



CHI CHAT

with the Grandmaster

Issue 35

04 September 2015

From the Grandmaster's Desk

Two years have passed by since Chi Chat made its debut on 25 August 2013. We are now into our 35th issue.

In my inaugural message, I stated that besides enlightening members on the benefits of Chi Dynamics Qigong, my intention was to make use of the newsletter as a platform for members to share their health experiences and concerns. Judging from feedback, I am glad that the publication is achieving its purpose.

Please continue to keep in touch through Chi Chat. If you have missed out on earlier copies, you can retrieve them from our [website](#) where all issues, as well as testimonials, are archived for posterity under the [News](#) and [Testimonials](#) sections respectively.

As you are aware, many art forms of the legendary fighting nun, Wu Mei, are manifested in Chi Dynamics Qigong exercises which are designed for improving health and inner power. Thanks to the efforts of our volunteer mixed martial arts instructor, [Philip Tan](#) and assistant instructor, [Wang Phanee Ruby](#), I am glad that membership of our Wu Mei Kung Fu classes at the Alexandra Centre has grown. Evidently, members are finding the training beneficial.

I hope to introduce Wu Mei Kung Fu in Kuala Lumpur as well and may well have found the right person to help me with this task. She is [Irene Gunn](#), a 5th Dan Black Belt Taekwondo instructor who started training with me recently. I reckon she has what it takes to be a good Wu Mei Kung Fu instructor and I would like to pass down my knowledge and skills of the art to her so that she help me enlarge the pool of Wu Mei Kung Fu practitioners in Malaysia. Check out pages 2 & 3 for more on Irene.

Since my earlier announcement about our proposed retreat in either Genting or Ipoh, we are now considering a third venue — the historic town of Lijiang in the province of Yunnan, China. Discussions are ongoing and more details will be available soon.

On 22 August, I had the pleasure of presenting Instructor Certificates to [Foo Tiock Feng](#), [Leonard Wong](#), [Mary Heng](#), [Mary Wong](#), [Eddy Ch'ng](#) and [Martin Toh](#) at a luncheon sponsored by the Chi Dynamics Malaysia Chapter.

I thoroughly enjoyed the warm fellowship at the gathering and was delighted when the six new instructors (nicknamed "6") assured me

that they will 'give back' to the community by volunteering their services at the various centres. To start with, they will be assisting Senior Instructor [Puan Khatijah Shaari](#) in the organisation of the Grandmaster's Challenge to be held on 05 Dec'15 when contestants from 12 Malaysian centres will vie for individual and team prizes. Look out for more details in our next issue.

Well done, "6"! Keep up the spirit of volunteerism!

Grandmaster Anthony Wee

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

Ask Grandmaster

Question: After doing my block breathing exercises at 11pm last night, I kept waking up every 2 hours to find my whole body shaking involuntarily. The tremors were so strong that they woke my wife up. This is the first time I experienced the tremors since I started block breathing exercises 4 months ago. Can you explain my experience and are the tremors harmful?

Answer: The involuntary vibrations were the result of activated Qi flowing along the channels and meridians. This usually occurs after a good session of deep and correct breathing which stimulates

Tan Tien. There is no harm at all. In fact, you have done very well to be able to activate the Qi vibrations after just 3 to 4 months of block breathing.

I would advise you to continue with your daily practice but do your block breathing before 9pm. This will enable time for your system to rest as the activated Qi returns to the Tan Tien to be kept in reserve. The Tan Tien is like a reservoir or dynamo that keeps the surplus Qi for your health. Hence, at the end of each session, focus on drawing your activated Qi back to the Tan Tien like what we usually do after each Qi session in class.

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Spotlight on IRENE GUNN

Do not let Irene's demure looks deceive you. And do not get into a fracas with her. She is a highly skilled Taekwondo exponent and may 'gunn' (pardon the pun) you down with a well-timed jump kick!

When Irene took up Chi Dynamics Qigong for health reasons late last year, she caught the eye of Grandmaster Anthony Wee who was impressed at the rate and ease she adapted to Wu Mei Kung Fu, which concept is quite the opposite of Taekwondo, the art she specialises in.

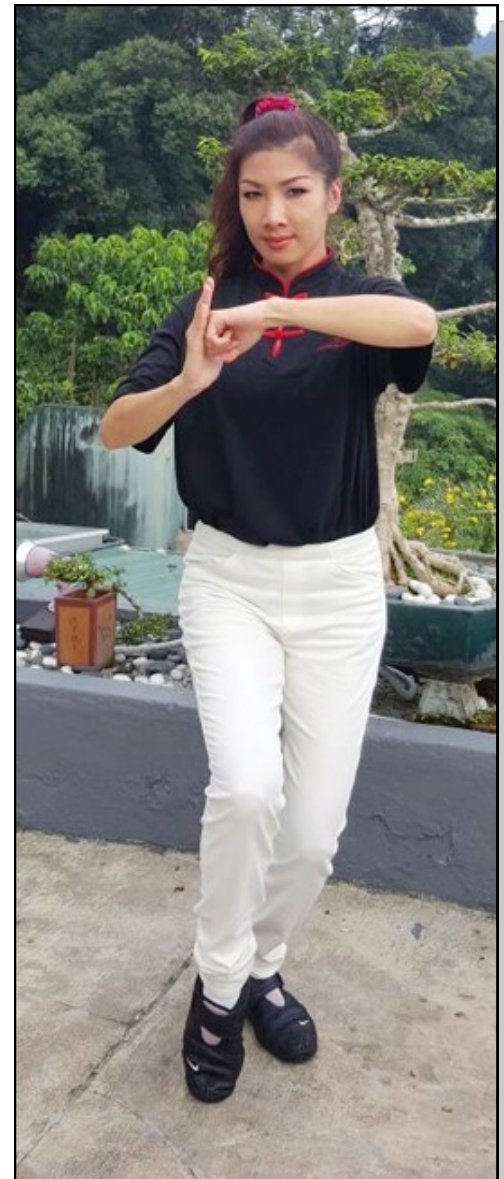
According to Grandmaster Anthony Wee, "Irene just took to Wu Mei Kung Fu like a duck to water. She is gifted with excellent eye and hand coordination which is very essential in combative arts and sports, especially in Wu Mei Kung Fu where there are many subtle twists, turns and spinning movements to boost speed and power."

"Irene is so quick in picking up the finer points of the art. With her display of enthusiasm, dedication and unwavering determination, she will go far and I would like to pass down the knowledge and skills of Wu Mei Kung Fu to her. She has what it takes to be a good instructor for Wu Mei Kung Fu", Grandmaster Wee added.

42-year old Irene is a mother of two grown up children — **Casovia** (21) and **Hubert** (17). She currently runs her own logistics company handling inbound and outbound shipping containers in Port Klang.

With her interests and natural talent for martial arts, Grandmaster Wee hopes she will continue to hone her skills and help him to enlarge the pool of Wu Mei Kung Fu practitioners in Malaysia.

Chat was in touched with Irene recently and below is what she shared with us on Taekwondo and Wu Mei Kung Fu.



Chi Chat: You are a 5th Dan Black Belt Taekwondo instructor which ranks you as a highly qualified TKD exponent. Why are you now taking up Wu Mei Kung Fu?

Irene: Yes, I have been a Taekwondo instructor for 19 years and was actively involved in training students to spar and also *poomsae*, which is the established pattern of defence and attack motions. However, I stopped teaching a couple of years ago when my interests turned to gyming and dancing.

I discovered Wu Mei Kung Fu by chance when I took up Chi Dynamics Qigong late last year for health reasons. Subsequently, Grandmaster Wee offered to

teach me the art when he found out my Taekwondo background.

Chi Chat: How does Taekwondo compare with Wu Mei Kung Fu?

"Irene took to Wu Mei Kung Fu like a duck to water. She is gifted with excellent eye and hand coordination which is very essential in combative arts and sports, especially in Wu Mei Kung Fu where there are many subtle twists, turns and spinning movements to boost speed and power." - Grandmaster Anthony Wee

Irene: In theory, they are quite the opposite. Taekwondo is a traditional Korean martial art which emphasises on kicking techniques for attacking and defending in

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Spotlight on IRENE GUNN

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combat while Wu Mei Kung Fu focuses on swift, sharp and whipping techniques of the hands and fingers aimed on the vital points of the opponent's body at close quarters.

In Wu Mei Kung Fu, no brute strength is necessary and thus it is more practical and effective for women.

As many Wu Mei health and longevity practices are manifested in Chi Dynamics exercises, I find the Chi Dynamics' breathing methods and iron-shirt training very beneficial for developing my inner power and for enhancing my immune system. I

also like the diverse animal form exercises which I find very artistic, practical, graceful and feminine.

Chi Chat: Now that you have a few months of Wu Mei Kung Fu training, have you experienced any benefits?

Irene: The training has certainly enhanced my immune system. My upper body feels much stronger and so is my mental strength.

Chi Chat: What made you take up Taekwondo in the first place?

Irene: Sports is 'life' to me, just as breathing is. I strongly believe in the benefits of detoxing, de-stressing and maintaining a healthy body and mind the natural way instead of other quick-fix aesthetic methods which many people opt for nowadays.

Chi Chat: Do your children follow your footsteps?

Irene: In fact they do. My daughter **Casovia** is a 4th Dan Black Belter and is already

a National Champion in Taekwondo Sparring, Taekwondo Poomsae and Taerobics (a combination of Taekwondo, Aerobics and Music), while my son **Hubert** is a 2nd Dan and is now taking Calisthenics training seriously.

Chi Chat: Do you have any thoughts to share based on your Wu Mei Neigong experiences?

Irene: First, I would say that Wu Mei Kung Fu is indeed a practical and versatile street fighting martial art which defies classification as it comprises long, short, hard, soft, internal and external aspects.

Secondly, it is a comprehensive practice for improving wellness and longevity and I have benefitted much from it.

Finally, I feel very honoured to have the opportunity to learn the art from Grandmaster Wee and I look forward to honing my skills under his guidance.



(Above) Irene demonstrating the Phoenix Tail technique —a signature Wu Mei attacking reverse chop to the groin, and following up with a turning back hand chop to the neck.



The Gunn Family Black Belters

Mother **Irene** (5th Dan), Daughter **Casovia** (4th Dan) & Son **Hubert** (2nd Dan)

"Irene has what it takes to be a good Wu Mei Kung Fu instructor.

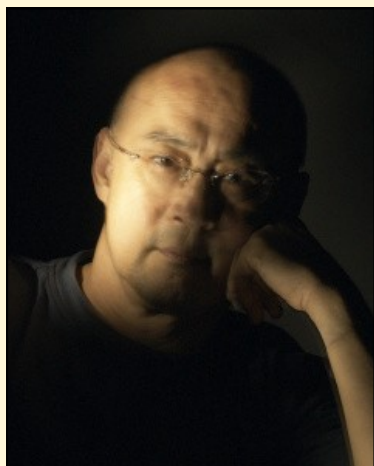
I would like to pass down my knowledge and skills of the art to her so that she can help me to enlarge the pool of Wu Mei Kung Fu practitioners in Malaysia." - Grandmaster Anthony Wee

Grandmaster on Canvas — *A Portrait in Perfect Light!*

Come next month, a portrait of **Grandmaster Anthony Wee** will be on display at the **One "Painted" Family** exhibition by the internationally acclaimed "Oil Painting" photographer, **Charlie Lim**.

'*Oil painting photography*' is an unique art technique developed by Charlie Lim where images dwell on the boundaries of fine art and photography. His photos are taken in the dark with just a torch light as his paint brush, with which he makes use of light and shadows to create an "oil painting" photograph that resembles Rembrandt's portraits.

Charlie took seven years of study and practice to perfect his uniquely Singapore-style "oil painting" photography technique which is the first of its kind in the world. Having amassed many international awards for his works, he is now a much sought-after speaker at international photographic events and conferences. He is also frequently featured in print and tele-



Charlie Lim — 'the painter of light' and a man of many talents. Besides 'oil painting photography', he is also passionate about cooking and martial arts. He holds a 4th Dan in Aikido, 1st Dan in Hapkido and Nam Wah Pai (Wushu).

vision media around the world and was recently invited to exhibit his works in New York and Italy.

If you have the time, drop in at the **One "Painted" Family** exhibition to view Charlie's masterpieces, especially the one he did of Grandmaster Wee (see above). The exhibition will be held at the Ngee Ann Cultural Centre Exhibition Hall, 97 Tank Road, Singapore 238066 from 16 to 18 October 2015 (11am to 7pm daily).

The exhibition is in conjunction with the SG50 celebrations and the objective is to recognise the pioneer generation. It will feature a collection of 50 "oil painting" photographs of prominent Singaporeans of different professions, all of whom are above 50 years of age and who have contributed in one way or other to the success and building of the Singapore image to what it is today.

According to Charlie, "Besides creating awareness of my form of photography, I

hope the exhibition will present opportunities for Singaporeans of all ages to unite as one big family. It is also meant to serve as an inspiration to the younger generation and I hope they can learn from their seniors."

If you want to have an "oil painting" photograph done of you and/or family, you can contact Charlie direct at +65 6278 2309/mobile +65 9687 9565 or via email: charlielim@clipixel.com.

"ONE 'PAINTED' FAMILY" Exhibition

VENUE: Ngee Ann Cultural Centre Exhibition Hall
97 Tank Road
Singapore 238066

DATES: 16-18 Oct'15

TIME: 11am to 7pm daily

Stretches that Stimulate & Heal — *by John Tee*

The 03 August Workshop on 'Stretches that Stimulate and Heal' by Grandmaster Anthony Wee was well attended by participants from the various Chi Dynamics centers.

According to Grandmaster Wee, stretching exercises are best performed in the morning before one gets out of bed. To avoid injury as the muscles are cold then, the exercises should be performed slowly and according to one's ability. At the same time, breathing techniques including deep diaphragmatic breathing should be practised where relevant.

Grandmaster Wee started with the 'carp' stretch to address lower back pain which is often the result of weak core muscles. He advised that a pillow should be placed below the knees to support the lower legs to prevent over extension which can further exaggerate lower back pain.

Participants were taught a variation of the standard carp stretch with the head and shoulder raised, and turning the head to one side and then the other while exhaling during the turns. They were also reminded to pull back the toes with each exhalation and not to point the toes outwards to avoid cramps to the calf muscles. It is recommended that the exercise be repeated 10 to 20 times.

Next were a set of stretches performed from a standing position. Start with a slow and deep inhalation and slowly raise and push the palms toward 'earth' with the wrists cocked. Repeat 3 times and then change to push the palms toward 'sky'. This is followed with the palms towards the front, sides, 'tian and di'. When performing these stretches, the hands should be fully stretched to be effective.

Another stretch is the 'fire eagle' stretch where one adopts the 'cat stance', breathe in, raise the hand and then bend forward and sweep both arms and hands to the sides and back. [[Click here to see how it is](#)



Photographs courtesy of Tan Kee Wee



done on [YouTube](#)]

The final set of stretches was to join both hands together (activating all the meridians on the hand) and push it towards the 'sky' with the heels raised and the weight of the body on the yong qian.

Grandmaster Dennis Wang then briefly shared his Ruyi Han Yang Qigong art on stretches with the participants. Together with Grandmaster Wee, they announced that a retreat is being planned for November when more of Ruyi Han Yang Qigong including stretches will be taught. Members who are interested to partici-



pate in the retreat are to register their interest with Michael Koe (h/p: 9836 7151 or email: mslkoe@gmail.com)

The class then broke up into 2 groups to practise the exercises before the workshop ended.

John Tee