



TM

# QiSsage Body Systems, LLC

A Holistic Health Care Organization

"Where Self-Defense Becomes Health-Defense"™

## NEWSLETTER

Winter Issue, Vol. 4

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

December 2007



### HEALTH PRESERVATION ASSOCIATION



Shifu Jonathan B. Walker and Shifu Jianye Jiang (of the CDTKA Health Preservation Association) are pictured on the certificate issued by the HPA that authorizes Shifu Walker to teach the Tai Chi & QiGong Wellness classes in the Philadelphia, Pa area.

Grandmaster Jianye Jiang, founder of the Capital District Tai Chi & Kung Fu Association in Albany, NY has worked diligently in the last 10 years to now present the "Health Preservation Association (HPA)."

The purpose of HPA association is to train competent and highly qualified instructors to help prevent illness, disabilities and to assist persons with chronic illnesses or disabilities regain and maintain maximum health and longevity.

This educational program focuses on well-tested methods and techniques (*while not a substitute for medical care*) that have been helpful to those who use them for centuries.

The Association has developed specific programs with meridian, massage and acupressure techniques for many conditions such as arthritis, depression, diabetes headache, heart attack, high blood pressure, neck/back pain, osteoporosis, stroke, weight loss, insomnia, pain prevention, smoking cessation, pneumonia and much more.

Grandmaster Jiang, president of HPA, has an extensive background in martial and healing arts as well as being a Master of Chinese Calligraphy. He has

produced over 300 DVDs for Tai Chi, Qigong, Xingyi, Bagua and Kung Fu.

In 2008, the HPA will present four exciting seasonal, 2-day, weekend, workshops throughout the United States and Canada (*see flyer on page 4*).

The spring, summer, autumn and winter workshops for 2008 will be: Tai Chi for Heart, Lung & Intestines; Tai Chi for Liver, Kidneys & Spleen; Tai Chi for Neck/Back Pain; Tai Chi for Balance of Life; QiGong for Arthritis; QiGong for High Blood Pressure; QiGong for Healing; QiGong for Diabetes; and Principles of Tai Chi and QiGong.

All of the workshops will be conducted by 66 certified HPA instructors in the US and Canada. Shifu Jonathan B. Walker is one of the qualified 66 instructors who will be conducting workshops in the Philadelphia, Pennsylvania area.

To find a certified HPA instructor near your area or to register for one or more of the seasonal workshops, contact the HPA by email at [sales@jiangtaichi.com](mailto:sales@jiangtaichi.com); by phone at (518) 459-6869 or (518) 209-2285; or by postal mail at 29 Dillenbeck Drive, Albany, NY 12203.

### QISSAGE BODY SYSTEMS, LLC GETS NEW LOOK FOR 2008

QBS, LLC will be undergoing a new look as the year 2007 ends and 2008 begins. All of the new changes will be reflected in the organization's web site at: [www.qissagebodysystems.com](http://www.qissagebodysystems.com). "We are urging everyone to go to our web site and check out the new look and the increased services that will be surfacing."

"Actually," Sifu Walker states, "we have grown throughout the latter part of 2007. We have changed our appearance by presenting QiSsage as a "Health Care Organization" rather than our old look just as a "Martial Arts and Tai Chi School. It had to come to this because we do so much more than enroll people in our basic Tai Chi program."

QBS, LLC has become recognized as an authorized organization for the Arthritis Foundation of New Jersey's exercise and Tai Chi programs. Sifu Walker has been certified as a Tai Chi & QiGong Master

authorized to teach for the Health Preservation Association in Albany, NY (*see related article in this issue*) under the direction of Grandmaster Jianye Jiang. Lastly, this year, the organization began offering clinical hypnosis as Sifu Walker has been recognized as a board certified hypnotherapist.

This shift in infrastructure better depicts the variety of services that this organization has to offer to the public. Our organizational chart (*see page 6*) displays the subdivisions of the three major departments in the organization. The administrative office will be responsible for the direction, administration and govern operations of all departments. The Education, Health Care and Outreach Departments are structured in a manner that makes securing our services easier to manage and understand. The Education Department is responsible for three different schools, Taiji Quan (*self-defense*); Tai Chi for Health (*health-defense*); and Usui Shiki Ryoho (*Reiki training*). Under the Health Care Department, we provide three alternative/complimentary health care options: QiGong Therapy; Reiki Therapy; and Hypnotherapy/HypnoCounseling. The Outreach Department connects our services from the office directly to the public and community. This department performs public demonstrations, speaking engagements, workshops, seminars and presentations. The latest edition that we made to this department is our *Motivational/Inspirational Speaking* engagements. Sifu Walker explains, "Over the years, we have developed a really dynamic motivational program. It is the result of many hours, days, weeks and months of research and experience in how to help people achieve success in their lives by achieving their goals." "It's really uncanny how this program evolved as the organization grew," Walker continued, "As I have personally, continually enrolled in educational classes to further my understanding of traditional, alternative and complimentary health care, this program just came together. I guess it is the product of my education and experiences that have culminated and made things crystal clear as to the direction I am supposed to take with this information. The amazing thing is that now all my education makes perfect sense to me and what I am supposed to do with it . . . help others find their way, too!"

The web site will not only take on more accurate information about our services but visually it will change, too. A message board is planned to become part of the web site so that visitors can exchange information in an open forum under the guidance of experts in the field of health care options, martial and healing arts.

As these changes take place, the public will notice our web site will be updated accordingly. Keep your eyes on our site and go back frequently to stay abreast of the changes, updates and new services. We invite the general public to contact the organization by email at [yangqichen@aol.com](mailto:yangqichen@aol.com) or phone at (609) 518-9399.



### "YEAR OF THE RAT"

The Chinese New Year is the longest and most important celebration in the Chinese calendar. The Chinese year 4706 begins on February 7, 2008.

Chinese months are reckoned by the lunar calendar with each month beginning on the darkest day. New Year festivities traditionally start on the first day of the month and continue until the fifteenth when the moon is brightest. In China, people may take weeks of holiday from work to prepare for and celebrate the New Year.

Legend has it that in ancient times, Buddha asked all the animals to meet him on Chinese New Year. Twelve came and Buddha named a year after each one. He announced that the people born in each animal's year would have some of that animal's personality. Those born in the rat years tend to be leaders, pioneers and conquerors. They are charming, passionate, charismatic, practical and hardworking. Ben Affleck, Samuel L. Jackson, William Shakespeare and Mozart were all born in the year of the Rat.

At Chinese New Year celebrations, people wear red clothes, decorate with poems on red paper and give children "lucky money" in red envelopes. Red symbolizes fire, which according to legend can drive away bad luck. The fireworks that shower the festivities are rooted in a similar ancient custom. Long ago, people in China lit bamboo stalks believing that the crackling flames would frighten evil spirits.

In China, the New Year is the same time of family reunion. Family members gather at each other's homes for visits and shared meals, most significantly a feast on New Year's Eve. In the US, however, many early Chinese immigrants arrived without their families and found a sense of community through neighborhood associations instead. Today, many Chinese-American neighborhood associations host banquets and other New Year events.

Chinese New Year ends with the Lantern Festival on the fifteenth day of the month. Some of the lanterns may be works of art, painted with birds, animals, flowers, zodiac signs, and scenes from legend and history. People hang glowing lanterns in temples and carry lanterns to an evening parade under the light of the full moon.

In many areas the highlight of the lantern festival is the dragon dance. The dragon – which stretch a hundred feet long – is typically made of silk, paper and bamboo. Traditionally the dragon is held aloft by young men who dance as they guide the colorful beast through the streets. In the US, where the New Year is celebrated with a shortened schedule, the dragon dance always takes place on a weekend. In addition, many Chinese-American communities have added American parade elements such as marching bands and floats.

## TAI CHI HEALTHWAYS CLASSES COME TO WILLINGBORO



Since November 2007, “Tai Chi for Health” classes have been conducted in the evenings between 7:00 p.m. and 8:30 p.m. at Willingboro Kennedy Center.

These classes were developed for the general adult population for health care preventative and health care maintenance purposes.

“We focus on the fundamentals, principles and classic statements of Tai Chi Chuan through the development of the standard 108 posture Yang Style choreography,” Sifu Walker said, “In this process, we can gain many valuable health benefits from the slow, gentle, dance-like exercising movements that are based on the Taoist philosophy of harmonizing one with their environment.”

This class differs from the daytime “Tai Chi for Seniors” classes already in progress at the Kennedy Center on Tuesday mornings. This class is open to all adult ages that wish to learn how to prevent ill-health and maintain an optimal level of holistic health (*mind, body, & spirit*).

“We have fun in this class learning new and interesting things about health,” added Sifu, “students find different ways to protect themselves from illness, increase the effectiveness of their immune system, build stronger bodies, decrease stress in their lives and as an added bonus, meet new people, make new friends and collectively work toward a common goal.”

If you would like to join us in Willingboro, call us at (609) 518-9399 for a FREE Introductory lesson.

## HEALTHFUL HINTS

### WHAT IS STRESS?

Feeling like there are too many pressures and demands on you? Losing sleep? Schoolwork and tests got you uptight? Do you eat on the run or not at all? Work got you down? Well, you’re not alone. Everyone (*adults, teens and children*) experiences stress at some time, however, everyone can do something to manage or eliminate stress, too.

Stress is a feeling that’s created when we react to certain events. It’s the body’s way of meeting a challenge and preparing to face a tough situation with focus, strength, stamina and alertness.

“Stressors” (*events that provoke stress*) can be a whole range of situations. The human body responds to stressors with a range of physical changes that prepare a person to react quickly and effectively to handle pressures of the moment. The adrenal glands give rise to the “fight or flight” response. This natural reaction is called the “stress response.” When working normally, this stress response helps us perform well under pressure, however, it can also cause problems if it overreacts or fails to turn off and reset properly.

Good and Bad Stress. The “fight or flight” response is critical and helpful in the case where a driver has to react quickly to avoid an accident. It can also react in a milder form when there is no actual danger like when taking a test. After the stress response, the body returns to its normal state and stands by for when it is needed again. Therefore, a little stress can help keep you on your toes.

However, ongoing or long-term stressors (*i.e., divorce*) can create lasting, low-level stress that’s hard on the body. It can leave a person feeling depleted, overwhelmed or even weaken the immune system causing many more problems. Posttraumatic stress disorder is a very strong reaction that can develop in those who have lived through extreme trauma like a serious accident, earthquake or a war. Some people have anxiety problems that can cause an overreaction to stress situations that make small situations even seem like crises.

Some signs of stress overload are: anxiety attacks; irritability; moodiness; stomach aches; migraine headaches; depression; insomnia; drinking; smoking and/or overeating.

What can a person do to decrease stress overload or even avoid it? 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; (3) Change your response to the thing that is stressing you. Other helpful hints are: get plenty of rest/sleep; keep your body healthy; learn to relax; solve little problems before they become big problems; maintain a healthy attitude; and be realistic, don’t try to do too much at one time.

So, stress....friend or enemy? Which do you prefer?

# Health Preservation Association

養生協會

Presents

Four Exciting Seasonal Workshops  
In Tai Chi and Qi Gong for 2008

including Meridians, Massage and Acupressure



Grandmaster Jianye Jiang  
52 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  
Tai Chi  
Magazine  
August 2001



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



Master of Chinese Calligraphy

## GrandMaster Jianye Jiang, President- HPA

American Society of Internal Arts Hall of Fame Inductee  
Featured in Famous Chinese Martial Artists Abroad (2007)  
Producer of 300 Educational Martial Arts DVDs

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 66 Certified HPA Instructors Throughout the USA and Canada

To find a Certified HPA instructor near you or to register:

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

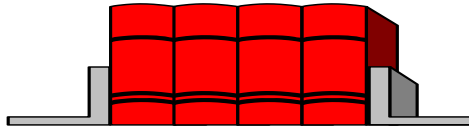
Visit our website for more information on the workshop

[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 study



## Martial & Healing Arts Book Review



**Title:** Nei Jia Quan: Internal Martial Arts Teachers Of Tai Ji Quan, Xing Yi Quan, Ba Gua Zhang  
**Author:** Jess O'Brien  
**Publisher:** North Atlantic Books  
**Copyright:** 2004  
**ISBN #:** 0-7432-8982-X  
**Price:** \$19.95  
**Reviewer:** Robert Wahl

The intent of the author (*also editor*) is to “illustrate a small sample of the great variety of approaches to be found in the internal Chinese martial arts” and he hopes that “by glimpsing styles outside their own will inspire readers to double their efforts and train harder in order to achieve the deepest level of skill they can” (*quoted from the introduction*).

This interview-format book is a collection of insights and comments from 13 modern internal martial arts teachers. The editor interviewed each one and compiled the results into a perceptive and penetrating text. It is aimed at any practitioner of internal arts, including Taiji Quan. The author seeks to provide a platform for these teachers to give their perspectives on topics such as philosophy, history, training methods and fighting techniques. Each chapter covers a specific teacher and the topics vary throughout. There is not a set list of questions or subjects that each teacher comments on, rather many different ones.

If you counted the number of times each art was mentioned in the book, Xing-Yi Quan would have the majority, however, principles, theories, experiences, etc of all the arts are discussed. For example, maintaining “central equilibrium” in Xing Yi is definitely applicable to Taiji both in martial and choreography aspects. This ‘umbrella’ of knowledge – “it’s all the same no matter what you’re doing” – is commented on several times. Other passages that touch on mind and spirit can be universal to any martial art as well as life in general. While reading this book, if you keep in mind the moral of the story instead of the specifics of it, you can harvest a lot of noteworthy information that can be utilized in Taiji Quan. The range of cultures, backgrounds, and ages of the interviewed teachers gives the reader stories and insights about how many things were done “in the old days” as well as how something as ancient as martial arts is still applicable today.

### CURRENT EVENTS

- /// [OBS Annual School Awards Banquet](#) – December 8, 2007 at Carlucci’s Waterfront Restaurant.
- /// [AMA Hall of Honors](#) – January 12, 2007, Tropicana Hotel & Casino, Atlantic City, NJ
- /// [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.
- /// [HPA Seasonal Tai Chi & QiGong Workshops 2008](#) – Classes are held March, June, September and December in 2008. Certified HPA instructors throughout the USA and Canada conduct all workshops.

## 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**

*If you know where you are and what you have to do, then it is easier to figure out how to do it.*

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

*... that health makes happiness, happiness makes more health.*



**QISSAGE BODY SYSTEMS, LLC**  
**ORGANIZATIONAL CHART**

**QBS, LLC**  
*(Administration)*

**Educational Services**  
*(Schools)*

**Health Care Services**  
*(Therapeutics)*

**Outreach Services**  
*(Extension programs)*

**Self-  
Defense**

**Health-  
Defense**

**Reiki**

**Qigong  
Therapy**

**Reiki  
Therapy**

**Hypnotherapy  
HypnoCounseling**

**Demos**

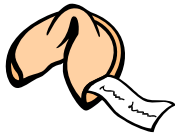
**Speaking  
Engagements**

**Special  
Events**

**Healthways    Health Programs**

**Workshops    Seminars    Presentations**

## CHINESE ?



## FORTUNE COOKIES

Like Chop Suey, Fortune Cookies are an American invention. They originated in California but their actual inventor was and has continued to be a matter of debate. Unequivocally not Chinese, they may even not be Chinese-American.

One history claims that David Jung, a Chinese immigrant in Los Angeles and founder of the Hong Kong Noodle Company invented the fortune cookie in 1918. Concerned about the poor he saw wandering near his shop, he created and passed them out free in the streets. Each cookie contained a strip of paper with an inspirational Bible script in it written for Jung by a Presbyterian minister.

Fortune cookies became common in Chinese restaurants after World War II. Desserts were not a traditional part of Chinese cuisine and the cookies offered Americans something familiar with an exotic flair.

The fortune is considered to be the essence of the cookie, however, some have reported to actually like to eat the cookie. Early fortunes were Biblical sayings or aphorisms from Confucius, Aesop or Ben Franklin. Later, they included lottery tickets, smiley faces, jokes and sage, if hackneyed advice. Politicians have used them in campaigns and they have been customized for weddings and birthday parties. Today, messages are variously cryptic, nonsensical, feel-good, hectoring, bland or mystifying.

The world's largest fortune cookie manufacturer, Wonton Food, Inc. of Long Island City, Queens, ships out 60 million cookies per month.

## CHINESE FRIED RICE

*If you like fried rice, this is a simple recipe that you can add any time that you wish to increase your culinary skills. This recipe is a great way to use leftovers. Next time you make rice, make extra for fried rice.*

### Ingredients:

- 2 tbsps vegetable oil
- 1 egg, beaten
- 1 onion, chopped
- 2 cloves, crushed garlic
- 2 cups diced raw or cooked veggies
- 2 cups diced cooked meat or fish
- 3 cups cold cooked leftover rice
- 2 tbsps soy sauce
- 1 tsp sesame oil
- 4 green onions, sliced

### \*Veggie ideas:

Sliced, diced, or shredded, raw or cooked celery, green/red peppers, mushrooms, carrots, bean sprouts, broccoli, zucchini, green beans, peas or snow peas, cabbage.  
\*\* Omit meat/fish for vegetarian dish.

### Cooking directions:

- 1 – In a wok or large skillet, heat 1 tbsps of the oil over high heat. Add egg and cook, stirring until egg is scrambled. Remove scrambled egg to a plate.
  - 2 – Pour the remaining oil into the wok. When it is very hot, add chopped onion and garlic, then cook stirring for 2-3 minutes of just until onion is softened. Add raw vegetables first, followed by cooked vegetables (*put the veggies that take the longest to cook in the pan first*). Already cooked veggies should go in last. Now add cooked meat, stirring to mix well and heat through.
  - 3 – Finally, add rice, stirring constantly to break up the lumps of rice. Mix it with the other ingredients and heat thoroughly. Add soy sauce and sesame oil and cook, stirring and tossing, for 2-3 minutes. Stir in scrambled eggs and green onions. Stir for one minute more. Remove from heat and serve immediately.
- Serves: 4

## CHINESE ZODIAC

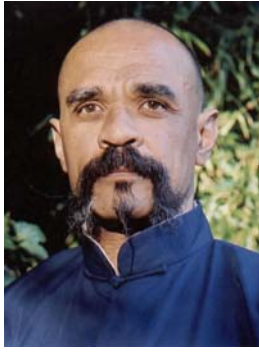
The Chinese animal signs are a 12-year cycle used for dating the years. They represent a cyclical concept of time. The Chinese Lunar Calendar is based on the cycles of the moon and is constructed in a different fashion than the Western solar calendar. In the Chinese calendar, the new year begins somewhere between late January and early February. The Chinese have adopted the Western calendar since 1911 but still use the lunar calendar for festive occasions such as the New Year.

The twelve animals of the Chinese zodiac (*Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Sheep, Monkey, Rooster, Dog and Boar*) reflect the cyclical method of recording the years. Every 12 years, the same animal “signs” appear in identical order. According to legend, the twelve animals quarreled one day as to who was to begin the cycle of years. The gods were asked to decide, so they held a contest. Whoever was to reach the opposite side of a river bank first would begin the year and the rest would be according to their finish.

All of the animals gathered on the river bank and jumped in. Unknown to the Ox, the Rat had climbed on his back. As the Ox was about to be first to jump on the opposite shore, the Rat jumped off his back and won the race. The Boar, who was lazy, was last.

The cultural side of the animal signs is that horoscopes have developed around them. For example, they may predict that a person born in the “Year of the Horse” would be “cheerful, popular and love to compliment others.” These horoscopes are amusing but not regarded seriously by the Chinese people.

Today, many Chinese calendars will print both the Chinese lunar dates and the Western solar dates.



Sifu's

Message

### “SEASONS GREETINGS”

I want to send a very simple and clear message in this issue.

I think that we have all been very fortunate during the year 2007.

I have had the pleasure of getting to know each of my students a little better and have discovered new students, colleagues and friends in the process of helping others. It is always a great blessing to widen your horizons and learn new things about your world and the people in it.

I look forward to seeing you for our annual holiday awards ceremony and wish you the happiest of holiday seasons and a very prosperous New Year.

In Harmony,

*Jonathan B. Walker, Shifu*

### 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

*Herbs & Spices*  
by Emily Williams

#### “Garlic Power”

Do you want to clear a room in a hurry? Enter that room after eating a lot of garlic. Wow! Those little cloves hold a lot of power. Fortunately, today’s chefs tend to be pretty discriminating. A word of warning to you home cooks. Be subtle in your use of herbs and spices. If you over do it, try a handful of parsley to rid yourself of garlic breath.

Although today we think of garlic as a flavoring, in most Mediterranean, Eastern and South American dishes, at one time, it was thought to protect the spirit as well as the body. Roman soldiers were given garlic before going into battle. It was to turn them into real he-men. *(I wonder if these soldiers, with their garlic breath, didn’t send the enemy running for the hills).* Egyptians, building the pyramids, were given a ration of garlic. Greeks left garlic offerings to the Gods. In modern day, in some remote villages in Eastern Europe, garlands of garlic are hung on home doors. Why? To ward off vampires, of course.

Modern herbalists are once again extolling the uses of garlic. Its use helps the immune system, lowers cholesterol, and prevents colds. It’s used in the treatment of stomach ailments, ear aches, sinus congestion, gout, digestive problems, high blood pressure and even snake bite.

Garlic, including elephant garlic (*a sweeter, milder version considered a leek*) is available almost everywhere. Store your garlic in one of those containers made for garlic or do as I do. I use one of those string bags used as a shopping bag in European markets. Do not store it in the refrigerator.

For a real assortment of garlic dishes, visit “*The Stroudsburg, Pa. Garlic Festival.*” It’s held every year on the Saturday of the Labor Day weekend. The real Yin and Yang of garlic can be purchased there. The most unusual is chocolate dipped garlic gloves. It’s a bit strange but an interesting combination. Remember to bring your own parsley!

#### *Five Element Theory and The Five Directions*

by Robert Wahl

To increase my understanding of the Five Element Theory, I focused on a specific aspect of it for some deeper research, “Wu Fang” or the “Five Directions” (*also the Five Steps*). Citations for relevant source quotes and passages are listed at the end of this article.

Five Directions are commonly associated with the compass points North, South, East, West and Center but they also refer to the original Thirteen Postures of Tai Chi. The Thirteen Postures (*8 Powers & 5 Directions*) are associated to the Five Elements thusly:

- Metal – Step Forward
- Wood – Step Backward
- Water – Look Left
- Fires – Gaze Right
- Earth – Central Equilibrium

These movements could either be full stepping or a slight shift in weight in a direction <sup>(1)</sup>. According to Montaigne <sup>(3)</sup>, “all of the above methods cause the different jings (*energies*) to activate in the body.” For example, the purpose of the Collecting Step (*a type of forward step*) is to “pull the body inwards and collect the Qi ready for attack” <sup>(3)</sup>. Torres <sup>(2)</sup> lists 14 types of steps that relate to the Five Directions.

How does all of this relate to the Five Elements Theory? The various cycles/phases of the Five Element Theory (*such as Creation & Destruction*) are used to determine how best to react to an opponent. If an opponent uses

Metal (*Step Forward*), then the response should be Water (*Look Left*) or Fire (*Gaze Right*). Why? Because according to the theory, Water is stronger than Metal and Fire destroys Metal. In the Creation cycle, Water (*the 'child' element*) is always stronger than Metal (*the 'parent' element*). In the Destructive cycle, Fire destroys Metal.

Two elements are weaker than Metal. Metal destroys Wood and Earth creates Metal. If you use Metal against Metal, the stronger Metal will win, but this is contrary to Tai Chi principles (*meeting force with force*). In general, for any given element, two other elements are stronger than it, two other are weaker than it. The stronger element wins against itself.

Imagine someone moving towards you (*Metal*). If you stand still (*Earth*), you will collide (*imbalance*). If you step back (*Wood*), the other person will continue to advance toward you. You must either step back infinitely or you will stop eventually when you encounter something behind you (*like a wall*). If you step forward (*Metal*), upon collision, whoever has the strongest force will be "victorious." If you step to the side, either left (*Water*) or right (*Fire*) you easily avoid the conflict (*balance*).

My method to start tackling the mystery and enormity of the Five Element Theory is to focus on one area that was familiar to me (*body movement*). My next step is to sketch out other element combinations and look for applicable generalities or maxims, instead of specific rules.

As Chen (1) warns, "It should be well understood that the identification of the Eight Powers, each linked individually to one of the Eight Trigrams and the Five Steps, each linked individually to one of the Five Elements, is

artificial and while it helps us to analyze Tai Chi techniques, it is not a straightjacket which we must don prior to practicing Tai Chi Chuan..."

References

- (1) Tai Chi Chuan – The Art of Overcoming hardness with Softness – Cheng Tin-Hung and Dan Docherty
- (2) Tai Ji Quan Philosophy – by Dr. G .S. Torres  
[www.phoenixdragonkungfu.com](http://www.phoenixdragonkungfu.com)
- (3) Erle Montaignes's Tai Chi World – [www.erle.co.uk](http://www.erle.co.uk)

\*To submit your article for the "Student's Corner," contact the Editor at (609) 518-9399.

## MARTIAL ARTS OF CHINA HISTORICAL SOCIETY MEMBERSHIP DRIVE

The North American Advisory Committee of the Historical Society is seeking national membership enrollment of interested martial artist. If you are an active martial arts student, instructor, teacher, master or grandmaster and are not a member of this organization, enroll today!

This organization officially recognizes and certifies practitioners of traditional martial arts who are dedicated, devoted practitioners that practice the tenets of the arts, demonstrate courtesy & respect, loyalty and dedication to your teachers and colleagues.

Your enrollment helps to ensure the preservation of martial arts history and tradition.

The following martial artists, current members of QiSsage Body Systems, LLC, Three Mountains School of Taiji Quan, are recognized, active members of the Historical Society. They are pictured here with their official Chinese Membership Certificates.



Si Di Melvin G. Brennan, Jr.



Si Di Robert Wahl



Si Di John Haremza

# Tai chi



## is martial arts! *"Winter Special"*

***Free Uniform & Free T-Shirt w/enrollment!***

*(must bring this printed-out add to qualify for free items)*

*\*add pertains to martial arts program only.*

***Are you able to become a good martial artist?***

***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 of Tai Chi students in our school?***

***If you answered YES to these questions,***

***Contact:***

***QiSsage Body Systems, LLC***

***Best in Martial Arts & Healing Arts***

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

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

***Sifu Jonathan B. Walker***

***[Yangqichen@aol.com](mailto:Yangqichen@aol.com)***

***(609) 518-9399***

# Martial Arts of China

# Historical Society

**NORTH AMERICA  
ADVISORY COMMITTEE**  
Master Alan Goldberg  
Shaolin Wen Xiao Long 36th Gen.  
Master Yang Jwing Ming  
Master Jef Naayers  
Master James Lew  
Madame Wu Ching De  
Master Dr. Wang Jurong  
Master Jon Walker

**CHINA  
ADVISORY COMMITTEE**  
China's Shaolin  
Training Center  
China Wushu Association  
China Wushu  
Research Institute

**TAIWAN  
ADVISORY COMMITTEE**  
I.C.K.F. (International  
Chinese Kuoshu Federation)

**HONG KONG  
ADVISORY COMMITTEE**  
Jiang Xi Jook Lum Gee Tong  
Long Pai Association  
Master Huang Yao Hua  
Master Lee Kwok Liang  
Chu Ka Tong Long Cheng  
Wan Martial Arts Association  
Master Chen Wan

**SINGAPORE  
ADVISORY COMMITTEE**  
S.N.P.F. (Singapore National  
Pugilist Federation)

**MALAYSIAN  
ADVISORY COMMITTEE**  
N.F.C.M.A.A. (Malaysian Federation  
of Chinese Martial Art Associations)

**PHILIPPINES  
ADVISORY COMMITTEE**  
Wushu Federation  
Phillipines Inc.

**SRI-LANKA  
ADVISORY COMMITTEE**  
Sri-Lanka National  
Wushu Academy

**JAPAN  
ADVISORY COMMITTEE**  
Japan Wushu  
Taijiquan Federation

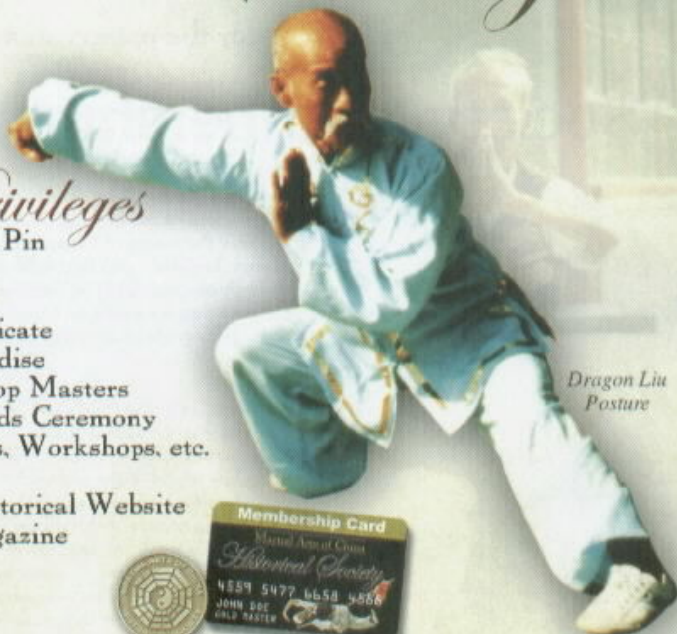
**HONORARY CHAIRMAN**  
Chief Coach of the Shaolin Training Center  
Jiao Hong Min

**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

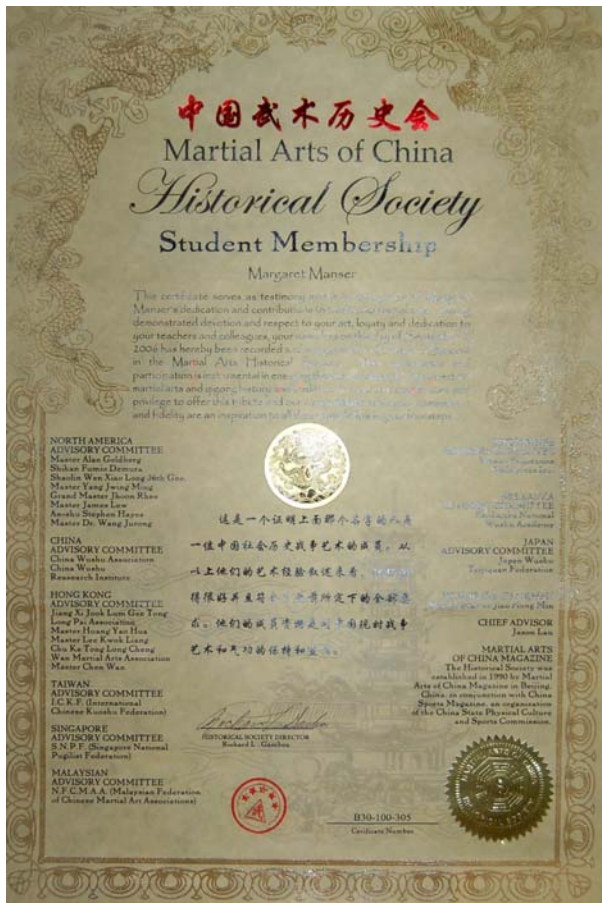
Please print clearly and completely to qualify



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**

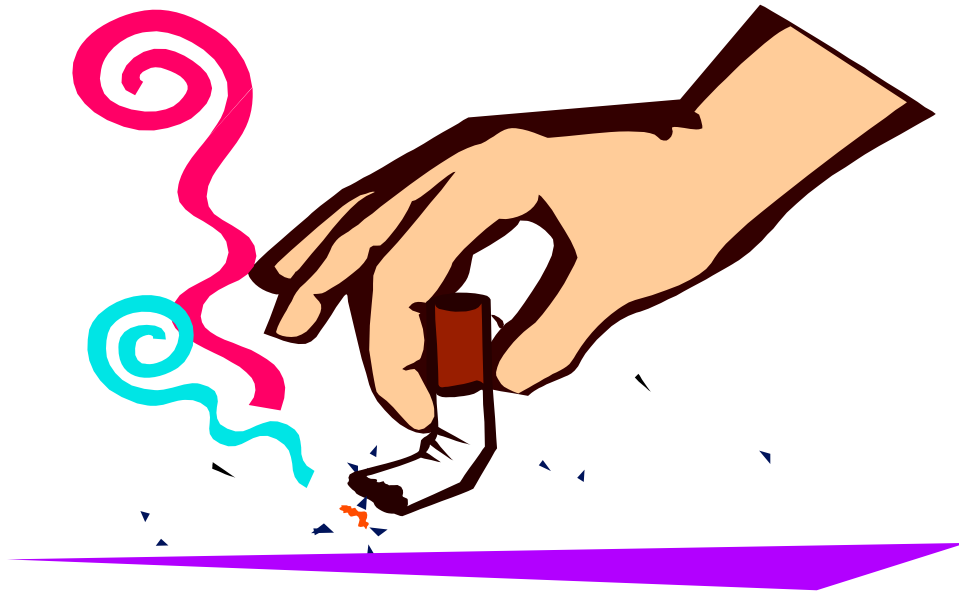


**T-SHIRT W/INSGINIA**

**SO WHAT ARE YOU WAITING FOR? GET YOUR MEMBERSHIP TODAY!**

CONTACT: Sifu Walker @ (609) 518-9399

EMAIL: yangqichen@aol.com



**Want to make that the last one?**

***Hypnosis***

**can help you do it!**



*Health & Wellness Unlimited*  
Complimentary/ Alternative Health Care Services  
A Division of QiSsage Body Systems, LLC

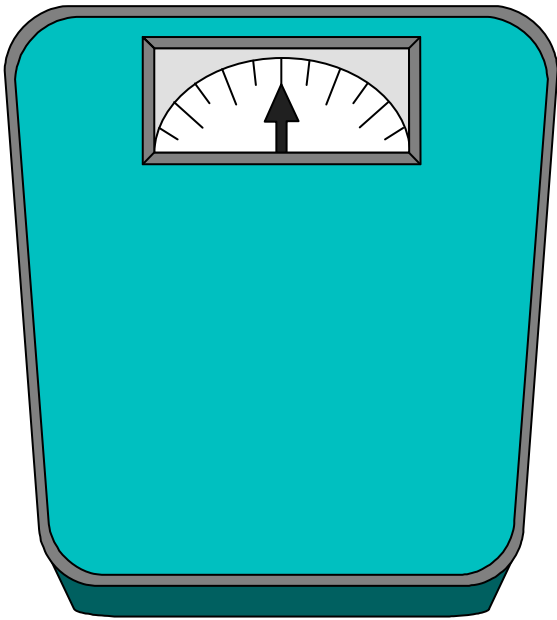
**Contact us at:**

**(609) 518-9399**

[tophypno@aol.com](mailto:tophypno@aol.com)

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

*\*Board Approved Certified Hypnotherapist*



Want to reach  
your ideal weight?

Try  
HYPNOSIS

*The only thing you have to lose is pounds!*



Health & Wellness Unlimited  
Complimentary/Alternative Health Care Services  
*A Division of QiSsage Body Systems, LLC*

Contact us now:  
(609) 518-9399 or email: [tophypno@aol.com](mailto:tophypno@aol.com)

*\*Board Approved Certified Hypnotherapist*

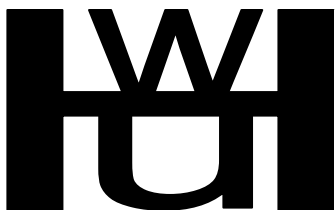
# HYPNOSIS



How Can It Help You?

Stress?

Anxiety?



*Health & Wellness Unlimited*  
Complimentary/Alternative Health Care Services  
*A Division of QiSsage Body Systems, LLC*

Contact us now:

(609) 518-9399 or email: [tophypno@aol.com](mailto:tophypno@aol.com)

*\*Board Approved Certified Hypnotherapist*

**DONATE**



**TO LIFE**

*Verna Needs Your Help Today!*

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.

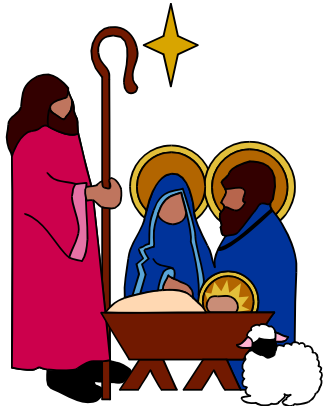
For more information about how you can help, visit [www.donatelife.net](http://www.donatelife.net) or contact Sifu Jonathan B. Walker, LPN, CEO of QiSsage Body Systems, LLC by phone at (609) 518-9399 or by email at [sifuwalker@aol.com](mailto:sifuwalker@aol.com) to see how you can help ***Verna directly.***

This is a message from:

***QiSsage Body Systems, LLC***

“Where Self-Defense Becomes Health-Defense” TM

# HOLIDAYS



**“MERRY CHRISTMAS”**



**“HAPPY NEW YEAR”**

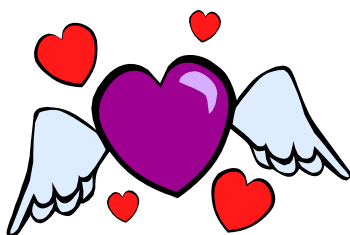


**“HAPPY KWANZA”**



**“HAPPY HANUKKAH”**

***“MARTIN LUTHER KING, JR. DAY”***



**“VALENTINE’S DAY”**



**“CHINESE NEW YEAR”**

***YEAR OF THE RAT***