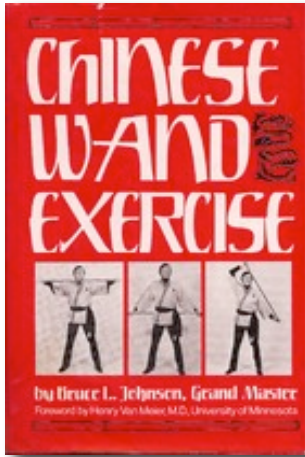




THE LEAN BERETS AVENGERS OF HEALTH!

Bruce L. Johnson & Chinese Wand Exercise



“Wand” exercises have been used for generations. Earlier forms are traced back to China. American physical culture also used exercise wands extensively from the late 1800s into the early 1900s. Wands are considered not only martial tools—but also “restorative” tools. At a deeper level, wand exercises can enter a “transpersonal” level of spiritual fitness and well-being. Our initial interest in wands is to promote better posture, joint mobility, and to restore shoulder and spinal function. Grand Master Bruce Johnson has been credited as the first modern American to bring ancient Chinese wand use to Western Culture. His book and work was quite popular during the 1970s.

“Chinese Wand Exercise” (Bruce L. Johnson, Grand Master)

- Amazon: Publisher: William Morrow; August 1979; ISBN-10: 0688081835; ISBN-13: 978-0688081836

http://www.amazon.com/Chinese-Wand-Exercise-BruceJohnson/dp/0688081835/ref=as_li_ss_til?tag=ronjonorg-20&linkCode=w01&creativeASIN=0688081835

“Master of Gentle Exercise Visits” (The Day: 9.3.75)

<http://news.google.com/newspapers?id=JOsgAAAAIABJ&sjid=3HEFAAAAIAIABJ&pg=1268%2C1304484>

“Wand’s Magic is Instant Limber” (Free Lance-Star: 3.30.76)

<http://news.google.com/newspapers?id=WuFNAAAAIABJ&sjid=MosDAAAAIAIABJ&pg=6959%2C3554938>

“He Claims Exercises Could Benefit Elderly” (Gadsden Times: 3.24.76)

<http://news.google.com/newspapers?id=hp1GAAAAIABJ&sjid=9v0MAAAAIAIABJ&dq=palm%20beach%20bruce%20johnson%20chinese%20wand&pg=1831%2C3274939>

“Oriental Exercises” (The Palm Beach Post: 2.25.72)

<http://news.google.com/newspapers?id=ukdHAAAAIABJ&sjid=nS0NAAAAIAIABJ&pg=3456%2C3992355>

“Wand Workout May Slow Aging Process” (Sarasota Herald-Tribune: 4.4.76)

<http://news.google.com/newspapers?id=cXMjAAAAIABJ&sjid=M2cEAAAAIAIABJ&dq=palm%20beach%20bruce%20johnson%20chinese%20wand&pg=5745%2C1732776>

“Wand Exercises Extolled” (The Victoria Advocate: 4.1.76)

<http://news.google.com/newspapers?id=pSkcAAAAIABJ&sjid=j1sEAAAAIAIABJ&dq=bruce%20johnson%20chinese%20wand&pg=5583%2C668545>

“With Chinese Health Wand You Shed Inches, Pounds” (Palm Beach Daily: 4.9.73)

<http://news.google.com/newspapers?id=8uwiAAAAIABJ&sjid=YwFAAAAIAIABJ&dq=with%20chinese%20health%20wand%20you%20shed%20inches%20pounds&pg=3955%2C3985520>

“Chinese Wand Exercise” (Wikipedia)

http://en.wikipedia.org/wiki/Chinese_Wand_Exercise

“Jiangan: The Chinese Health Wand” (Michael Davies-Influenced by Bruce Johnson)

http://www.amazon.com/Jiangan-The-Chinese-Health-Wand/dp/1848190778/ref=as_li_ss_til?tag=ronjonorg-20&linkCode=w01&creativeASIN=1848190778