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# QiSsage Body Systems, LLC

A Holistic Health Care Organization

“Where Self-Defense Becomes Health-Defense”™

## NEWSLETTER

Fall Issue, Vol. 5

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

September 2008



### KEEPING STRESS UNDER CONTROL

Stress, today, is really taking its toll. Gas prices are soaring, cost of living is rising, people are losing their homes and jobs, and the political climate is intense. How does one get through it all?

In the Winter Issue, Volume 4, December 2007, we presented an article in our “Healthful Hints” column about stress. We stated, “Basically, there are three ways to deal with stress overload: (1) Remove the thing that is stressing you; (2) Remove yourself from the thing that is stressing you; or (3) Change your response to the thing that is stressing you.”

In this issue, we want to give you more specific recommendations to deal with the mounting stress in our lives. Keep stress under control by:

#### **Taking A Stand Against Overscheduling**

Consider cutting out an activity or two, opting for just the ones that are most important to you.

#### **Be Realistic**

Don’t try to be perfect – no one is! Expecting others to be perfect can add to your stress level (not to mention putting stress on them).

#### **Get A Good Night’s Sleep**

Getting enough sleep helps keep your body and mind in top shape making you better equipped to deal with any negative stressors.

#### **Learn To Relax**

The body’s natural antidote to stress is called the *relaxation response*. It creates a sense of well-being and calm. This response can be triggered by simple breathing exercises that you can use when you are caught up in stressful situations.

#### **Treat Your Body Well**

Get regular exercise (*in moderation*). Excessive or compulsive exercise can contribute to stress. Eat well to help your body get the right fuel to function its best. (*It’s easy when you’re stressed to eat on the run or eat junk foods.*) Under stressful conditions, the body needs proper nutrition more than ever. Drugs and alcohol may seem to lift the spirits temporarily but they actually promote more stress.

#### **Be Mindful of Your Thoughts**

Your outlook, attitude and thoughts influence the way that you see things. Is the cup half empty or half full? A

healthy dose of optimism can help you make the best of stressful circumstances.

#### **Solve the Little Problems**

Solving the everyday little problems can give you a sense of control. Avoiding these little problems will just add to your stress levels. Develop skills to calmly look at a problem, figure out the options and take some action toward a solution.

As rising stresses in our society mount up, take more time to get your life under control by using some of these simple suggestions.

### CDSMP PEER LEADER TRAINING



Recently graduated CDSMP Peer Leaders are (left-right, front row), Shifu Walker (Master Trainer), Joyce Potts, Gloria Morales, Reva Foster (Master Trainer), Cleethel Mae Carson, Nora Baptiste, Helga Luman (Master Trainer), (back row), Nora de Cardenas, Guy Cornish, Lynn Kosek-Walker, Nina Simmons, Marlene Jass, Dorine Perry, and Rev. Charles Martin.

The Chronic Disease Self-Management Program (CDSMP) recently completed and produced its first “Peer Leaders” in this program who will bring it to the general public in Burlington County.

Created by research from Stanford University, California, the main purpose of this program is to help people with chronic health scenarios to better understand and manage their conditions thereby raising their quality of life.

Sponsored by the NJ Black Issues Convention, the Division on Aging in Willingboro, NJ brought this program to southern New Jersey. To learn more, contact Reva Foster, Director of Senior Citizens program at the Kennedy Center. (continued next page)



Mayor Jennings (Willingboro, NJ) ,left, is seen here with Reva Foster congratulating the graduates of the CDSMP program.

Mayor Jennings (Willingboro) attended the graduation luncheon held at Carlucci's Waterfront Restaurant in Mt. Laurel, NJ for the occasion. She expressed her congratulations to all of the participants and extended her sincere wishes for their continued success in the program. She continued at the luncheon by assisting with the presentation of the certificates with Reva Foster, Shifu Jonathan B. Walker and Helga Luman who conducted the training sessions.

To date, the CDSMP program has been presented to more than 30 participants in Burlington County.

## HPA SUMMER WORKSHOP



Participants in the Health Preservation Association workshop held this summer are (seated left to right,) Lynn Kosek-Walker, Mary Ann Napolitan, Jack Newman, Joyce Rudolph, (standing), Roni Kosek-DiSipio, Vonita Smith, Shifu Walker, Janet Hoesly and Alice Newman

Tai Chi for Liver, Kidney, Spleen and QiGong for High Blood Pressure were the topics of this summer workshop conducted by Shifu Jonathan B. Walker, PhD, one of over 80 internationally certified HPA instructors.

With the focus on health, eight curious individuals entered the classroom never to be the same at the end of the day.

Yes, being the first participants to enroll in these classes from the South Jersey/Philadelphia area, they were changed people by the time the course ended.

They learned simple yet profound stretching, choreographed techniques that stimulate, regulate, strengthen and circulate the vital life energy force, called qi, throughout their bodies to promote greater holistic health.

Within moments of commencing the techniques, participants noticed results! Palms became warm, tingling and highly sensitive. Soar, achy parts of their bodies soon became loose, limber and pain free. A sense of wellness linked all together toward one goal, better health.

Although the exercises are sometimes challenging at first, they become easier with practice. Many of the participants found this to be true by the end of the day.

"How can anyone remember all of these movements and techniques?" asked Alice Newman. "We've covered a lot of information about the Tai Chi movements this morning and now the QiGong this afternoon." "Don't try to remember everything," Shifu Walker responded. "Grandmaster Jiang has produced over 300 DVDs including the exercises and techniques that we are doing today. You can obtain a copy from me today!"

Grandmaster Jianye Jiang, creator of the Health Preservation Association (HPA) and owner of Capital District Tai Chi & Kung Fu Association (CDTKA) offers HPA Seasonal Workshops throughout the United States, Canada and The Caribbean Islands four times a year through his certified instructors. Remaining workshops for 2008 will cover Tai Chi for Neck & Back Pain, QiGong for Healing in September and Tai Chi the Balance of Life, QiGong for Diabetes in December.

Don't miss these very informative and enlightening workshops whether or not you have the health concerns.

"Most people believe that if they don't have the particular disease or condition that they don't need to learn the techniques," comments Walker. "I simply reply to them by saying, . . . have you ever heard of preventative measures?"

To learn more about the workshops, register for the upcoming workshop or obtain additional information, look elsewhere in this edition of the newsletter, go to [www.qissagebodysystems.org](http://www.qissagebodysystems.org) or call, (609) 518-9399.

*Drive carefully!*



## GOLDEN WEDDING ANNIVERSARY



Bettyann Melvin and William Russell celebrate their 50<sup>th</sup> wedding anniversary.



Russell and Bettyann have 4 daughters and 3 sons who orchestrated this surprise celebration.



Those wonderful offspring of Bettyann and Russell produced this fine looking group of grandchildren.



All together, this group makes the perfect picture of a beautiful family.

On September 16, 2008 at the FOP Lodge #38 in Delran, NJ, Bettyann Melvin and William Russell celebrated a surprise 50<sup>th</sup> wedding anniversary with their family, friends and plenty of laughter.

The afternoon festivity included a tasty lunch, music, dancing and plenty of remembrances. At least 3 generations of family were identified at the gathering.

## HEALTH TIPS

### “HYPNOSIS CAN HELP WHATEVER AILS YOU!”

Stress is a key factor in the quality of health. It is the underlying cause of numerous diseases, disorders and health care conditions. Likewise, if it can be managed, it can cause a reserve effect on the quality of health. That is because hypnosis uses relaxation as a means to produce a state of receptive suggestibility.

Hypnosis is one way in which you can effectively manage stress levels. However, hypnosis carries many misconceptions and inaccurate information about how it is performed and its affects, therefore, we will first dispel some of those myths and inaccuracies.

When a subject is hypnotized, he/she will not lose consciousness, surrender his/her will, become weak-minded, divulge private information or perform anything against his/her beliefs. The subject does not go into a “trance state” where they do not know what is happening to them or around them. They continue to hear everything that they say, what is said to them or any sounds around them. Their awareness is no less than when not under hypnosis.

Hypnosis is **not** being asleep, unconsciousness, gullible, loss of self-control or being controlled by someone else. So then, what is hypnosis? It is a state of deep relaxation that produces a heightened state of mental suggestibility. It is said that all hypnosis is self-hypnosis since you must play a role in achieving this state of mind.

Now that you know what it is, what can hypnosis address? Well, we have already identified one condition that hypnosis can address, . . . Stress! *(continued next page)*

## HYPNOSIS CAN HELP WHATEVER AILS YOU! (continued)

It is a great way to learn how to manage stress in your life. The hypnotic session itself is contingent on producing relaxation to achieve a lower stress level. It is then when the client is ready to accept suggestions based on their desires to rid themselves of unwanted behaviors or improve or create wanted behaviors.

There are many conditions and or concerns that can be addressed by hypnosis. They include but are not limited to: Self-Improvement (*creative thinking/writing, exam preparation, memory, positive thinking, procrastination, sales motivation, self-confidence, success programming*), Fears/Phobias/Emotional Habits (*anger suppression, forgiveness, fear of needles, letting go of guilt, nail biting, stress & anxiety*), Health (*allergies, Bruxism, motion sickness, surgery preparation, healing*), Weight Control & Smoking (*weight management, stress management for smokers, smoking/tobacco chewing cessation*), Sports Improvement (*baseball/softball, bodybuilding, bowling, football, golf, horseback riding, martial arts, racing, skiing, tennis, wrestling, etc*)

Personal concerns about yourself can also be programmed to give you the desired result that you wish, i.e., improve study habits, relieving test anxiety, public speaking, motivation & peak performance and creating a new you!

One of the best things about hypnosis is that the hypnotherapist will discuss with you ***before*** you are ever hypnotized what it is that you want to achieve. Then, together, ***you*** and the hypnotherapist will create the behaviors that you want suggested to you when you are hypnotized.

If you think that hypnosis can help whatever ails you, just give us a call anytime at (609) 518-9399 or contact us at tophypno@aol.com.

## REIKI NEWS: NEW LEVEL II STUDENTS CERTIFIED!



Learning some of the symbols of Reiki Level II are (left to right) Mary Ann Napolitan, Uncas Hill, Janet Hoesly, Pat Lindsay-Harvey, Carolita Lindsay, Walter Lindsay, Keith Phillips, Valorie Truesdell and Alice Newman.

QBS, LLC, The Usui System of Natural Healing School of Reiki recently completed a Level II certification course.

The class consisted of nine eager Level I students who have consistently studied together in a “Support Group” to help one another prepare for the next level of training and establish a better understanding of Reiki and how it works to help self and others.

Janet Hoesly, Carolita Lindsay, Pat Lindsay-Harvey, Mary Ann Napolitan, Alice Newman, Valorie Truesdell, Keith Phillips, Walter H. Lindsay, and Uncas Hill learned and practiced the information and skills necessary to complete the 6-hour course held at the Clarion Hotel & Conference Center in Cherry Hill, NJ. Congratulations go out to the new Level II students!

To date, this school has certified 28 students who are or will be eligible for Level III, Advance Reiki Training. “We hope to see a good number of these students (*if not all*) continue training and become Reiki Masters in our system,” stated Sensei Walker, Reiki Master/Teacher at the school. “We also believe that some students will go on to become “Master/Teachers” and conduct classes in our school,” he continued. “One of our objectives is to create a network of Masters and Teachers in our school system that will target serving citizens of Burlington County,” Sensei concluded.

Reiki classes are held year round and enrollment is open to everyone. If you’re interested in learning more about Reiki or enrolling in a class from the basic level up to and including Master/Teacher level, contact the school at (609) 518-9399.

## HOW DO I FIND A GOOD TEACHER?

Often, the searching prospective new martial arts student overlooks an important question before joining a martial arts school, "How do I find a good teacher?"

There are many good recommendations that can be made and as many answers to this question as there are people who can be asked.

However, there are some very basic measures that should be taken before deciding which teacher and school you will choose. Hopefully, this article will help you make the right decision for you.

Before you can ask any teacher any questions about themselves or their school, you must first know what you are looking for in a teacher and school. Ask yourself these questions:

- What style of martial arts do I want to learn?
- What do I want to get out of learning martial arts?
- How much time, energy and money do I want to invest in learning this martial art?

These basic questions are a great place for you to start because most **good** teachers and schools will want to know the answers to these questions when you come to visit them. It helps both you and the prospective teacher/school decide if you have started in the right place. Once you know what your expectations are, you can begin to locate what you're seeking.

There are several places that you can begin to find a martial arts school. The Yellow Pages, Internet, and community recreation departments are a good starting point, but don't overlook junior colleges, 4-year colleges, and universities in your area. Also include YMCAs, YWCAs, and spas. Local bookstores, New Age newspapers, acupuncture schools and health food stores may also

have a listing of classes and workshops.

Once you've located where you might want to attend and what you might want to learn, you are ready to proceed in finding a suitable place and teacher for you.

As stated in a recent article in TAI CHI magazine Vol. 32 No 4, "What Makes a Good Teacher?" by Alex Yeo, today's teachers should foremost have "integrity." Yeo goes on to note that "credentials, skills and knowledge" are also important characteristics to seek in a teacher. He goes on to highlight "delivery of the goods and marketability" also being of importance. Although Yeo brings out good and important points, there are more things to consider.

Before joining any school, can you take a free introductory class? Can you actually speak to the teacher who will be teaching you? Can you speak with students who already belong to the school?

Any good teacher and school should have a "free" class that you can take before actually joining the school. This allows you the opportunity to see if this is the place where you really want to be and gives you some "floor time" to experience what it is actually going to be like when you are a member of that school. It also allots the opportunity to speak with the teacher(s) who are conducting classes. Lastly, you will have the chance to see and speak with other students who have been a part of the school. They can offer a perspective from a first-hand point of view.

You must also understand that during this time that you spend in the "free zone" at each school that you visit, is a two-way street. The teacher is also using this time to "qualify" you as a student that will be successful in their school. Teachers know that everyone who enters their doors are not going to meet their expectations of a good student (*a student who will put forth his/her best to achieve what the teacher has to offer*). You may be better suited to attend a different style martial arts school. For instance, a 38-year-old male may not be physically capable of performing the rigors of Northern Style Wushu (*Nan Quan*). Adults may not be comfortable attending a school that has a greater population of children than adults. Schools that permit everyone and anyone to enroll are not always offering a quality program. They may be more interested in earning a bigger salary rather than producing a better student.

Therefore, a "free introductory class" creates a better opportunity for all parties to assess their needs and match them with an appropriate school.

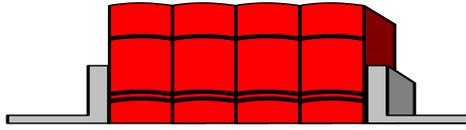
## "CORE MUSCLES AND TAI CHI"

(article written by Shifu Jonathan B. Walker, PhD)

Recently I attended a workshop conducted by Wayne L. Westcott, Ph.D.\* and Tammy J. Petersen, B. S., M.S.E.\*\* regarding physical exercise as it relates to chronic conditions and senior fitness. I noticed that a lot of emphasis was placed on the development, maintenance and exercise of the "core" muscles with or without additional resistance or weights. Core muscles serve to stabilize the spine, pelvis and shoulders to provide a solid foundation for movement of the extremities. These muscles make it possible for us to stand upright and move about on our feet with balance and control.

Any exercise physiologist can immediately identify the core muscles. They are a group of about 29 muscles that are located in the midsection of the human anatomy. Generally, they are identified as the Rectus Abdominis, Erector Spinae, Multifidus, External/Internal Obliques, and Transverse Abdominis muscles that are strengthened by performing abdominal exercises. However, closer examination reveals that the Hip Flexors (*psaos major, iliacus, rectus femoris, pectineus, and sartorius*), Gluteus Medius/ Minimus, Gluteus Maximus, Hamstring Group, Piriformis and Hip Adductors also play a role in the core muscles. (cont page XX)

## Martial & Healing Arts Book Review



**Title:** There Are No Secrets: Professor Cheng Man Ch'ing and His T'ai Chi Chuan  
**Author:** Wolfe Lowenthal  
**Publisher:** North Atlantic Books  
**Copyright:** 1993  
**ISBN #:** 1556431120  
**Price:** \$16.95 (\$11.53 Amazon.com)  
**Reviewer:** Robert Wahl

Wolfe Lowenthal started learning Tai Chi Chuan in 1967, as a student of Professor Cheng Man-ch'ing. "The Professor" is one of the most recognizable faces of Tai Chi Chuan and contributed significantly to growing the art in the US. Wolfe founded his own school - Long River Tai Chi Circle - in 1977 and taught there for 25 years. Since 2002, he has continued to teach Cheng Man-ch'ing's style of Tai Chi Chuan in Massachusetts and Vermont. The Long River Tai Chi School continues to hold classes in New York City.

Mr. Lowenthal wrote, "There Are No Secrets" to honor his teacher and share "aspects of his life and teaching which may be lost if they are not recorded." He hopes to "share some insights into [the Professor's] 'method', which, if learned, "You can lead a thousand-pound ox with four ounces." Professor Cheng - Master of the Five Excellencies (Tai Chi Chuan, painting, calligraphy, poetry and medicine) - said that Tai Chi was his favorite.

Each chapter in the book is only a few pages in length and relates a story, or some Tai Chi advice, or a bit of the Professor's or Wolfe's wisdom. Anyone who does Tai Chi will find the book invaluable, but it is also a great read for people interested in internal arts (martial or otherwise), or Eastern philosophy: relaxation, Push Hands, the Tao, the I-Ching, health, and many more.

"There Are No Secrets" is a short, easy and entertaining read, but is full of 1000 little things that can make a significant difference in your health, your life, and your Tai Chi. They range from the very simple "Sit up straight", to the more thought-provoking "Chew your drink [don't gulp] and drink your food [chew enough]", to the more profound and encompassing "Do Push Hands like no one is there and do Tai Chi like someone is there". Mr. Lowenthal does a fantastic and admirable job of sharing his earned wisdom while giving the reader a personal look at one of Tai Chi's modern masters.

## CURRENT EVENTS

- /// [Reiki Classes](#) - Classes are conducted monthly based on enrollment and registration. Sign up for a class today!
- /// [HPA Seasonals Workshops](#) - September 27<sup>th</sup> in Burlington County, NJ Tai Chi for Neck & Back Pain, QiGong for Healing. December 13<sup>th</sup> in Burlington County, NJ Tai Chi the Balance of Life & QiGong for Diabetes.
- /// [FREE Introductory Tai Chi Classes](#) - Free Introductory classes at the Burlington County Library's Main Branch each month. Check with the library or go to our web site & check out our calendar for the year.
- /// [QiGong for Seniors](#) - Classes are held September 30<sup>th</sup> through October 21<sup>st</sup> 2008. Enroll at the Willingboro Kennedy Center's Tai Chi class or at [www.qissagebodysystems.org](http://www.qissagebodysystems.org) and click on "QiGong for Seniors."

## QISSAGE BODY SYSTEMS, LLC

### Philosophy

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

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

### Mission Statement

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

*This task is accomplished by offering:*

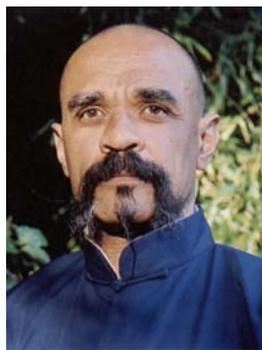
- ☉ *a network of services that are conducive to instilling those learned skills, which when practiced regularly affect our lives in a positive manner, thus producing those effects that enlighten and enrich our lives and;*
- ☉ *a referral system that interlinks with those agencies, institutions, and/or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

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

*Destiny is not a matter of chance,  
it is a matter of choice!*

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

*... that people who put off little things,  
never get big things done?*



## Shifu's Message

### “BACK TO THE GRIND”

Well, summer is officially over and schools are open for business as usual.

We are back on schedule as well and wish for all students to get “back to the grind” so to speak. You have had vacation and time off from the regularly scheduled events.

The fall is a busy season for us as always. We will be looking at new programs to bring to the school and community as well as revise any other programs and/or classes that need to be updated.

This is also a time of season changes. Make sure that you are taking care of yourself as the fall and winter health care issues come back into play. Renew your training schedule, practice those activities that have gone unnoticed for some time. “Winterize” your Tai Chi and QiGong training. Check out the 5-Element Theory to see what you need to do to stay healthy and happy.

Basically, take care of yourself and others by using what you have been taught.

I’ll see you in classes as I prepare for my seasonal fasting.

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

#### Tai Chi, A Hammock & Valerian: Stress Reducers by Emily Williams

They come at you with eyes afire and teeth gnashing. They give you obscene signs while edging you toward the ditch. These are examples of severe stress. There are various degrees of stress and we all suffer to some degree. Stress affects our daily lives. It attacks our immune system, our heart rate, and blood pressure. Following are three simple ways to help reduce stress.

I don’t know why I opted to enter a Tai Chi class. Perhaps it was something about the movements that I found appealing. Little did I know that after only a few classes, I found I was better at handling stress.

Last summer I purchased a hammock for no particular reason other than I always wanted one. For me it is a great stress reducer. My hammock is between two old oak trees. As I rest there and look up at those trees, I wonder who lives there. Does the owl that I hear hooting at night reside there during the day? To the west I see open sky. A dragon appears followed by a bear, a lion and a pig on its back. Images disappear as quickly as they appear. In the north, I see buzzards soaring across the sky. For a short time, I wish that I could be a bird. All of my senses, sight, sound and smell, seem to be heightened at these times in my hammock.

Sometimes in the late spring or early summer, the slight scent of valerian reaches me. Valerian, a handsome plant for your herb garden, is best known as a natural tranquilizer. It is a hardy plant, growing in direct sunlight or partial shade. After blooming, the flower stalks should be cut back to ground level. I have found the flowers to have a strong smell of vanilla. A calming tea may be made from the root, but I personally think it tastes horrible. Try one of the commercial herbal teas containing valerian, instead.

Valerian can enhance sleep, so it’s a good idea not to drink and drive.

*Better Eating:  
Healthy Salmon  
(Reprint: Summer Issue, Vol. 3, June’06)*

This recipe makes one serving. Increase the ingredients for the number of servings you need.

#### Ingredients:

- 1 – 6 oz salmon fillet
- 1-oz white cooking wine
- 1-oz red pepper sliced
- 1-oz green pepper sliced
- 1-oz leeks sliced
- Salt, pepper and dill to taste

Place the salmon in the baking dish, topped with peppers and leeks. Pour white wine over the top of the fish preparations and season with salt, pepper and dill to taste. Cover the baking dish and bake at 350 degrees for about 10 minutes or until salmon is cooked through. Serve and enjoy!

*Where Is Your Gong-Fu?  
by SiDi Robert Wahl*

The term “kung fu” has become synonymous with Chinese martial arts. Others may also link it to David Carradine and the 1970s TV show of the same name. The concept of “kung fu” however can have nothing to do with martial

arts, and be much more significant than you may think.

In Pinyin (*the standard pronunciation of Mandarin Chinese*), kung fu is represented as “gong-fu”. Gong-fu can be defined as “a high level of skill obtained through hard work over time”. There are varied definitions for gong-fu, but they all contain the same basic elements: high level of skill, hard work, and time.

Martial arts? Not in the definition of gong-fu. A martial artist may have gong-fu, but so could a violinist or chef. Even a “stay at home mom” can be said to have gong-fu. Gong-fu’s definition also shows us the way: To achieve a high level of skill, you must perform hard work towards that skill and it will take time. If either of the ingredients is missing – time or hard work – then the result will be lacking.

Olympic athletes of course have gong-fu in their sport, but the concept is independent of any specific activity. “I want to be healthier.” “I want to lose weight.” These can be endeavors that may last for years in order to achieve the results we want, and they demand a requisite amount of hard work. You can “diet” for years and never meet your goal weight if you do not watch what you eat. “Good health” can be severely hindered by smoking and once-in-a-while exercise. And of course, our Tai Chi gong-fu requires regular, sincere practice.

Think of anything that you have done for a long time. A job is obvious but there are also “soft skills” – relating to people, taking notes, reading mystery novels. Once you identify and realize your gong-fu, think about your current goals. What is it that you are trying to accomplish now?

Where is your gong-fu? The same hard work that developed it can help to motivate you towards achieving newer goals.

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### *Core Muscles and Tai Chi (cont.)*

As a nurse with previous experience in physical therapy, I was engrossed in the anatomy and physiology of this subject as the speakers statistically detailed their points of importance in core muscle exercise physiology. As a martial artist, I started to ponder the relationship of core muscles to Tai Chi Chuan training.

With over 30 years in martial arts (*almost 20 years specifically in Tai Chi*), I know that holistic martial arts contain all of the necessary elements for good mental, physical and spiritual health. In my younger years, I encountered many physical traumas and illnesses too numerous to mention that plagued me until I reached 40 years of age. I have enjoyed many benefits from Tai Chi that were most noticeable physically when I reached 45 years old. At that age, I was tested for my Black (*belt*) Sash. This was a rigorous 16-week physical testing period that concluded with a 1-mile timed run. It was necessary to accomplish this run in no more than 9 minutes to pass. To my surprise (*and my teacher’s*), I completed the run in 5 minutes and 29 seconds! I set a school record that has not yet been broken. I was totally amazed because I am not a runner, especially on an oval track! I never did well running in school or the Army (*just good enough to pass*). I began to wonder about just what kind of training I was doing. I was certainly not performing any other physical training other than Tai Chi (*a weight-bearing type exercise*). Could Tai Chi have produced this type of result in me? Well, now, I know for sure that it had done just that!

As the workshop continued, I noticed that the western approach to exercise was changing. Whereas, traditionally, exercise had been prescribed 3 times per

week for 30 minutes performing each prescribed exercise in 3 sets of 10 reps, it was now recommended that 2 times per week for 20 minutes performing each prescribed exercise in 1 set of 10 reps *done slowly* would produce desired results. I sat straight up in my chair as the new advice rang out in my ears with familiarity. It was sounding more like what is described in the performance of the Tai Chi choreography. During the workshop, I mentioned to Dr. Westcott that it had been my experience that western medicine held the “market” on acute conditions but that eastern medicine held the “market” on chronic conditions. He seemed totally amazed at this statement saying that he had never before heard it stated in such a manner but that he was going to give that statement considerable thought.

As I returned home and to my daily schedule of teaching, I decided to take a closer look at what had been presented to me at the workshop. I wanted to learn how Tai Chi addresses core muscle development. I personally performed several different Tai Chi forms from different Tai Chi Styles (*Chen, Yang, & Sun*) paying particular attention to my core muscle involvement. As I performed specific transitions (*movements between the postures*), it became vividly apparent that all of the core muscles were being utilized in the movements in specific manners.

I then took account of how I teach these transitions to students during classes. At the first opportunity, I made a project of it. During classes, I would emphasize basic practices or fundamentals and have students examine the “classics”\*\*\* during practice. Some of the common basics that revealed core muscle involvement are: “Engage the Waist;” “Move as though Suspended from Above;” “Distinguish Full and Empty;”

“Energy is rooted in the feet, transferred through the legs, is controlled by the waist, travels through the back and expressed in the arms and fingertips” and “Use 4 ounces of Energy to Control the Force of One Thousand Pounds.”

The amazing fact about this is that basics, fundamentals and Classics are a regular component of the Tai Chi choreography. The choreography is a proving ground for the student to examine how well they understand and execute the basics, fundamentals and Classics of the Tai Chi philosophy. It is the challenge and the goal of the student to acquire expertise in these areas to perform Tai Chi properly and attain the holistic benefits. They are instructed to practice slowly and do “a little bit each day” which gives them the opportunity to acclimate these practices into activities of daily life (ADL).

In our school, it is part of our mission to have each student apply at least one basic, fundamental or Classic into their ADL each week. It may be so simple as to correct their standing posture whenever having to stand for long periods of time (*i.e. at the supermarket or in a department store*). Another very practical application is to consciously change their gait to adhere to Tai Chi principles of movement. These examples, like so many others, consistently engage the student in correct core muscle usage to gain the desired affect.

Our goal is to see the students improve their health physically in posture, balance, and gait; mentally in focus and stress management and spiritually in their quality of life.

As I became more comfortable with the thought that Tai Chi certainly addresses core muscle development, I conferred with one of my teachers who reminded me, “That’s why it’s called holistic. It contains it all!”

*\*Wayne L. Westcott, PhD is fitness research director at the South Shore YMCA, Quincy, MA. He is strength-training consultant for Nautilus, the US Navy and the American Council on Exercise (ACE) and editorial advisor for Prevention, Shape and Fitness Management magazines.*

*\*\*Tammy J. Petersen, B.S., M.S.E., is Founder and Managing Partner for the American Academy of Health and Fitness. She has written a manual, SrFit that is used nationwide as a text for a college based course for personal trainers who wish to work with older adults. SrFit is also the basis for an advanced training home study course that qualifies for up to 24 contact hours of CEU credit with major personal training certification organizations.*

*\*\*\*Classics – Tai Chi Classics are early manuscripts that stand as the authentic source for the correct study and practice of the art of Tai Chi.*

## QBS,LLC HAS A NEW WEB SITE

If you haven’t already noticed, QiSsage Body Systems, LLC has launched a new web site!

The URL is a lot like the old one but check out the ending! We are no longer a .COM. Now we are a **.ORG** site! Yes, we have had a face-lift. Our new web site address is now . . . [www.qissagebodysystems.org](http://www.qissagebodysystems.org).

Not only do we have a different URL ending but take a closer look and you will notice a lot of new changes!

Our Home Page has been revamped complete with a small photo collage as a header. We have a cleaner appearance with easy to use buttons lined done the left side of the page. Conveniently, located with a shining star is all of the latest information that has been added to the web site. Keep your eye on this area to see changes and new information regarding classes, workshops, and programs that are more detailed elsewhere on the site.

New services (*like Hypnosis*) are also added to this site. Take a minute and check it out!

## NJ BLACK ISSUES CONVENTION



*Seen here speaking at a graduation exercise for the CDSMP Peer Leader’s program are (lt to rt) Jonathan Walker, Helga Luman and Reva Foster.*

The 26<sup>th</sup> annual New Jersey Black Issues Leadership Convention will take place on October 9-11, 2008 at the Parsippany Hilton. The theme is “Meeting the Challenge(s) of Change.” A new component added this year is the Community Change Forum Awards & Brunch. This is an initiative to highlight programs and activities that promote positive change in the communities.

The Chronic Disease Self-Management Program conducted at the Willingboro Kennedy Center will be presented at the convention this year by CDSMP Master Trainers Jonathan B. Walker and Helga Luman. They will conduct an introductory CDSMP workshop for the Seniors Symposium on October 9<sup>th</sup> and for Youth Symposium on October 10<sup>th</sup> as a part of the positive programs that promote change in the communities.

Other workshops will include Medicaid, Financial Literacy for Older Adults plus free health screenings in the Health & Fitness Showcase, exhibits and vendor showcases.

For more information regarding attendance at this event, go to this web site: [www.njbic.org](http://www.njbic.org). Then place your cursor over Events and click on “Annual Black Leadership Conference” and follow the directions to register.

*November 4th*

WILL BE A MOST IMPORTANT HISTORICAL  
DAY IN OUR LIVES!

**VOTE!**

(AND TAKE A FRIEND WITH YOU!)

*The Power of One Person*

**CAN**

**MAKE A  
DIFFERENCE!**

**ARE YOU REGISTERED?**

***New!***

**In New Jersey!**

**Any**

New Jersey voter can now  
**Vote by Absentee Ballot!**

You do **NOT NEED A REASON** to vote by Absentee Ballot!

***THERE IS NO LONGER  
A REASON NOT TO VOTE!***

**QISSAGE BODY SYSTEMS, LLC  
WILL HELP YOU**

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And Voter Registration Forms**

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***Or***

***Email @ [Votewithus@aol.com](mailto:Votewithus@aol.com)***

# Health Preservation Association

養生協會

## Exciting and Special News



Grandmaster Jianye Jiang  
53 Year Wushu Career



American Society of Internal Arts  
2007 Hall of Fame Inductee



Founder of HPA with  
Selected Certified Instructors



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



Featured in  
T'ai Chi  
Magazine  
August 2001



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



Master of Chinese Calligraphy

**Grandmaster Jiang** is proud to offer

- **Free** training programs throughout the USA in 2008
  - Traditional Yang Lu-Chan Tai Chi Chuan System
  - Traditional Chen style Tai Chi Chuan (Unique Chen Style)
- Free HPA Teachers Training Program
- Free Trip to China Program 2008

For information on training and China trip, visit our website

HPA Festival Caribbean Island Cruise Ship Coming in 2009

**HPA Presents Four Exciting Seasonal Workshops  
Throughout the USA, Canada & Caribbean Islands  
In Tai Chi and Qi Gong for 2008  
including Meridians, Massage and Acupressure**

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

**All Workshops Conducted by 80 Certified HPA Instructors**

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

E-mail: [sales@jiangtaichi.com](mailto:sales@jiangtaichi.com)

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

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

Visit our website for more information on the workshop

**[www.jiangtaichi.com](http://www.jiangtaichi.com)**

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



*Upcoming:*  
***Health Preservation Association***  
***“Autumn Workshop”***

*In the Philadelphia and South Jersey Area*

**September 27, 2008**

**Learn these exciting techniques:**

- ***Tai Chi for Neck & Back Pain***
- ***Qi Gong for Healing:***  
*(Yin Yang Medical QiGong)*

***Your Local HPA Certified Instructor:***



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

**For more information and enrollment**

**Call: (609) 518-9399**

**email: yangqichen@aol.com**

*Upcoming:*  
***Health Preservation Association***  
***“Winter Workshop”***

*In the Philadelphia and South Jersey Area*

**December 13, 2008**

**Learn these exciting techniques:**

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

***Your Local HPA Certified Instructor:***



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

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

# Health Preservation Association

## AUTUMN WORKSHOP

### Tai Chi for Neck & Back Pain QiGong for Healing

**Date:** September 27, 2008  
**Time:** 9:00 a.m. – 5:00 p.m.  
**Location:** American Legion Post 509  
781 Rancocas Road  
Westampton, NJ 08060

## WINTER WORKSHOP

### Tai Chi: Balance of Life QiGong for Diabetes

**Date:** December 13, 2008  
**Time:** 9:00 a.m. – 5:00 p.m.  
**Location:** To Be Announced

#### General Admission Cost:

\$100 Early Bird special (2 months prior)  
\$130 1 month prior  
\$175 less than 1 month prior  
\$200 At-the-Door

#### Senior Citizen Cost: (65 yrs & over)

\$ 90 Early Bird Special (2 months prior)  
\$117 1 month prior  
\$158 less than 1 month prior  
\$180 At-the-Door

\***FREE BONUSES:** Register Early Bird Special (OR) 1 Month Prior and get: **Free T-Shirt & Lunch!**

## REGISTRATION FORM

\*(USE ONE FORM FOR EACH WORKSHOP)\*

Name: \_\_\_\_\_ Date of Registration: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_ Senior Discount Applies: \_\_\_\_\_ Yes \_\_\_\_\_ No  
Email address: \_\_\_\_\_  
I am registering for the: (check one) \_\_\_\_\_ Autumn Workshop \_\_\_\_\_ Winter Workshop  
Registration type: (check one) \_\_\_\_\_ Early Bird \_\_\_\_\_ Month Prior  
\_\_\_\_\_ Month of \_\_\_\_\_ At-the-Door  
Free Bonuses (check boxes, if applicable): \_\_\_\_\_ T-Shirt \_\_\_\_\_ Lunch  
My T-Shirt size: (check one) \_\_\_\_\_ Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ XL \_\_\_\_\_ XXL  
Cost: \$ \_\_\_\_\_ Cash \_\_\_\_\_ Check/MO#: \_\_\_\_\_

\*Make checks payable to: **QiSsage Body Systems, LLC**

\*Send registration & check to: **QiSsage Body Systems, LLC**

**3 Warwick Road, Eastampton, NJ 08060-3222**

# Tai chi



## is martial arts!

*"Fall Special"*



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*\*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?*

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*Best in Martial Arts & Healing Arts*

*"Where Self-Defense becomes Health-Defense"™*

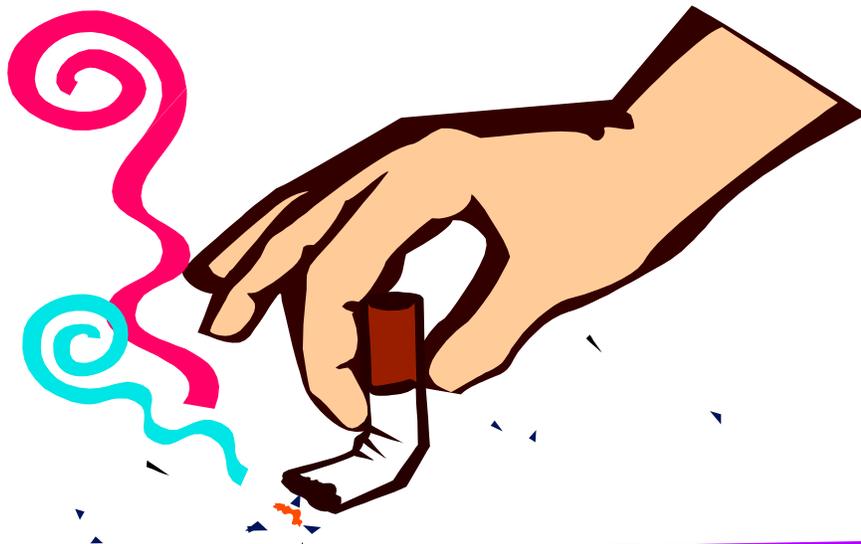
***Get Your Training Started Today!***

***Call: (609) 518-9399***

***email: yangqichen@aol.com***

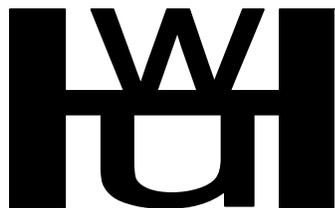
*(You must bring this printed-out ad to qualify for discount)*





**Make that the last one!**

***Hypnosis***  
can help you do it!

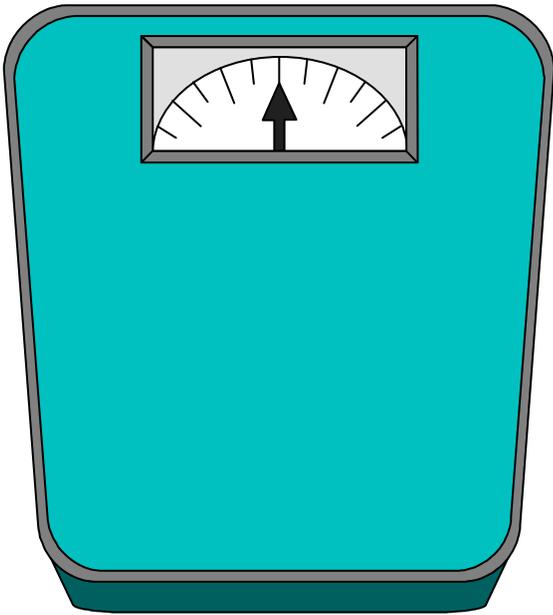


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**“We Produce the Results You Want!”**

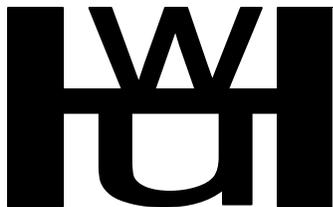
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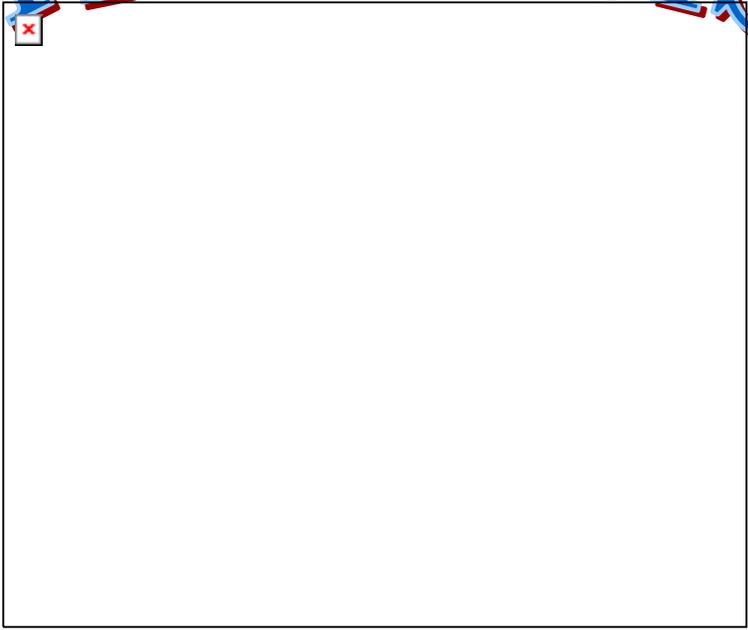
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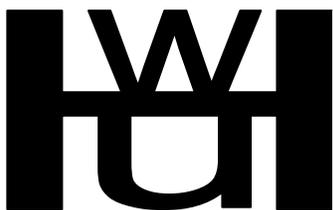
# HYPNOSIS



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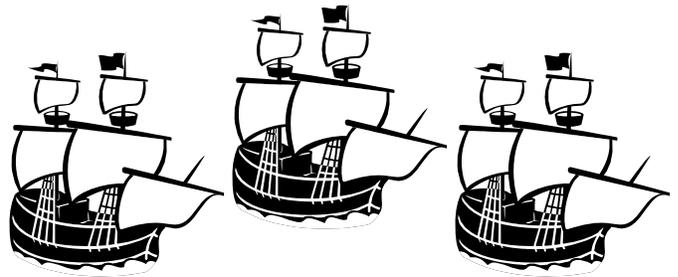
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HOLIDAYS



LABOR  
DAY

COLUMBUS  
DAY



VETERANS  
DAY

Thanksgiving

