

CHI CHAT with Grandmaster

Issue 26

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From the Grandmaster's Desk



With the New Year just around the corner, I would like to wish all our members good health and all the very best for 2015. In anticipation of the forthcoming release of the much talked-about *"Star Wars: The Force Awakens"*, I would also wish all 'Star Wars' fans, **"May the Qi be with you!"**

My appearance on National Geographic Channel's **"Beyond Magic with DMC: Defying Gravity"** was well received. I shared with DMC (*Drummond Money Coutts*) how the physical body can be protected by the inner power of Qi and followed up with a demonstration with **Chris Lee**, a Chi Dynamics member who is also a karate exponent, delivering a powerful karate chop to my throat.

Some people have asked me what is my secret to be able to

withstand such great force to my throat at my age. My answer to them is that age is not the issue. I may be approaching 72 soon but I have the passion, belief and determination to achieve my dreams. It is also wrong to associate illness with ageing as many of us are still healthy and enjoying life to the fullest.

Take the example of the South African heart surgeon, Dr Otto Thaning. At the age of 73, he became the oldest person to swim the English Channel. When asked why he did it, he said that **he wanted to show what older people are capable of if they look after themselves.**

And there is also 79 year old grandmother, Harriet Anderson, who became the oldest female to ever finish an Ironman World Championship.

This is a feat that many of those half her age are unable to achieve.

On the local scene, we have a number of CD members over the age of 70. Besides yours truly, they include **Master Dennis Wang** (71) and **Sifu Goh Lai Ming** (71). Dubbed **"The Young Once"** (with apologies to Cliff Richard's **"The Young Ones"**), these septuagenarians (see Page 2) put many of the younger crowd to shame with their fitness. Their secret? **Qigong of course!**

But Qigong is not just for seniors as it appears to be. We have to correct this misconception and reach out more to the younger crowd. To do so, I plan to conduct a 2-year Chi Dynamics Qigong Instructor's course to enlarge our team of certified instructors. With more qualified instructors, we



Grandmaster Wee demonstrating the power of Qi on National Geographic Channel when Chris Lee delivered a powerful karate chop to his throat.

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This publication is for internal distribution to CDI members only. Should you have interesting health-related experiences to share with our readers, please email them to: gmasteranthony@gmail.com.

will then be able to increase membership and the number of Chi Dynamics training centres. Enrol in the course now if you are interested in being a certified instructor (*for more details, please see Page 6*).

I sincerely hope more members will come forward to volunteer their time and service to help the good cause of sharing the benefits of Chi Dynamics with everyone young and old.

Grandmaster Anthony Wee

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“The Young ONCE” of Chi Dynamics



Grandmaster Anthony Wee (71)
Born 1943, still going strong!



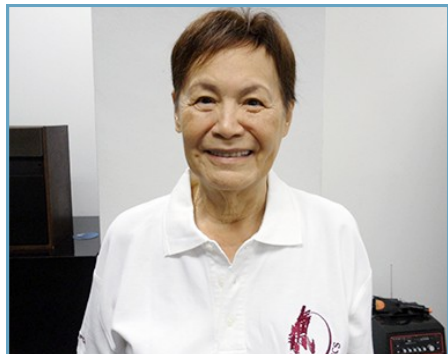
Master Dennis Wang (71)

He is a Master in activating internal Qi and gathering external Qi to circulate through the meridians of the body through slow and lipid movements. His relaxing form of Qigong induces stillness and hence relieves stress and tension— which explains how he manages to maintain his youthful looks.



Sifu Goh Lai Ming (71)

“At 71, I am still healthy and able to enjoy life to its fullest—thanks to Chi Dynamics Qigong. The eye exercises have done wonders for my eyesight and now I do not require spectacles to see clearly!”



Nancy Tan (76)

“Qigong has improved my health tremendously since the relapse of my cancer in Sep’13. With 30 minutes of Block Breathing followed by an hour of exercises daily, my weight has gone back to what it was before my chemotherapy and I feel very well.”



Teoh Ong Tuck (77)

“The practice of Qigong makes me feel good, especially in the morning when I do the exercises in the park. Of late, block breathing has also helped me to improve my immune system.”



S. C. Kan (70)

S.C. Kan avoided expensive and invasive surgery when Chi Dynamics Qigong breathing exercises cured his serious backbone problem over 25 years ago. Since then, he does his breathing exercises daily and today, he is so fit that he manages to golf four times a week—two 9-holes on weekdays and two 18-holes on weekends!



Patrick Chua (70)

"I am very blessed with no major illnesses, thanks to my caring family who encourage me to live a healthy and proper lifestyle. I attribute my wellbeing to good eating and sleeping habits, being positive and contented, and of course Qigong which is more than just a form of exercise as it also builds inner strength to heal the mind and body."



Tan Kwong Seng (73)

"The continuous practice of Qigong and meditation over the past three years has improved my quality of life. I experience less fatigue and am able to spend many more hours in the office without getting tired easily. I also feel more relaxed and calmer and this keeps my temper under control".

KerANJI Centre's "Super Trio"



Mrs Bala (a.k.a. Aunty Leila) (76)

"Chi Dynamics' breathing exercises have changed my life. Besides enjoying overall good health and memory, my diabetes condition is under control. As a CD member since 2005, I am always happy to be in the company of caring fellow members"



Eddy Ch'ng Eng Keat (76)

"I am looking forward to many more healthy years with Chi Dynamics' "Tu" breathing exercises. I reckon they are helping me to remain healthy and active. They make me more alert, less stressed and more positive as I age gracefully."



Madam Ng Koon Yeng (82)

Despite her age and brush with colon cancer, Madam Ng with her almost wrinkle-free complexion is a picture of well-being. Her secret? Daily Qigong exercises, sleeping and rising early, eating less meat and more vegetables, and drinking lots of water.

ROYSTON TAN

Devoted to Sharing



Senior Instructor Royston Tan is a familiar face at the Alexandra Centre where he plays a major role in promoting the Chi Dynamics Art of Qigong. Patient and unassuming, he is ever popular with his trainees who describe him as 'cool, articulate and competent'.

Royston and his wife, Connie have a grown up son. He was in the banking and finance industry for close to 30 years before joining the real estate industry for a short spell. True to his calling of sharing, he now works as a Credit Manager in a social enterprise which extends loans to low-income individuals who wish to start or expand a business. Besides Qigong, Royston is also into Yoga and he conducts Yoga classes three times a week.

We spoke to Royston recently to find out what drives him to his devotion to sharing with others, and here's how the chat went.

Chi Chat: Royston, how did your interest in martial arts come about?

Royston: My interest in the martial arts developed when I was introduced to Tae Kwon Do during my national service days. I then briefly studied Kyokushinkai Karate and Nam Wah Pai Qigong before delving deeper into the ancient Indian art of Yoga. My interest in Yoga led me to Kerala, South India where I did my Teachers' Training at Sivananda Yoga Vedanta Dhanwantari Ashram in 2007.

Chi Chat: And when did Chi Dynamics Qigong get into the picture?

Royston: I was introduced to Chi Dynamics in 1987 by a lawyer, Mr Chan Kam Foo, who found that the Qigong exercises greatly improved his health. I started learning under **Sifu Goh Lai Ming** and Michael Lau at Kirin Court in Devonshire Road.

We did not have a permanent place for training then and so had to move from one location to another. From Kirin Court, we moved to Broadrick Road, then to Ewart Park and finally to Singapore Polytechnic. In 1997, the space at Singapore Polytechnic was given up and we were left without a place to conduct our training.

From then on, I trained on my own but only sporadically.

Chi Chat: What inspired you to become an instructor?

Royston: I reckon it all began when my wife was diagnosed with breast cancer and underwent surgery and the full works of chemotherapy and radiotherapy. These treatments were completed in January 2010. She was then prescribed Tamoxifen, a commonly used hormone therapy for the treatment of breast can-

cer. The chemotherapy and radiotherapy treatments together with Tamoxifen have several side effects. They caused fatigue and general weakness, affected the lungs, lowered white blood cell count (*white blood cells play an important role in the immune system*), caused a drop in calcium levels which contribute to bone loss (*cancer-related osteoporosis*), caused swelling in her arm (*lymphedema*), increased hot flushes, mood swings, etc. So I taught her some yoga poses which helped to address some of these issues but I was also on the lookout for other holistic treatments.

In May 2012, my wife and I chanced upon a "Cancer Support with Chi Dynamics" workshop and we signed up for it as I wanted to combine the Qigong and Yoga exercises to help my wife improve her

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"Royston has an excellent understanding of Chi Dynamics Qigong. His clear explanations and instructions are invaluable and much appreciated by his trainees, especially the beginners. He also has admirable leadership qualities"
- Grandmaster Anthony Wee

condition further. I was not disappointed. There was a noticeable further improvement in her health and her arm swelled less often after she practised her block breathing, lymphatic drainage, etc. I then decided that I should get myself trained as an instructor and use the knowledge I have gained to help others, whether it is to address cancer issues, other health problems or just to keep healthy.



Royston and his wife, Connie

Chi Chat: How else has CD Qigong helped you?

Royston: It has certainly increased my knowledge of the human body – how the 5 different breathing methods correspond to the 5 elements and how we can use this knowledge to enhance the health of the different organs and our entire well-being.

The various exercises to strengthen the core muscles (*Carp pose*), stretch the lymph nodes (*Lymphatic drainage*), prevent osteoporosis (*18-step lohan*), etc all help to make me a stronger person while the meditation sessions help me to recharge myself.

Chi Chat: Have you encountered any memorable experiences as an Instructor?

Royston: There was one occasion when I decided to make my students do the recommended 20 minutes of the Mao Swing with the proviso that they listen to their body and only do to the best of their ability. As expected, not many students were able to keep at it for 20 minutes non-stop; most of them had to take a breather after 10 minutes. I sought the feedback of the few who did the full 20 minutes continuously. While most said that they found it getting slightly easier as the swing continued, one student informed me that for the first time, she could feel the *Qi* moving

through her body right down to her palm. In fact, after that experience, her *Qi* flow became more apparent and more spontaneous and she could feel her body vibrating even when she did other Qigong exercises.

I was very pleased with this positive outcome for the student.

Another gratifying outcome was when a student overcame her trigger finger problem after doing hand flicking. Many others also testified that CD Qigong exercises improved their health tremendously resulting in better sleep, less fatigue, more radiant facial complexion, less medical leave taken, etc.

However, I must confess that the most rewarding experience is the bond forged with the students. Many batches of beginners trained by me were reluctant to join the main class even after learning all the basic essentials and had to be coaxed. It is also a fact that many new students are referrals by these students who have benefitted from our Chi Dynamics Qigong.

Chi Chat: What are your thoughts and suggestions on how CDI can be more relevant to the community at large?

Royston: There is no doubt in my mind that there are many in our community who can benefit from Chi Dynamics Qigong. To reach out to more people, we need to recruit a sustainable number of committed individuals who are willing and able to spare the time and effort to learn, be trained as instructors and then share the acquired knowledge.

We also need the continuing support from sponsors and I reckon that CDI could do with a more formalised/structured plan to set out its vision, mission, goals and coordinated action plan so that all members are in tune and singing the same song.

Malaysian CD Instructors' Annual Lunch



Grandmaster Anthony Wee (*seated, centre*) was the Guest-of-Honour at Chi Dynamics' Malaysian Chapter's annual lunch for all Instructors and their spouses. Among those present were **Sifu Ong Kah Yong**, Chief Instructor of Kuantan and **Sifu Hew Chee Wai**, Chief Instructor of Klang Valley and Kuala Lumpur (*seated on Grandmaster's left in white*) who have served in Chi Dynamics for more than 15 and 14 years respectively. It was a good turnout of volunteer Instructors who between them provide training to about one thousand active members in 12 centres around Malaysia.

ASK GRANDMASTER

Question: I find that I am prone to colds and cough when I do intensive physical training. However, now that I started doing low impact Qigong exercises at Chi Dynamics' centre, I am not experiencing much of these problems. Why is it so?

Answer: High impact physical training tend to stress the immune system, a fact that most medical scientists agree on. Qigong breathing with relaxation and meditation tend to boost the immune system; this is why we advocate our breathing exercises for cancer sufferers.

QIGONG INSTRUCTOR'S COURSE

Grandmaster Anthony Wee will be conducting a 2-year Qigong Instructor's Certification Course for members who wish to be Instructors. There will be a total of 24 training sessions.

On completion, successful certificate holders will be assigned to Chi Dynamics Centres to conduct classes.

Course Duration: 2 years from February 2015. Training sessions are conducted monthly when Grandmaster Wee is in town.

Venue: Alexandra Centre

Registration Fee: \$100 per person

If you wish to be a Certified Instructor, please register your interest with Michael Koe (H/P 98367151) as soon as possible.

CORRIGENDUM

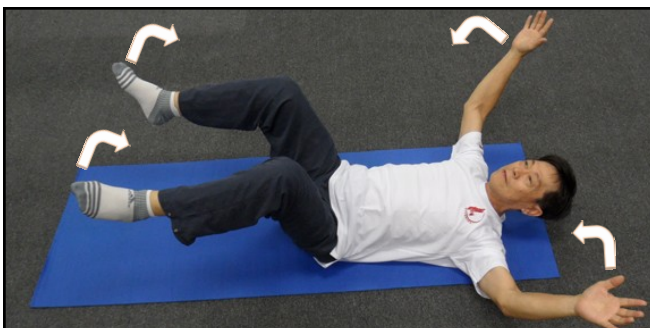
We apologise for some mistakes in the instructions for the Star Stretch exercise in the last issue of Chi Chat. We have amended the instructions for Steps 1-3 accordingly and below is the correct response to the Urinary Incontinence

Question: I suffer from urinary incontinence. How can Qigong help me to manage this problem?

Answer: Chi Dynamics' **Star Stretch** exercise can help to overcome urinary incontinence. The exercise enhances and regulates the body's toxin removal and strengthens parts of the body including the pelvic floor, resulting in stronger control of the bladder. Here are the steps for the exercise:



Step 1 (Fig 1): Lie flat on the back with hands and legs spread out like a star (*rest position*). Relax.



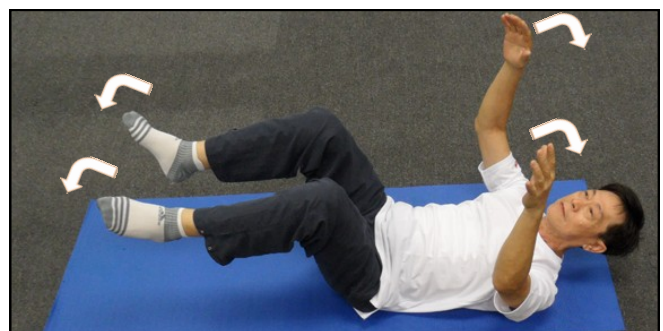
Step 2 (Fig 2): Exhale (using 'Tu' breathing method) as you curl your body up, bringing your knees towards the abdomen, your shoulders off the ground and resting your hands on your knees. (see Fig 3 & Fig 4)



Fig 03: Knees close to chest and hands to the knees. (*top*)



Fig 04: Knees close to chest and hands to the knee. (*side view*)



Step 3 (Fig 05): Inhale as you simultaneously stretch out your hands and legs like a star, bringing you back to Step 1.

Perform this exercise 30 times each morning and before going to bed. Besides strengthening the pelvic floor and surrounding muscle for better control of the bladder and urinary function, it will also stimulate the lymph nodes to help remove toxins and waste from the body as well as strengthen the arms, legs and lower back.

Remember, optimise, not maximise. Do not overstrain and injure yourselves.

Note: [Click here](#) to view the exercise on our YouTube channel.

What is Urinary Incontinence?

Urinary Incontinence is a condition when the loss of bladder control causes the involuntary discharge of urine. Among women, the common cause is the loss of support for the urethra as a result of damage to the pelvic area during child birth. Among men, the most common cause is enlarged prostate.