

Simon Hu

Master Simon Hu (pictured below, right, in purple) was born in Shanghai in 1956. He began his training in the martial arts when he was 12 years old, studying under both legendary martial artist Grandmaster Wang Zi-Ping (1881~1973), and Professor Wang Ju-Rong, the first female professor of martial arts in China. He was also trained by eminent Chinese Tai Chi Masters, such as Master Gu Liu-Xin and Master He Bin-Quan. He has had 30 years of teaching experience, and has become an expert in all the major styles of Tai Chi, Qi Gong and Kung Fu.



George Picard

Master George Picard (pictured above, left, in black) started his martial arts training in 1971. He has trained in several styles of Okinawan Karate and currently teaches Okinawan Go Ju Karate jutsu Okinawan Kobudo and most major styles of Qi Gong and Tai Chi and Tai Chi Weapons at his home Dojo, Glenrdge Martial Arts Academy in St.Catharines, Ontario, Canada.

Master Picard started teaching Qi Gong and Tai Chi in 1996 in Toronto, Ontario. Through Serendipity and good fortune he met Master Helen Wu and Master Simon Hu. He continues to train weekly as a private student of both Masters. "One of my most memorable experiences was training with Great Grand Master Wang Ju Rong in Houston Texas. Her grace, humility, knowledge and dedication I can only aspire to and would take another lifetime to attain."

In 2005 Master Picard received his fourth generation certificate from Master Helen Wu.

Master Picard's focus is to help people heal their various conditions and attain higher levels of health and awareness, through Qi Gong / Tai Chi. He has been teaching classes at Wellspring Niagara's Cancer Support Center for five years and currently teaches doctors, health care workers and private students throughout North America. He also conducts seminars on healing through Qi Gong / Tai Chi and teaches others this healing system so more people can benefit physically, mentally, emotionally and spiritually.

Testimonials

I started practising Qi Gong and Tai Chi with Sifu Picard 18 months ago. I was interested in its potential for Neurologic rehab. I have peripheral neuropathy from acute Guillain-Barre Syndrome. After 18 months of Qi Gong / Tai Chi practice, my balance has improved 50 % and pain reduced about 30%. I have been able to reduce my neurologic meds and I expect increased benefits from continued practice.

- Dr. T Hughes, MD

I became interested in Qi Gong after studying acupuncture several years ago. I began working with Sifu Picard in 2006. Since beginning my studies, I have more flexibility and am generally more relaxed. However, more importantly, I have more energy and the ability to calm myself and focus mentally. I am a board certified OB Gynaecologist in the U.S.A. I highly recommend Qi Gong / Tai Chi for any patients with anxiety, depression, musculoskeletal problems, osteopenia, osteoporosis and arthritis. On a personal note, I plan to continue my study of Qi Gong and Tai Chi for the rest of my life.

- Dr. Roger Schneider M.D.,F.A.C.O.G.

Eight years ago, I suffered from respiratory distress, requiring the use of Ventilin five times daily. I also had the beginnings of osteoporosis. I started Qi Gong and Tai Chi with Sifu Picard on a regular basis. Now I no longer use Ventilin or any other medications. My last bone scan showed a vast improvement. Tai Chi and Qi Gong are now a very important part of my daily life.

- Angela Hemming, P.S.W.

When I was diagnosed with a rare form of Sarcoidosis and told I would be on Prednisone the rest of my life, thus my journey began. I got into energy medicine (TT, Reiki) and Chinese Herbs. My research led me to Qi Gong and Tai Chi to bring balance into my life and improve my immune system, where I have fully recovered (white blood count is normal) to the amazement of my doctors. My goal now is to help others find their way.

- Linda Noble

As a 57 year old marathon runner, I needed massage adjustments frequently... not anymore since I started Qi Gong and Tai Chi. As a practitioner of yoga for 30 years, I find Qi Gong and Tai Chi to be safer and more effective in adjusting the spine.

- Roland Thomas, BSc, Naturopath

Tai Chi has been shown to be the perfect exercise for anyone with a muscular-skeletal problem. Qi Gong Tai Chi is low impact, so it is easy on joints while strengthening lower extremity muscles. All joints in upper and lower extremities, as well as the spine, are gently taken through a full range of motion. Improves balance, co-ordination and proprioception and promotes overall well-being.

- Nancy Elkin, Registered Physiotherapist

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- Master George Picard

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What is Qigong?

The word Qi Gong (pronounced "chi gong") is a combination of two ideas: "Qi" means air, breath of life, or vital energy of the body, and "gong" means the skill of working with, or cultivating, self-discipline and achievement. The art of Qi Gong consists primarily of meditation, relaxation, physical movement, mind-body integration, and breathing exercises.

For thousands of years, millions of people have benefitted from Qi Gong practice and believed that improving the function of Qi maintains health and heals disease. In traditional Chinese medicine, good health is a result of a free flowing, well-balanced energy system. It is believed that regular practice of Qi Gong helps to cleanse the body of toxins, restores energy, reduces stress and anxiety, and helps individuals maintain a healthy and active lifestyle.

Tai Chi

Qi Gong and Tai Chi are based on the highest principles of the Tao. Through daily Qi Gong/Tai Chi practice, we can become as children again, without stiffness or tension. We can relearn how to move freely and naturally with the whole body connected, both structurally and energetically. In this way, we mirror our connection to the larger whole, as part of the universe.

Once one learns the postures, the rest of the work in mastering Qi Gong/Tai Chi involves learning to use energy in each posture. Working with Chi (energy) is called internal work. The internal work is what makes Qi Gong/Tai Chi unique and what distinguishes it from external forms of martial arts. The inner structure is what allows the body to move as a whole.

Originating in China, Qi Gong/Tai Chi is an ancient form of meditative exercise used to improve and maintain good health, increase longevity and improve self-defence.

- Relief of neck, shoulder and back pain.
- Rehabilitation for high blood pressure, heart disease, arthritis, diabetes etc.
- Relief from effects of stress and tension.
- Development of a frame of mind for overcoming depression.

Benefits of Qigong

GENERAL BENEFITS:

Qi Gong/Tai Chi teaches inner strength while toning muscles, increasing flexibility, and boosting immune power. It is also said to reduce stress, store up energy, increase body awareness, and improve balance and coordination. Qi Gong/Tai Chi was the closely held secret of a few Chinese families for nearly 1,000 years...
Men's Health Magazine - 8 Mar/Apr '93 p. 66-69

PHYSIOLOGICAL BENEFITS:

Relative to measurement beforehand, practice of Qi Gong / Tai Chi raised heart rate, increased nonadrenaline excretion in urine, and decreased salivary cortisol concentration. Relative to baseline levels, test subjects reported less tension, depression, anger, fatigue, confusion and state-anxiety; they felt more vigorous, and in general they had less total mood disturbance.
(American Psychological Association)
Journal of Psychosomatic Research - 1989 Vol 33 (2) 197-206

IMMUNE SYSTEM:

A study conducted in China indicates that Qi Gong/Tai Chi may increase the number of T lymphocytes in the body. Also know as T Cells, these lymphocytes help the immune system destroy bacteria and possibly even tumor cells.
Prevention Magazine - V. 42, May 90, p.14-15

BREATHING, ACHES, BLOODPRESSURE:

Participants observed a "big increase in breathing capacity", a disappearance of backaches and neckaches, those with high blood pressure claimed a drop of 10 to 15 mm Hg systolic at rest, and all participants claimed to have more energy in their daily work.
Hawaii Medical Journal - Vol 51 No. 8 August 92

CURES & PREVENTIONS:

Proponents claim that Qi Gong/Tai Chi can also:
1. cure illnesses such as hypertension, asthma, insomnia
2. prevent arteriosclerosis and spinal deformity
3. shorten recovery phase from long-term illness
Results from a study by Chen Munyi (1963) with elderly Qi Gong/Tai Chi practitioners show that this group had RTs, strength, and flexibility superior to non-practitioners.
(American Psychological Association) American Journal of Chinese Medicine, 1981 Spr Vol 9 (1) 15-22

BEYOND TRADITIONAL CARE:

Health practitioners encountering clients who are faced with problems that do not seem to respond to traditional health care may employ some of the health traditions of other cultures and to view the body and mind as a balanced whole. Massage, acupuncture and Qi Gong / Tai Chi focus on the mind/body connection to facilitate healing through relaxation, pressure points, and movement.
AAOHN Journal, 1993 July, 41 (7) 349-351

History of the Wu Yi Jie He Family System of Healing and Martial Arts

Grandmaster Wang, Zi-Ping



Wang, Zi-Ping (1881 - 1973) was known for his patriotism, great strength, martial skills, and as a doctor of traumatology. He was the last of the great grandmasters from the last Chinese dynasty. Wang, Zi-Ping was born in 1881, during the unsettling time of the last Chinese empire. He started his Wushu training at age six, and became an expert in many styles of Wushu. He was well versed in all the major weapons, in qinna, shuaijiao, free fighting, hard Qigong, light body technique, and many more. He was acclaimed as a well-rounded martial artist. At the same time, he was also a famous expert in traumatology.

He combined his adept knowledge of qinna with his bone setting skills and originated a well-known system of treatment for sports and Wushu related injuries in Northern China. Wang, Zi-Ping lived until he was 93 years old. Wang, Zi-Ping was the head of the Shaolin Division at the Central Martial Arts Institute. He was the vice chairman of the China Wushu Association, the highest Wushu organization in China. He had many other titles and responsibilities, including being the advisor to major hospitals in China.

Grandmaster Wang Ju-Rong



Grandmaster Wang (1928-2005) was born in 1928 in Hebei Province, China. From her father's personal tutelage, at the age of five, Grandmaster Wang began her training. Young Ju-Rong developed a deeper interest in Wushu and traumatology. In 1952, Grandmaster Wang graduated from the Aurora University in Shanghai with a degree in physical education. She became one of the founding professors of the East China Physical Education College. She was appointed as head of this department. She developed the graduate

programs in Wushu and was the first professor in the Physical Education University to graduate students with master's degrees in Tai Chi Chuan. Throughout her life, Grandmaster Wang, Ju-Rong and her father Grandmaster Wang, Zi-Ping, dedicated their lives to promotion of Wushu and medicine. In 1955, Grandmaster Wang married Dr. Wu, Cheng-De, a highly accomplished martial artist and professor of Traditional Chinese medicine.

Dr. Chen De-Wu



A Professor Emeritus of the Shanghai Traditional Medicine and Herbology University. Dr. Wu is a disciple and the son-in-law of Wang, Zi-Ping. He was the first coach of the Shanghai Traditional Chinese Medicine University Wushu team. He is a prominent practitioner in Shuaijiao, many Wushu styles, and a highly acclaimed advisor for the International Wushu Sanshou Dao Association. Dr. Wu has over a half century of Wushu, Jaijiquan and Qigong experience as well as clinical experience in Chinese medicine. From 1959 to

1989, he served as the director and professor for the Shanghai College of Traditional Chinese Medicine and a Doctor in Chief of the Longhua Hospital in Shanghai. He currently teaches and has his medical practice in Houston, Texas.

Master Helen Wu



Helen Wu was born in Shanghai, China in 1956. She began her training in the martial arts when she was 3 years old, studying under both her grandfather, legendary martial artist Zi-Ping Wang, and her mother, Professor Ju-Rong Wang, the first female professor of martial arts in China. She became an expert in all the major styles of Kung-Fu and Tai-Chi. In 1982, Master Wu graduated from the Department of Physical Education, Shanghai Teachers University and remained as a teacher of sports medicine. She also studied and practised

healing under the direction of her father, Dr. Cheng-De Wu. She has authored more than twenty articles, and has published five books on subjects including Tai-Chi, Wushu and traumatology. Master Wu now teaches Tai-Chi credit courses at the School of Kinesiology and Health Science at York University in Toronto, Canada.