



Chi Chat with Grandmaster

Issue 08

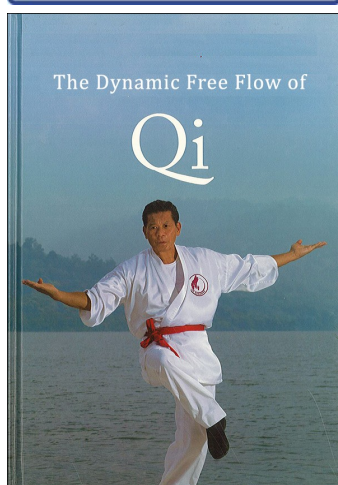
01 February 2014

This publication is for internal distribution to CDI members only. If you have any feedback, questions or experiences to share, please send them to me at gmasteranthony@gmail.com. Your contribution will be very much appreciated.

Grandmaster Anthony Wee

In this Issue

From the Grandmaster's Desk	1
The Nine Horses Painting	3
Ask Grandmaster	3



The Dynamic Free Flow of Qi
by Grandmaster Anthony Wee

Price: S\$40

To purchase a copy, please contact your Centre Instructor.

The **Lunar Year of the Horse** is upon us and I am looking forward to an exciting year ahead for Chi Dynamics. The highlight for the year is certainly going to be the one-day workshop which is scheduled to take place at the Grand Copthorne Waterfront Hotel Ballroom on Sunday 04 May 2014.

Planning for the event is currently in progress and full details will be announced soon. Meanwhile, here are the highlights of the workshop:

✪ With **"The Secret to Wellness"** theme, the objective of the workshop is to showcase the various martial art forms, particularly the Chi Dynamics art of Qigong, and how these art forms enhance wellness and fitness, as well as prevent and illnesses. To accomplish this, I have invited four distinguished Masters in the region—**Shaolin Master Shi De Hong**, **Han Yang Master Dennis Wang**, **Silat Master Sheik Allauddin** and **Wu Mei Neigong Master Loo Kok Seng**—to join me on stage to share, demonstrate, engage and motivate participants to take the natural path towards good health.

✪ As the host speaker, I will focus on Chi Dynamics' unique deep diaphragmatic breathing techniques to boost the body's immune system, and also



Grandmaster Anthony Wee



Shaolin Master Shi De Hong



Master Dennis K. P. Wang



Silat Master Sheik Allauddin

demonstrate how the master points and meridians can be stimulated through special exercises. I will be covering how the 5 Essential methods of breathing (*Fu, Chui, Tu, Pi and Xi*) are related to the 5 Elements of energies (*Metal, Water, Wood, Fire & Earth*), and how they are used to stimulate the vital organs.

✪ The renowned **Shaolin Master Shi De Hong** from the Northern Shaolin Temple Kungfu Academy in China will unveil time-honoured Shaolin secrets to wellness such as the traditional **"Eight Brocades"** and **"Yijingjin"** stretch-



Master Loo Kok Seng

ing exercises to stimulate and strengthen muscles and tendons, condition bones and improve blood circulation.

Continued next page

Continued from Page 1

✪ **Master Dennis K. P. Wang**, the Chief instructor of Han Yang Ruyi Gong, will demonstrate how to alleviate stress and tension with movements to induce a state of tranquillity in a relaxed body.

✪ **Silat Master Sheik Allauddin**, former World Silat Champion (1990 & 1994), will expound how the graceful Silat art of self-defence plays a part in the fitness and health of its practitioners.

✪ **Master Loo Kok Seng** and his team will demonstrate the awesome power of the Wu Mei Neigong Art which enhances the internal fitness of its practitioners. Known as “**Iron Throat**”, Master Loo holds the Singapore record of breaking 34 inch-thick wooden poles smashed against his neck in 2007.

✪ To add ‘oomph’ to the workshop, the **Dynamic Kungfu Kids** from Poi Ching School will present a lively Wushu performance at the opening session.

As you will note, the workshop promises an exciting programme and the rare opportunity for participants to learn from five renowned Masters.



A Dynamic Kungfu Kid in action

Workshop Fees

Taking into consideration the venue and facilities rental, overseas speaker airfares and accommodation, food and refreshments for the duration of the workshop, the cost of staging this event is conservatively estimated at nearly \$200 per participant.

As we are targeting for attendance of about 400, the total cost could well breach the \$80,000 mark or more.

Fortunately, I have received some pledges of support from a number of well-wishers and I wish to thank them very much for their contributions which will go a long way to defray the costs of organising the workshop and help us price the participant fee as affordable as possible.

Although funding is not at a comfortable level yet, I have decided to go ahead to peg the participating fee at \$88 per person for the public, and a special early-bird fee of \$50 for CDI members. Considering that breakfast, lunch and a coffee/tea break are included, I reckon the proposed fee is affordable for the participants. If more funding is received, we may price the participating fee even lower.

We will continue to seek more sponsorship and contributions from members, however small, will be very much appreciated.

In the event of a shortfall at the end of the day, we will underwrite it. However, should there be a surplus, we will donate the proceeds to a charity of the Organising Committee's choice.

Please register early

If you wish to attend the workshop, please register your interest with your respective training centre instructor or email us at chidynamics2014@gmail.com as soon as possible.

Members who register by 04 April 2014 will enjoy the early-bird fee of \$50 per person, after which tickets will be sold at the normal price of \$88 per person.

Besides ensuring that we have seats for you, your early registration will provide us a rough indication of attendance and support from our own members before we open the sale of tickets to the public; it will also help us adjust our plans and expectations accordingly.

The Organising Committee

This is the first time we are hosting a workshop of this scale and it goes without saying that we need manpower to plan, market and execute the event. On this front, I am happy that many members have already come forward to volunteer their time, resources and services. Planning for the event is now in full swing by the Organising Committee headed by **John Tee**. More volunteers will be required and each of the Sub-committee Heads will be recruiting their team in due course. Meanwhile, here is the line-up for the Organising Committee:

Chairman: John Tee

Co-Chairman: S. J. Chiang

Programme Director: Lawrence Chong

Assistant Programme Directors:

Roland Hong & Royston Tan

Sub-Committee Heads:

- **Finance/Registration:** Joyce Mano

- **Food & Beverage:** S. C. Kan

- **Logistics:** Lawrence Chong

- **Publicity:** S. J. Chiang

- **Reception/Hospitality:** Michael Kang

I am grateful to the volunteers for chipping in their time, resources and experience to help out in this workshop. For those who do not have experience in organising an event of this scale, this is a good opportunity for their learning curve.

I am encouraged by the enthusiasm and camaraderie spirit displayed. I trust you will all enjoy working together for a good cause to ensure that the workshop is a success.

Thank you very much and I wish you and your loved ones good health and happiness for the Lunar New Year of the Horse.

Grandmaster Anthony Wee

The 3rd Qi Instructors & Healers Workshop will be held on Sunday 09 February 2014.

If you have not already signed up for the course but wish to attend, please email

gmasteranthony@gmail.com.

The Nine Horses Painting

The Nine Horses painting displayed at the reception area of our Alexandra Centre was painted by **Qi Hong**, a contemporary Chinese painter who is world renowned for his particular style of horse painting. Many of his works have been acquired by art connoisseurs in the region, one of them being **Tan Wee Kee** who kindly arranged for the painting to be displayed in our Centre.

Featured at the bottom of the painting is the following poem by one of China's greatest poets, **Du Fu** (712-770 AD).



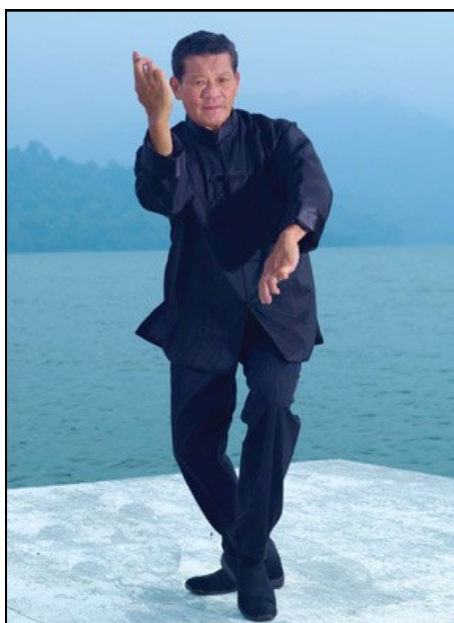
胡马大宛名，锋棱瘦骨成。
竹批双耳峻，风入四蹄轻。
所向无空阔，真堪托死生。
骁腾有如此，万里可横行。

*Barbarian steed, pride of Ferghana
All jags and angles, well-knit bones;
Two ears cocked, like bamboo tubes split sideways;
Four hoofs fleet, as though buoyed on the wind.
Wherever headed, no distance too challenging,
Fit indeed for life-or-death charge.
With a mount superlative as this,
ten-thousand-mile sorties are at your command!*

[Translated by translated by Burton Watson]

In his poem, Du Fu extols the remarkable qualities of the fine horses from Ferghana in Central Asia as powerful and dependable; also known as Barbarian steeds, they possess 'well-knit bones' and could endure 'ten-thousand-mile sorties'.

Ask Grandmaster



Question: Can Chi Dynamics Qigong exercises help my "hypertension" problem?

Answer: Yes, Chi Dynamics (CD) Qigong's Yes, Chi Dynamics (CD) Qigong exercises can certainly help.

Many of us take breathing for granted as it is something that we need to do continually in order to survive. Subconsciously, we tend to take shallow breaths which cause the flow of blood to be sluggish and this often leads to health challenges such as hypertension and mood fluctuations.

On an average, a normal adult takes in 11 to 14 short, shallow breaths per minute. However, a CD trained person would take in only 5 to 8 deep, diaphragmatic breaths which are recommended as they facilitate a balanced flow of enriched oxygen through the body.

Consequently, the improved flow enhances the body's blood circulation and immune system, and also helps to relax the body and mind. Devoting an hour a day to this relaxation regime will go a long way to alleviate stress and tension naturally, as well as improve your blood pressure.

CORRECTION & APOLOGY

On the front page of the last issue of Chi Chat, we had erroneously reported that the University of Malaya community project was spearheaded by "Dr Ellen Loh, a UM lecturer and research specialist", when it should be "**Dr Loh Siew Yim**, the Chairman of Community Service, University of Malaya Alumni Society and a Senior Lecturer in the Faculty of Medicine, University of Malaya."

We regret the error and apologise to Dr Loh Siew Yim and Ms Ellen Loh any inconvenience and/or embarrassment caused.

The caption of the photograph on the front page should also read as "Grandmaster Wee presenting a set of training charts to **Ms Ellen Loh**, Honorary Secretary of the University of Malaya Alumni Society".

Chi Chat