

CHI CHAT with Grandmaster

Issue 27

21 January 2015

From the Grandmaster's Desk



2015 has arrived and I trust you have set your resolutions for the New Year. Meaningful and healthy ones, I hope!

As for me, I have resolved to continue my journey to promote and share Chi Dynamics Qigong with everybody as I have been doing the past five decades. In tune with Singapore's 50th Anniversary celebrations, I also plan to step up efforts to promote our *Made in Singapore* brand of Qigong to the world, and hope you will join me on this quest in the spirit of caring, sharing and volunteerism.

Way back in 1985, I was one of the advocates for a *Made in Singapore* brand of martial art. Asia is already so rich in martial art disciplines with Karate from Japan, Taekwondo from Korea, Wushu from China, Muay Thai from Thailand and Bersilat from Indonesia. From

a nationalistic point of view, I felt strongly that there was merit in amalgamating the best practices of Karate, Kung Fu/Wushu, Taekwondo, Judo, Jujitsu, Muay Thai and even Western boxing techniques into a martial art discipline that is typically Singaporean.

Together with the Singapore Martial Arts Instructors' Association (SMAIA) of which I was a key founder member and the Honorary Secretary, we had grand plans to establish a Pugilistic Instructors Academy and develop this *Made in Singapore* martial art discipline. Our challenge was how to extract the finer points from the various traditional martial arts and integrate them into one with a unique local flavour, and also one that is easy to learn, practise and master.

Sadly, our lofty plans never took off the ground and I was of course very disappointed. Thirty years on, I still have aspirations to pursue the *Made in Singapore* martial art dream when the opportunity arises.

I migrated to Australia in 1988 where I focused my attention on developing Chi Dynamics' proprietary breathing techniques to generate and har-

ness Qi for internal strength and self-healing.

Thankfully, my efforts paid off with the Chi Dynamics Qigong evolving steadily and growing in stature around the region. Today, Chi Dynamics Qigong is synonymous with Singapore and it is indeed *Made in Singapore* Qigong.

Let me explain why Chi Dynamics Qigong is so special.

Firstly, it was conceived and developed in the 1960s by a Singaporean — i.e. yours truly. Although I migrated to Australia 27 years ago and became an Australian citizen, I brought it back to Singapore where my heart is, but am now based in Kuala Lumpur.

Secondly, training is conducted in English. This was most unusual when we first started as all other forms of Qigong training were conducted in Chinese then. This move opened up Chi Dynamics Qigong to a large untapped English-speaking market.

Thirdly, it has a distinct character of its own. Its emphasis is on "*The 5 Essentials*" which comprise:

The 5 Exhalation Techniques *Fu, Chui, Pi, Tu and Xi* which help to bring the body into

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harmony with the outside forces of the earth and universe in order to achieve good health and self-healing. These breathing techniques are unique as they do not exist in any other forms of Qigong.

The 5 Compulsory Exercises

Flicking Hands, Shoulder Roll, Butterfly Stretch, Mao Swing and the Ten Postures of Qi Meditation.

These exercises, together with the Five Exhalation Techniques, improve blood circulatory flow and are related and beneficial to:

♦ ***The 5 Internal Organs:*** Lungs, heart, liver and

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spleen, kidneys and digestive organs.

- ♦ **The 5 Elements:** Metal, Wood, Water, Fire and Earth, and:
- ♦ **The 5 Types of Qi Flows:** Blood, Heat, Vibratory, Electro-Magnetic & Chemical (the neurotransmission system). These flows, individually or in combination, could be described as Qi flow.

And finally, Chi Dynamics Qigong is based on the following 5 disciplines:

- ♦ Northern Shaolin breath control methods
- ♦ India's Parayama Yogic breathing
- ♦ Wu Mei Qigong internal power exercises
- ♦ Kundalini Yoga, and
- ♦ Chinese self-healing Meditation methods

In summary, Chi Dynamics Qigong is a proven and well respected discipline that trains the mind and body thoroughly for self-healing and to maintain physical wellness. Although its roots are basically from the East (i.e. *Yoga and the Shaolin Temple Qigong traditions*), its practitioners now include a growing number from the West.

At our Alexandra Centre in Singapore, we have several expatriate members, some of whom plan to be trained as instructors so that they are able to teach the Art when they return to their home countries.

In this issue, we feature one of them, **Sarah Manning**, who is also a Yoga instructor (see pages 4-5). Another student in Malaysia is also planning to qualify as

an instructor so that he can teach the Art when he is relocated to Madrid in Spain soon. These trends augur well for Chi Dynamics Qigong to spread around the world.

I expect 2015 to be another eventful year for Chi Dynamics. On the cards are more workshops and plans to train more instructors; there is also an ambitious project to stage a martial arts competition for Singaporeans. Preparations are already underway and details will be announced as soon as they are finalised.

Meanwhile, I wish you a healthy, active and happy year and look forward to your continuing support.

Grandmaster Anthony Wee

Ask Grandmaster

Question: Are there any Qigong exercises that can help my low blood pressure condition?

Answer: Yes, the best exercise is the **Mao Swing** with the "**Pi**" method of breathing. This exercise will correct your blood pressure from high to normal and vice versa from low to normal.

In case you are not aware, please note that certain medications can cause low blood pressure. These include drugs for Parkinson's disease, diuretics (water pills), certain types of antidepressants, heart medications such as Beta blockers, and erectile dysfunction drugs such as Viagra and Cialis.

If you are on these prescribed medicines, I would highly recommend that you do at least 1,000 Mao Swings daily.

Question: When is the best time to do the recommended 1,000 **Mao Swings** – in the morning or in the evening?

Step 1: Raise hands to eye level

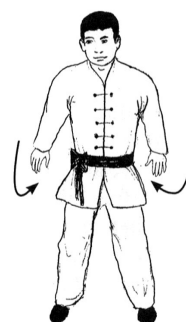


Front View

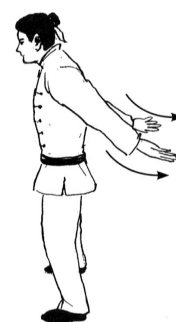


Side View

Step 2: Swing down with Pi exhalation



Front View



Side View

The Mao Swing— 1,000 swings every morning is recommended

Answer: As the Mao Swing with "**Pi**" breathing is related to the Fire element, the exercise may stimulate you too much and keep you wide awake if you perform it in the evening. It is therefore better to perform the exercise in the morning so that the accumulated Qi can boost your vitality throughout the day.

For the evening, I recommend meditation with "**Fu**" breathing which has a restful and stabilising effect as it is related to the water element.

Managing Headaches & Vertigo Workshop (05 Jan'15)

2015 got off to a great start on 05 January when the Alexandra Centre training room was packed to capacity for the '**Managing Vertigo and Headaches**' workshop by Grandmaster Wee.

Grandmaster Wee explained that headaches are usually caused by insufficient blood circulation/flow and hence oxygen to the brain, whilst vertigo is due to the dislodgement of calcium crystal debris in the inner ear caused by prolonged exposure to magnetic resonance or chemical imbalances. As many have experienced, vertigo is a dreaded condition that can cause victims to be bedridden for up to five days despite medical treatment and medication.

For **headaches**, Grandmaster showed how to massage various pressure points to clear blockages and facilitate blood and oxygen flow to the brain.

- Using soft 'tu' breathing and the knuckles, trace a box from the right eyebrow to the top of the forehead which meets the hairline, and then extend it to the right before pushing the knuckle down to the temple and horizontally back to the starting point.
- Repeat this massage for 2 minutes before proceeding to massage the left forehead similarly for another 2 minutes.
- Then massage the Jade Pillow (Yu Zhen) at the back of the head and the 'FengCi' points with the knuckles.

For **vertigo**, Grandmaster Wee taught the class a version of the Epley method.

- Starting with the subject lying flat on the back with eyes closed, use your arms to prop yourself up as you raise the body and head and look forward to a distant object.
- Then lower the body and head down slowly while simultaneously turning the head including the eyes to the left.
- Repeat this process but turn and look to the right. This exercise should be repeated for 2 minutes.

[\[click here to view this session on our YouTube channel\]](#)

Exercises to **train and focus the eyes** at distant objects, Grandmaster Wee introduced an exercise on how to focus the eyes on near objects.

- Starting from a rest position flat on the back, slowly prop the body and head up and move the right hand to the front, across the body much like trying to read time from an imaginary watch on the wrist.
- Repeat this for the left hand too. This should be done for 2



minutes with soft 'tu' exhalation.

- To further alleviate the situation, lie flat on the back with cushions to prop the back so the head is raised and dangling from the neck. Use soft 'tu' exhalation and breathe for 2 minutes.

The workshop ended with a Q & A session on cancer and depression ([click here](#) to view the session on our YouTube channel). Grandmaster advised that meditation is the best remedy for depression wherein the body is induced to produce its own natural 'chemical' to balance itself and lift the person from depression.

Grandmaster on National Geographic Channel

[Click here](#) to view the "Beyond Magic with DMC" episode that featured Grandmaster Wee.



SARAH MANNING

Devoted to Yoga and Qigong - the foundations of Chi Dynamics



Chi Dynamics' "Made in Singapore" Qigong claim cannot be refuted as the Art was in fact developed in Singapore by Grandmaster Anthony Wee in the 1960s. Since then, the efficacy of Grandmaster Wee's proprietary breathing techniques and exercises to generate and harness Qi for internal strength and self-healing have been proven and the number of practitioners has since grown considerably throughout the region and beyond. Today, interest in the Art is not limited to Asians only, but to international expatriate communities as well.

*In this issue, the spotlight is on **Sarah Manning** who has been practising Chi Dynamics Qigong for the past two years at the Alexandra Centre in Singapore. Sarah hails from the United Kingdom where she was trained as an engineer. Since her relocation to Singapore in 1988 with her family, she has switched to teaching Yoga. Here's what Sarah shared with us during our chat.*

Chi Chat: Sarah, you are trained as an engineer. What made you switch to teaching Yoga?

Sarah: When I moved from the UK to Singapore for the first time in 1988, I found it impossible to have a career as an engineer while following my husband's international moves. So I switched to teaching Yoga which I found has surprising similarities to mechanics, structures and energy.

Chi Chat: And how did Qigong come into the picture?

Sarah: It was a further study of the energy in the body that drew me to Qigong. The Indians and the Chinese have different terms and different ways of explaining it, but as with all truths, it is still the same energy stuff that powers the processes, changes and healing of the body.

Chi Chat: How has Chi Dynamics Qigong helped you?

Sarah: Chi Dynamics has given me a deeper understanding of Chi and how it affects the body and mind, and this has helped me to support students with immunity, digestion and fertility disorders.

I genuinely believe that the breathing that we do cascades to have a dramatic effect on the hormonal system – switching on the parasympathetic nervous system – and allowing the body to heal itself. Yes, it takes time, commitment and a change of attitude to life, but it works!

I particularly enjoy the community of lovely people with whom I share Qigong classes with at the Alexandra Centre. Many of them are undergoing or recovering from cancer treatment and they exude an atmosphere of genial warmth whenever we meet; it is indeed an hon-

our to be part of their loving energy.

I must also add that I treasure the opportunity to study with Grandmaster Wee who is such an experienced and generous teacher.

Chi Chat: Are there any exercises that you find particularly beneficial?

Sarah: Block breathing is top on my list. The shoulder loosening exercises help a lot as I use the computer for many hours a day. The Butterfly Stretch is also great for the shoulders.

Chi Chat: And are there any others you find challenging?

Sarah: Yes, I find the long series of specific and structured martial arts exercises rather challenging and of less interest to me.

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"When Sarah first joined our Alexandra Centre, I noticed that she has excellent coordination for Qigong exercises which led me to think that she has lots of experience in the Art of the Mind and body activities. I was proven right when I discovered later on that she is a Yoga instructor, and delighted because Yoga and Qigong are the foundation Chi Dynamics Qigong stands on based on the Shaolin Temple tradition"

– Grandmaster Anthony Wee



Sarah interacting with fellow Chi Dynamics' expatriate members after class

Chi Chat: How does Chi Dynamics Qigong compare with Yoga?

Sarah: Basically, they are quite similar but the intention is different. Historically, the Indians are less interested in martial arts, strength and power and are more concerned about their spirit body and path to enlightenment. When overlaid with the breathing and mindfulness, Yoga movements and postures are powerful ways to keep the body healthy. This explains how they can sit for long periods of time in meditation and get down to the real task in hand – to work on the mind. I reckon the monks of Zen Buddhism are pretty close in their intention to the traditions that came over the Himalayas.

On the other hand, Qigong comes from a long lineage combining not just the mindfulness of the monks but also the power of warriors who found that by tapping into the practices of the monks, they could be more light-footed, accurate and strong.

Today, the majority of Yoga that is taught has only echoes of the traditions that stand behind it. It has become more focused on the health and well-being of the physical body – flexibility, strength and

relaxation. Few students are interested in the breathing practices (*Pranayama*) or meditation (*Dharana* and *Dhyana*) and so there are few teachers/masters in this area. So Grandmaster Wee is one of my teachers of this.

Chi Chat: Do you have any plans to be a Chi Dynamics instructor?

Sarah: I would love to but currently with my work commitments in Australia and the months that I spend in the UK supporting my parents, I find I have less time to attend classes than I would have liked to. I keep coming when I can and hope to move up my ladder of goals when I get the chance in the near future.

Chi Chat: Have you any interesting Yoga and Qigong anecdotes to share?

Sarah: Yoga and Chi Dynamics Qigong exercises offer many benefits and I find it very rewarding when I see my students enjoying them. My weekly postnatal students all love the simple Qigong exercises that I share with them, especially the shoulder loosening and breathing exercises to restore their energy and loosen their tight shoulders from holding and breastfeeding their babies.

ANNOUNCEMENT

With immediate effect, please be advised that our Wednesday classes will be known as **Mixed Martial Arts of Singapore** (instead of Wu Mei Kungfu) training sessions.

This change in terminology is to reflect more accurately the variety of Kungfu, Jujitsu, Taekwondo, Muay Thai, Wrestling and Boxing sparring techniques that are being taught.

Grandmaster Wee has appointed **Phillip Tan** as the Mixed Martial Arts resident coach. Assisting Phillip is **Ruby Wang Phanee**.

If you wish to join these Wednesday classes, please register with **Michael Koe** (Email: mslkoe@gmail.com, Mobile: 9836 7151).