



CHI CHAT

with the Grandmaster

Issue 33

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From the Grandmaster's Desk

I was very pleased with the encouraging response to the Qi Meditation workshop I conducted for the Malaysian Chapter at the Main Training Centre (MTC) on 20 June 2015. More than 60 participants turned up to listen attentively and from feedback received, they found the workshop most enlightening.

I would like to thank the organisers for arranging the workshop, and especially **Mr Ng Yee Fock**, Resident Instructor of the Bandar Utama Centre, for taking down notes on the workshop. As I found the notes to be comprehensive and accurate, I am reproducing them on pages 6 and 7 to share with those who were not present at the workshop.

Many of us take up Qigong primarily to improve our wellness and health, and this will invariably lead to a more active and happier lifestyle. In order to attain this, it is important that you instill in yourself an "inner smile" at all times. Once you get into the habit of smiling internally, you will find that the positive attitude in you will help you to overcome all the negativities from the outside—be it depression or discomfort.



Attentive participants at Grandmaster Wee's workshop

To this end, "**The Inner Smile**" will be the topic of my next workshop at the Alexandra Centre on Monday 06 July. The workshop starts at 7pm and I hope to see you there.

As mentioned earlier, the next Chi Dynamics Qigong Retreat will be held in Malaysia. Most likely, it will be held in October and the two venues under consideration are Ching Swee Temple Hotel in Genting and one of the resorts in Ipoh. Both venues are easily accessible from Kuala Lumpur and Singapore. Ipoh is just a 2-hour drive by car from Kuala Lumpur and direct flights are available from Singapore.

If you wish to attend, please register your interest with your Centre's instructor as soon as possible. We plan to limit attendance to not more

than 50, so please reserve your place early. Registration will be accepted on a first-come, first-serve basis.

I have noticed a growing interest in our Mixed Martial Arts classes—thanks to the efforts of our resident instructor, **Philip Tan**, and his assistant, **Wang Phanee Ruby**. Classes are held every Wednesday from 7pm to 9pm, and there is every possibility that we may introduce another class on Fridays if demand warrants it.

Not many members are aware but Ruby is perhaps one of the highest qualified Muay Thai instructors in Singapore. She is recognised and certified by the Thailand's Muay Thai Institute, the World Muay Thai Council, the Singapore Sports Council and the National Olympic Council. Not too long

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ago, she brought glory to Singapore when she won bronze medals at the 2009 SEA Games in Vientiane, Laos and the 2010 Muay Thai World Championships in Bangkok, Thailand.

For more about Philip and Ruby, please turn to pages 2 and 3.

I look forward to my July visit to Singapore and catching up with members and old friends.

Meanwhile, stay healthy and keep smiling (*externally and internally*).

Grandmaster Anthony Wee

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Philip Tan & Wang Phanee Ruby



Incurable Martial Arts Enthusiasts



*In this issue, we throw the spotlight on our mixed martial arts resident coach, **Philip Tan**, and assistant coach, **Wang Phanee Ruby**. Meeting them for the first time, few would imagine that they are accomplished martial arts buffs. Soft-spoken and boyish-looking, 50 year-old Philip appears he wouldn't hurt a fly but do not meddle with him as he is well-trained as a fighter. And do not let the demure appearance of 21 year old Ruby deceive you; she can be tough as nails when it comes to combat and self-defence!*

Both of them have participated in many local and regional martial arts competitions. Ruby brought glory to Singapore when she clinched a bronze medal in the 2009 SEA Games in Vientiane, Laos; she was only 15 years old then. She then went on to earn another bronze for Singapore at the 6th Muay Thai World Championships 2010 in Bangkok, Thailand.

We caught up with Philip and Ruby recently to find out what drives them to be so passionate about martial arts. Below is what transpired.

Chi Chat: What triggered your passion for martial arts?

Philip: I grew up in a kampong during the martial arts movies era, and I remember getting so excited watching all the Shaolin Kung Fu, Bruce Lee and Jackie Chan movies. At a very young age, I was so keen to learn martial arts that I asked my maternal grandfather, who was trained in Southern Shaolin Kung Fu, whether he could train me. But he was too old to teach me and instead, he arranged for one of his good friends from China to train me in Northern Shaolin martial arts. This was how my martial arts journey started.

Ruby: When I was young, I was on the chubby side and my primary school teachers would always remind my parents to allow me to take up a sport. I vividly recall shopping with my parents one weekend when we came across a Muay Thai gym at Turf City. I took up an introductory trial class offer and enjoyed the session so much that I immediately joined the class. I was only 10 years old then and this was the start of my passion for Muay Thai. My interest in the art was further boosted after I watched the first Muay Thai movie "Ong Bak: The Thai Warrior".

Chi Chat: Ruby, did your parents approve of you being a girl taking up Muay Thai?

Ruby: They were definitely very supportive. Knowing my interest as well as my sister's, they moved us to Bangkok after my PSLE to train in the Muay Thai Institution where I spent 6 full years. The training was really tough but enjoyable. Thinking back, I often wonder how I managed to pull through 6-8 hours of solid training every day!

Chi Chat: How did the two of you meet?

Philip: We met through a friend when I was doing my Muay Thai training in Bangkok.

Chi Chat: Philip, we understand that you are an exponent of several martial art disciplines. What are they?

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Philip: It sounds crazy but I am into Tae Kwon Do, Aikido, Oyama Karate, Okinawan Shorinryu Karate, Taiji, Muay Thai, Brazilian Jiu-Jitsu, Wrestling and Shaolin Wu Mei Qigong. Even my instructors told me that I was doing too many, and that I should focus on just one or two and excel in them. I do respect and am grateful for their advice as they meant well.

However, martial arts is in my blood and the temptation to learn other martial arts disciplines is too great for me to resist. Each new discipline that I learn not only gives me a better perspective of martial arts but I also enjoy the opportunity of socialising with other like-minded practitioners.

Chi Chat: And what about you, Ruby. Are you just as crazy as Philip?

Ruby: I guess not as my main focus is on Muay Thai, and now on Shaolin Wu Mei as well. Like Philip, I get great satisfaction winning competitions and bringing glory to Singapore.

Chi Chat: Tell us more about your competitions and teaching experiences.

Ruby: I have competed in many competitions around the region. My greatest honour was when I did Singapore proud at the 2009 SEA Games in Vientiane, Laos and the 6th Muay Thai World Champions in Bangkok, Thailand in 2010. At both these competitions, I came in third. It was not easy as it took a lot of mental and physical strength to earn the bronze medals. However, I will always cherish the experience which is really rewarding.

After earning the bronze medals, I went further to learn Muay Boran, an art that was originally developed for the Thai military and which is a level above the professional rankings. I returned to Singapore at the end of 2010 to teach Muay Thai at several community centres after obtaining certification as an instructress.

Chi Chat: What about you, Philip?



Ruby and Philip sparring

Philip: Since my secondary school days, I have participated in many different martial arts competitions. I only stopped competing two years ago when I turned 48. However, I continued to train, teach and learn more about martial arts.

I reckon that I will never stop learning because of my passion for martial arts. In fact, I am planning to go to China next year to train with a Shaolin monk in the art of Xin Yi Ba in Henan.

Chi Chat: Does Wu Mei Qigong complement with Muay Thai and if so, how has it helped you?

Ruby: The Wu Mei art of self-defence has certainly helped me to improve my internal strength. It has also enabled me to recognise my weaknesses.

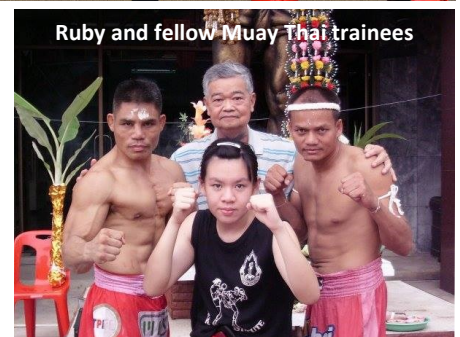
Chi Chat: What do you guys do when you are not training or teaching martial arts?

Philip: I own several roasted chestnut stalls. My mother is helping me to oversee the operation of the stalls, so that I have more time to train.

Ruby: I am a free lance graphic and web designer.

Chi Chat: Finally, can you share with us how martial arts has benefitted you?

Ruby: I can say that the many martial arts techniques and philosophies that I picked up have moulded me to be a much stronger, healthier and better person.



Ruby and fellow Muay Thai trainees



A bronze medal for Ruby at the 6th Muay Thai World Championships 2010



The Singapore Muay Thai team at the 2009 SEA Games in Vientiane, Laos

Philip: For me, my martial arts journey has taught me to pay attention to basics, be disciplined and always stay happy, kind and humble.

Wu Mei— the fighting nun

To many martial art buffs, the name **Wu Mei** conjures visions of kung fu movie fighting scenes where good triumphs over evil. The name also reminds them that in combat, internal energy sources and martial art skills can be relied upon to overcome sheer brute force.

Wu Mei (*Ng Mui in the Cantonese dialect*) was a Shaolin Buddhist nun who lived in the 17th century during the decadent years of the Ming Dynasty when corruption was rampant. She was also acknowledged as the best of the famed Shaolin Five Masters in the history of the Shaolin Temple.

Wu Mei's father was a general in the Imperial Army and she was well educated, cultured and trained in martial arts. However, she was critical of the way martial arts was being taught during her time as too much emphasis was placed on strength, agility and unnecessary elaborate movements; besides, it also took years to master the art.

So she developed her own '*street fighting*' system which was more practical and effective for women. Instead of using sheer brute strength, her techniques focused on swift, sharp and whipping techniques of the hand and fingers aimed on the vital points of the opponent's body at close quarters. As these movements are so fast that you can hear the '*whooshes*' as the hands and fingers whip through the air, her fighting technique came to be known as the "*Flying Dagger Fingers*" (or "*Peow Tze*" in Chinese)

To perfect her footwork, Wu Mei created her own form of training atop five vertical logs driven into the ground in a diamond shaped pattern. Known as "*plum blossom posts*" (or "*mui fa jong*"), this training is rather dangerous as one slip would cause a fall and serious injuries. She also developed ways to deploy qigong inner power to overcome external power.

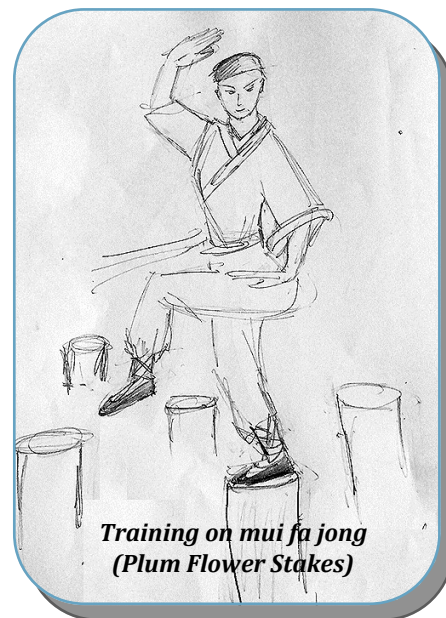
When the Ming Dynasty was overthrown by the Manchus, Wu Mei retreated to Mount Song and sought refuge in the White Crane Temple together with a band of Ming patriots. There she trained and meditated and created her unique fighting technique which, according to accounts handed down, was based on her observations when she chanced upon a snake and crane in combat. Impressed with their respective characteristic movements, she incorporated them into her fighting techniques.

There are many wonderful stories about Wu Mei but two deserves mention.

The first is about her encounter with Li Ba Shan who challenged her to a fight. Although Li was known to be a powerful fighter, Wu Mei accepted his challenge on the condition that they fought atop the *mui fa jong* (*plum flower stakes*). As he thought he could easily beat any woman, Li agreed but was easily defeated and killed.

The second is about **Yim Wing Chun**, a beautiful young girl of 15 who was being pressured by a local bully into marriage. When Wu Mei found this out, she taught Wing Chun her fighting techniques so that she could defend herself. After mastering the techniques, Wing Chun challenged the bully to a fight and beat him; after the humiliating defeat, the bully left her alone in peace.

Another version of this second story claims that Wing Chun was actually a man who wanted to learn Wu Mei's Art to avenge his father's murder by a criminal. As Wu Mei's policy was to teach her Art to females only so that mothers can pass down the Art to their daughters, Wing Chun disguised himself as a girl to deceive Wu Mei into teaching him her Art. When he eventually killed his father's murderer, his fame spread far and wide.



*Training on mui fa jong
(Plum Flower Stakes)*

We do not really know which story is true but the first version seems more plausible as it has been cited in many more accounts. But what we do know is that Wing Chun went on to develop **her** (assuming the first version is correct) own fighting system based on Wu Mei's techniques.

The Wing Chun Kung Fu system of balance, structure and stance is today one of the most popular forms of martial arts practised around the world by millions of fans, among them the legendary late **Bruce Lee**.

Wu Mei also left behind a legacy of health and longevity practices which are manifested in the Chi Dynamics Qigong exercises developed by **Grandmaster Anthony Wee**. The CDI exercises which bear Wu Mei art forms include :

- ◆ the **Shoulder Roll** which improves bladder control and incontinence and releases tensions from the neck and shoulders,
- ◆ the **Butterfly Stretch** which enhances lymphatic drainage,

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- ◆ the **Crane Walk** (above) which strengthens the hip and thigh muscles, increases bone density and improves mental health,
- ◆ the **Eagle Stretch** which drains toxins from lymphatics and releases tensions accumulated in the shoulders and neck,
- ◆ the **Dragonfly Stretch** which coordinates the left and right brains
- ◆ the **Tiger Form** which strengthens the muscles, tendons and joints of the fingers and the arms, and
- ◆ the **Lotus Hand Art** that nourishes the liver and the eyes.

The inner power of Wu Mei Qigong is indeed powerful when mastered. Grandmaster Anthony Wee demonstrated this when he had a 9.3 tonne double-decker bus rolled over him in Perth, Western Australia in 1987 – not once, but twice! This remarkable feat has not been repeated by anyone else since.



Grandmaster Wee performing his incredible feat in Perth

Mixed Martial Arts Classes

Chi Dynamics conducts weekly mixed martial arts classes at the Alexandra Centre from 7pm to 9pm every Wednesday. These classes feature Wu Mei self-defence techniques, including training on how to condition your hands and fingers as weapons for self-defence.



You are welcomed to join these classes which are conducted by our Mixed Martial Arts Resident Coach, **Philip Tan**, and Assistant Coach, **Wang Phanee Ruby**. For more details, please contact **Michael Koe** (H/P: 9836 7151).

Above: Wu Mei Qigong class students slapping on bags of beans to condition and develop "Flying Dagger Fingers" (or "Peow Tze" in Chinese) for self-defence combat.

Ask Grandmaster

Question: Someone told me that Qigong can cure any type of illness or disease. Is this true??

Answer: *The claim is absolutely untrue!* There is no way that Qigong can fix a limb with multiple fractures; only a team of orthopedic specialists can do the job.

However, Qigong may help patients to recover faster with less pain and discomfort. Let me elaborate.

Qigong is the art of achieving and maintaining good health through a system of respiratory, meditative, and relaxation

exercises. It plays a part in enhancing the body's immune system by harnessing and harmonising the flow of Qi (*vital life energy*) through the meridians of the body. When the immune system is functioning efficiently, it is then able to ward off unwelcome illnesses and help patients to recover faster as a result of better blood flow to the injured areas.

In summary, **Qigong is not an alternative to conventional medicine.** However, it is widely recognised as a self-healing therapy to complement conventional medical treatment.

Qi Meditation Workshop Notes —by Ng Yee Fock

HEALING MEDITATION

- ◆ Healing Meditation can be divided into two categories - Yi and Qi which always go together.
- ◆ Yi uses “**Visualisation**” which requires professional guidance during training to avoid undesirable consequences. Yi is likened to a “*Commander*” or “*Army General*”.
- ◆ Qi on the other hand uses “**Breathing**” which is the basis of Healing Meditation. It is likened to an “*Army*” that provides support to the “*Army General*” as in Yi. It is therefore imperative to build up one’s Qi first before Yi.
- ◆ Qi Meditation can be built up through Chi Dynamics’ **Five Basic Essential Breathing Methods**: *Fu, Chui, Tu, Pi* and *Xi*.
- ◆ All the Five Breathing Methods are related to the **Five Elements**: *Metal, Wood, Water, Fire* and *Earth*.
- ◆ The Five Elements are also related to the **Five Organs**: *Lungs, Heart, Liver & Spleen, Kidneys* and the *Digestive Organs*.
- ◆ **ALWAYS** meditate with **Inner Smile**. The latter releases Serotonin, which is a ‘*feel good*’ hormone that contributes to mood balance and general well being and happiness. During meditation, Endorphins which helps to manage pain and stress are also released.
- ◆ **ALWAYS** choose to be **Positive** because a strong positive mind and attitude can achieve positive results.
- ◆ On the other hand, a Negative mind full of negativities will hinder healing.
- ◆ The Block of Breathing exercise is a form of Foetus breathing posture (*turn body to right side to avoid exerting pressure on the heart*) which boosts the immune system.



QI MEDITATION

When doing the following **Five Basic Essential Breathing Methods**, always breathe with **Inner Smile** for 10 minutes.

◆ FU Breathing (*Metal Element*)

- **ALWAYS** start with exhalation
- Connect Thumb (*Yin*) and Index Finger (*Yang*) and face palms down on knees
- Deals with Autonomic Nervous System
- Breathing nourishes the Brain
- Body becomes less acidic when one exhales slowly
- Rub hands, face, eyes and ears on completion

◆ CHUI Breathing (*Water Element*)

- **ALWAYS** start with exhalation, then inhale effortlessly
- Palms facing each other forming Chi Ball position at lower Dan Tian level

- Regulates the Heart

- Rub hands, face, eyes and ears on completion

◆ PI Breathing (*Fire Element*)

- Stimulates Triple Warmers
- As in ‘Charging’ posture, inhale when opening hands and exhale when closing hands at middle Dan Tian level
- Body heat is being built up causing cancer cells to die due to acidic covering (*as in radiotherapy*)
- Rub hands, face, eyes and ears on completion

◆ TU Breathing (*Wood Element*)

- **ALWAYS** start with exhalation and then inhale effortlessly
- Exhaling is controlled by the Throat
- Breathe in and hold. Roll up the shoulder from front to back. Then

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exhale and drop shoulder as in 'Shoulder Roll Turtle Form' posture

- When fully exhaled, contract lower Dan Tian and anus and then pause
- Experience the expanding energy which is good for building up bone density
- Rub hands, face, eyes and ears on completion

◆ XI Breathing (Earth Element)

- **ALWAYS** start with exhalation and then inhale effortlessly
- Curl up the tongue when inhaling and hold before exhaling
- Exhale with clenched teeth to stimulate the thyroid and thymus glands
- Use fingers to gently drum on the chest to stimulate the thymus glands; this will improve the immune system
- Rub hands, face, eyes and ears on completion

HEALING SOUNDS MEDITATION

- ◆ The Theory of Healing Sounds is based on guttural vibrations inside the Thrusting Channel
- ◆ In line with Chi Dynamics Breathing Methods, six Healing Sounds are adopted namely **Omm, Woo, Chitt, Haa, See** and **Shei**.
- ◆ Three out of the six Healing Sounds were practised as follows. The duration for each healing sound is 10 minutes

1. OMM Sound (or Humming Sound)

- To stimulate the brain (*as in mind and body connection*) and Autonomic Nervous System
- It opens up brain wave to the Alpha mode at 7.5 to 13 Hz/s
- Inhale, hold and then "Omm" out as



long as possible. Keep hands/palms around the head or over it

- Rub hands, face, eyes and ears on completion

2. WOO Sound

- Very good for the Heart and Lungs
- Posture as in the Heart Organ exercise with last finger flips upward
- It makes one happy when doing Woo Sound
- Rub hands, face, eyes and ears on completion

3. SHEI Sound

- Good for the Liver/Spleen and Eyes
- Use non-touch method for electromagnetic connection
- Palms facing the Liver/Spleen while taking the first breath/Shei sound
- When taking the second breath/Shei sound, move the palms to face the eyes to nourish them
- With each breath/Shei sound, alternate the hand position to nourish the Liver/Spleen, and then the Eyes.
- Rub hands, face, eyes and ears on completion

ANNOUNCEMENT

Plans for our next **RETREAT** are underway and here are some preliminary information.

DATES: To be advised. Likely to be in the month of October.

VENUE: Two venues are being considered — the Ching Swee Temple Hotel in Genting and a resort in Ipoh. Both venues are easily accessible from Kuala Lumpur and Singapore. Ipoh is just 2 hours by car from Kuala Lumpur and direct flights are available from Singapore.

REGISTRATION: If you wish to attend the Retreat, please register your interest with your Centre's instructor as early as possible to be assured of a place.

Please also note that we will limit attendance to not more than 50, and that registration will be accepted on a first-come, first-serve basis.

Look out for more details in the next issue of Chi Chat.