



CHI CHAT with Grandmaster

Issue 18

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This personal message is for internal distribution to CDI members only. If you have any interesting health-related experiences to share with our readers, please email to gmasteranthony@gmail.com.

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Shaolin Master Shi De Hong's DVD is now available at S\$10 each.

For purchase, contact Michael Koe (Singapore) or Mary Heng (Malaysia)

All proceeds will go to Master Shi De Hong

Do you know ...

.... that the presence of polyphenols in olive oil helps to reduce the risk of heart diseases and cancer? High quality 'extra virgin' olive oil is recommended as it has the highest polyphenol content.

Polyphenols are antioxidants found in plant foods such as strawberries, blackberries, artichoke heads, green tea, pure apple juice, whole grain rye bread, hazel nuts and red wine.



I was rather pleased with the results of the survey we conducted after our 'Managing Colorectal Cancer' workshop last month. Besides registering high ratings for content relevance, presentation and effectiveness, I was delighted to discover that many of the first time participants came to know about the workshop by word-of-mouth from our members. This revelation speaks volumes for our members' confidence and trust in Chi Dynamics Qigong and the many benefits it offers its practitioners.

Although our membership has grown steadily over the past year, I have noticed that some regular members have also dropped out along the way. As it will be good to know why they have decided to quit, we plan to get in touch with them soon to find out the reasons so that we can take corrective measures to rectify any short-

comings and improve the overall Chi Dynamics Qigong experience for our members.

In the meantime, I would like to invite you to share with us your feedback and suggestions on how we can tweak our training programmes to serve members and the community better. I would appreciate if you are able to find some time to complete the attached questionnaire (see pages 4 & 5). When you have completed the questionnaire, please drop it off at the Alexandra Centre reception counter or email it to gmasteranthony@gmail.com. I look forward to receiving your frank and valuable inputs soon. If you prefer to remain anonymous, you may leave out your personal details.

One new member asked me the other day how we manage to organise ourselves so well as our classes and events seem to run like clockwork without hiccups. My immediate response was: **"We are very blessed to have a dedicated team of volunteers who make it happen!"**

Besides our team of qualified instructors who commit much of their time to train members weekly, we are very fortunate to have volunteers behind the

scenes looking after the administrative aspects of CDI, as well as many others coming forward to lend a hand whenever we need ushers, receptionists, coordinators, cashiers and extra manpower for special events. To all my instructors and volunteers, I thank you very much.

The response to our Medan Retreat, now re-themed as **"Activating Qi with the Three Masters"**, has been most encouraging. So far, more than 25 have registered their interest to attend the retreat.



If you have not already done so, please register early to avoid disappointment as seats are limited. For full details of the programme, please turn to the next page.

Grandmaster Anthony Wee

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EMAIL : gmasteranthony@gmail.com

Activating Qi with the Three Masters Programme

DAY ONE

Arrival in Medan by mid-day. Participants are responsible for their own air transportation to Medan.

Coach transfer leaves the Airport at 1pm to the Hill Hotel & Resort which is about two hours away.

Check-in on arrival at the resort. Tea/refreshments will be served.

4 pm: Orientation

Introduction of *Lawrence Chong*, the Chief Retreat Organiser, and his team comprising Royston Tan, Michael Kang, Mary Heng, Michael Koe and SJ Chiang

Introduction of Shaolin Master Shi De-Hong and HanYang Master Dennis Wang by *Grandmaster Anthony Wee*

Objectives of the Retreat:

- To bring participants' Qigong knowledge and skills to a higher level
- To provide a platform for participants, who all have a common interest in Qigong, healing and health, to interact and bond

5 pm: Gathering Qi - Energy from the setting Sun

Using the Qi breathing methods of the 5 Elements, *Grandmaster Anthony Wee* will show how to harness the Qi from the setting Sun with gentle movements. This subtle Ying Qi has the potential to regenerate depleted hormonal Qi due to ageing

6.15 pm: Break for personal activities

7 pm: Dinner (dress casual)

8.30 pm: Traditional Shaolin Zen Meditation by Shaolin Master Shi De Hong

9.30 pm: Questions and Answers session.

10.30 pm: Bed time

DAY TWO

7am: Morning Session

- Loosening/stretching exercises by the three Masters
- Harnessing the Qi Energy of the rising Sun by *Grandmaster Anthony Wee*
- Stretching the meridians by *Master Dennis Wang*
- The 8 Brocade Exercises by *Shaolin Master Shi De Hong*

8 am: Breakfast

9 am: The Art of Exhalation—a study on how the Qi of the 5 Elements are activated by the power of the breathing by *Grandmaster Anthony Wee*

10.30 am: Tea break

11 am: The Art of HanYang Qigong - by *Master Dennis Wang*

12.30 pm: Lunch

2 pm: "Bones and Tendons" enhance the Shaolin way by *Shaolin Master Shi De Hong*

3.30 pm: Tea break

4 pm: The inner power of the Wu Mei Qigong: "Animal forms" as a Regeneration Activity by *Grandmaster Anthony Wee*

5.00 pm: Sunset walk with the Three Masters stopping at areas where Qi is strong to harness the Energy

6.15 pm: Break for personal activities

7 pm: Dinner (dress casual)

8.30pm: Zen Meditation: A study of Mind over Matter by *Master Shi De Hong*

9.30 pm: Questions and Answers session with hot herbal tea break

10.30 pm: Bed time

DAY THREE

7 am: Morning Session

- Sunrise Qi activation exercises by *Master Dennis Wang*
- Stretching of the muscles and Tendons by *Shaolin Master Shi De Hong*
- Activate the thrust (Chong) the belt (Tie) channels. by *Grandmaster Anthony Wee*.

8.30 am: Breakfast

9.30 am: Shaolin Qigong—*Master Shi De Hong* continues with his lesson on Shaolin Qigong.

11.00 am: HanYang Qigong with *Master Dennis Wang* on "Fah Qi" transmitting Qi.

12.30 pm: Lunch

2 pm: Protective Qi—The three Masters will dwell on how to activate protective Qi (or "Wei Qi") against pathogens, external impact, negative energy/negative Qi and how to develop and use it for your health and self-healing.

3 pm: Tea Break and Questions & Answers session.

4 pm: End of Retreat. Participants depart for home or may wish to make their own arrangements to extend their stay or take a side-trip to Lake Toba.

IMPORTANT NOTES

- Participants are responsible for their own air transportation arrangements as well as travel insurance.
- Please ensure that your travel documents are in order — valid passport and visa (if required).
- The recommended outgoing flight to take is Silkair MI 234 which leaves Singapore at 1210 hours and arrives in Medan at 1230 hours—in time for the coach transfer to the Hill Hotel & Resort at 1pm.

Ask Grandmaster

Question: I am a cancer patient and have been advised by some dieticians to eat more protein rich foods from sources such as eggs, seafood, milk and sweet stuffs and to eat red meat from animals such as beef and mutton. This is contrary to Otto Warburg's Nobel Prize thesis on glucose fermentation process that led to the conclusion that sugars feed cancer cells. What are your views on this?

Answer: After years of contact with cancer sufferers, I am convinced that diaphragmatic deep breathing, supplemented with a diet of plant-based proteins, is most beneficial for healing.

According to Dr Michael Greger, the founder of NutritionFacts.org and an authority on nutrition science, people on plant-based proteins are less prone to heart disease, diabetes and hypertension. Supporting his view are studies that the Chinese farmer's vegan diet of plant-based foods and the Mediterranean diet of olive oils and tomatoes have shown that the population in these two communities are less prone to breast and prostate cancers, heart diseases, diabetes and hypertension.



A recent study on Cell Metabolism published in March 2014 also found that a low protein diet for people over 60 years old is beneficial in preventing cancer.

In summary, my advice is to continue with daily block breathing and to eat more fruits and vegetables and less red meat and sugary stuff. Be mindful what you eat and avoid excesses like over-eating. I support Dr. Otto Warburg's theory that sugar

feeds cancer cells. Oxygen enriched cells are healthy cells.

Question: I am aware that Wu Mei Qigong is an integral part of Chi Dynamics Qigong and would like to know more about it. Can you please elaborate?

Answer: First, let me provide some background on Wu Mei, who is popularly known as "the fighting nun". The daughter of a Ming Dynasty general, she led a resistance group of Ming patriots when the Manchurian forces invaded China in 1644 AD. Instead of the usual form of martial arts displaying elaborate movements and feats of strength which were popular then, she developed her 'street fighting art' which featured swift, sharp and whipping techniques using primarily the fingers and hands to target the opponents' eyes and the areas around the temples. Her techniques proved effective and soon became essential basic training for those who wanted to excel in Kung Fu and other forms of Chinese martial arts.

Basically, the main focus of Wu Mei Qigong forms is to build up tough mental and physical strengths using deep breathing methods and movements. I have personally benefitted from such training and testament to this is the 'double-decker bus' feat which I performed in 1987 when I was 44 years old (see inset below).



There are several major Wu Mei Qigong forms which I would like to highlight. They are the Snake, Crane, Eagle, Monkey and Tiger (or the "SCEMT") forms. Each of these forms activates different parts, meridians, muscles and tendons of the body, and each has different methods of breathing to stimulate the different organs (i.e. the lungs, heart, liver, kidneys, digestive organs, etc).

All these forms of exercises help to keep our mobility, suppleness, flexibility and bone density in check as we age; they also play a part in ensuring our mental and physical states are up to par for as long as we can.



Grandmaster Anthony Wee neutralised the weight of a 9.3 tonne double-decker bus running over his body.

Chi Dynamics (International) Survey

Please help us evaluate our Chi Dynamics Qigong training programme by taking a few minutes to share with us your experience as a member. Your valuable feedback will help us to improve and serve the community better. Thank you for your co-operation.

Name of Respondent: _____ Address: _____ _____ Singapore	Sex: Male / Female Age: _____ Mobile: _____ E-mail: _____
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1. How long have you been practising Chi Dynamics Qigong?

1-3 mths ☐	4-6 mths ☐	7-12 mths ☐	1-2 years ☐	Over 2 years ☐
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2. How did you get to know about Chi Dynamics?

Thru'a friend ☐	Advertisement ☐	Website ☐	Internet ☐	FaceBook ☐
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3. What motivated you to join Chi Dynamics?

☐ To improve my general health
☐ To overcome specific health challenges
☐ To accompany a family member and/or friend
☐ I was encouraged by another member to give Chi Dynamics a try
☐ I was just curious and wanted to know more about Qigong

4. At which Centre were you practising?

Alexandra ☐	Botanic Gardens ☐	Changkat ☐	Japanese Garden ☐
The Church of the Holy Spirit ☐	The Church of the Immaculate Heart of Mary (1953) ☐		

5. How often do you join the classes?

Twice a week ☐	Once a week ☐	Once fortnightly ☐	Once a month ☐
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6. Do you practise Qigong on your own at home?

YES ☐	NO ☐
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7. Have you benefitted from Chi Dynamics Qigong?

YES ☐	NO ☐
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If 'YES', please share how it has helped.

8. Did Chi Dynamics Qigong improve your health and overcome your medical problems?

YES ☐	NO ☐
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If your answer is 'YES', please elaborate.

9. Is the standard of instruction by our instructors up to your expectations?

YES ☐	NO ☐
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If your answer is 'NO', please elaborate.

10. Please rank (or tick) which exercise(s) you feel is/are beneficial to you. If able, tell us how were they beneficial.

☐	Plank	_____
☐	Shoulder Roll	_____
☐	Butterfly Stretch	_____
☐	Crane Walk	_____
☐	Sword Stretch	_____
☐	Carp	_____
☐	Fong Yang Swing	_____
☐	Mao Swing	_____
☐	Dragonfly Stretch	_____
☐	Tiger Form	_____
☐	Eagle Stretch	_____

11. Which exercise(s) is/are the most difficult for your to carry out? Please tell us what the difficulties are.

☐	Plank	_____
☐	Shoulder Roll	_____
☐	Butterfly Stretch	_____
☐	Crane Walk	_____
☐	Sword Stretch	_____
☐	Carp	_____
☐	Fong Yang Swing	_____
☐	Mao Swing	_____
☐	Dragonfly Stretch	_____
☐	Tiger Form	_____
☐	Eagle Stretch	_____

12. Are you happy with your experience and what you have learned at Chi Dynamics?

YES ☐

NO ☐

Please elaborate:

13. Would you recommend Chi Dynamics Qigong to your friends?

YES ☐

NO ☐

If 'NO', please share with us why.

14. We would welcome your comments and suggestions on how we can improve our classes.

Signature of Respondent

Date

Thank you for your co-operation