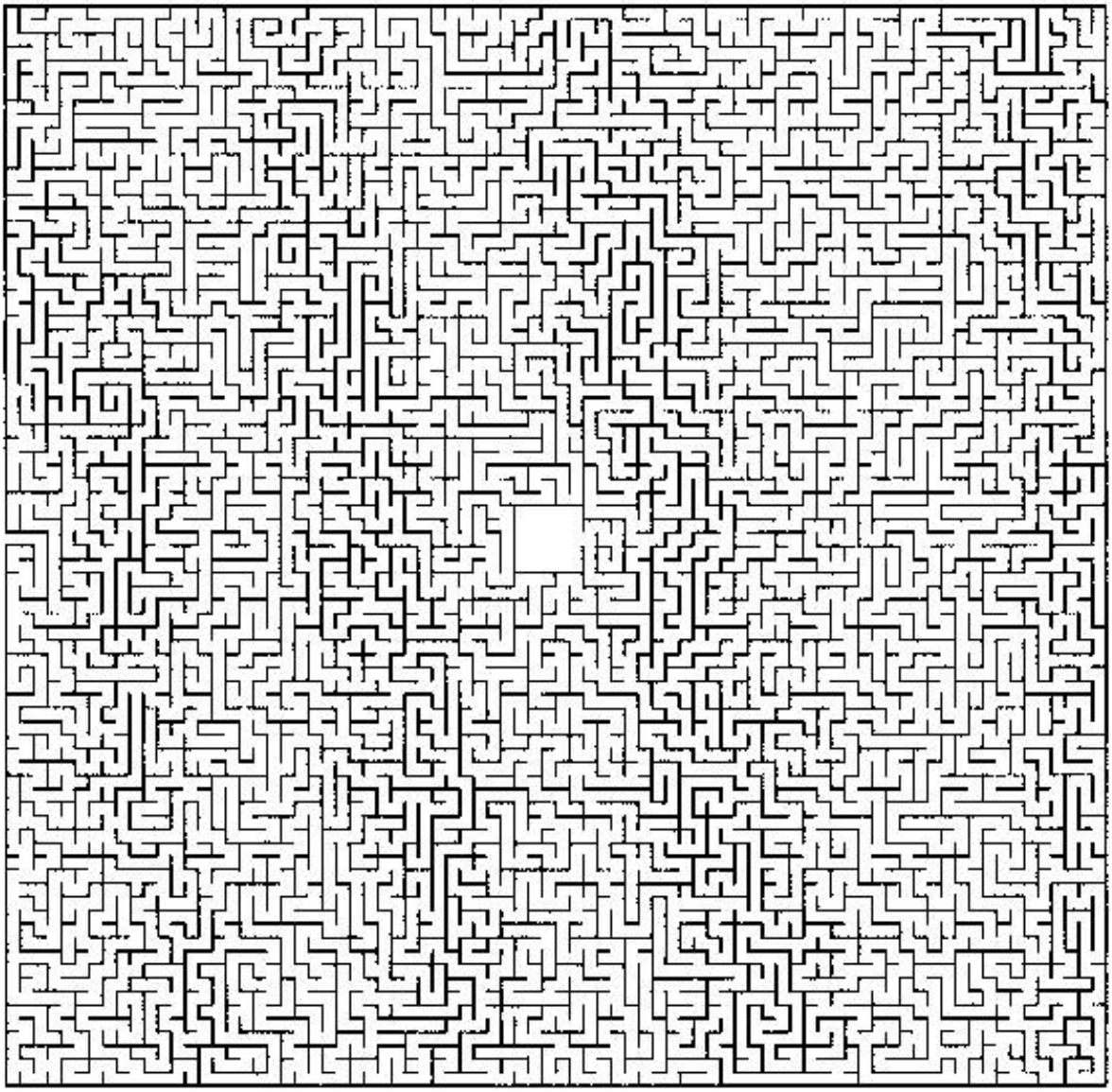
Use the numbers 1 through 9 to complete the equations

Each number is only used once.

Each row is a math equation. Work from left to right.

Each column is a math equation. Work from top to bottom.

Your Road To Success



Find your way to Success. This is a fairly simple puzzle. There is no particular right or wrong way to do it. You just have to do it the best that you can until you find your goal ----the center space!

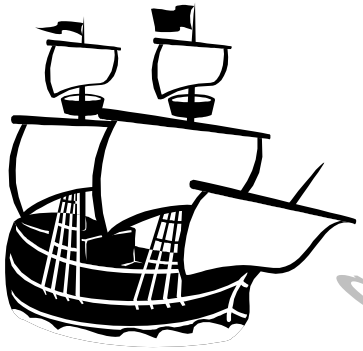
Enter at the opening on the left, center side of the maze. Then go for it!

When you finish, you will realize an amazing thing! See if you can figure out what that might be.

Of course, the solution will be in the next issue. Have fun!

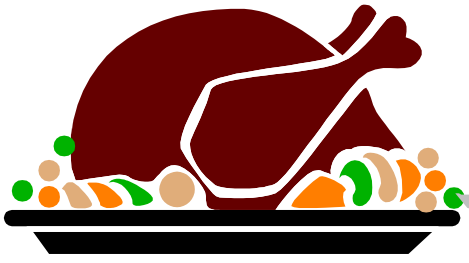
HOLIDAYS

Labor Day



Columbus Day

Veterans Day



Thanksgiving