



CHI CHAT

with the Grandmaster

Issue 36

20 October 2015

From the Grandmaster's Desk

Dear friends,

The "annual" haze is upon us again, and it won't go away anytime soon; the problem may take years to tackle, through more enlightened production and better consumer education on our part.

For the immediate present, we can do something. The haze contains pathogens that affect directly the respiratory system, thereby also causing other ailments to the more vulnerable among us who are battling one chronic condition or another. *Medication is after the fact.* We can stay healthy and battle the haze, not only with N95 masks for outdoors, but by practising indoors the tools we have learnt like block breathing, butterfly stretches and the Mao Swing. I encourage members not only to practise them diligently, but also to teach these simple exercises to our family, friends and colleagues.

Constant hydration helps, and we can make for our family and friends green bean, barley soup or lotus roots soup to clear toxins and strengthen the lungs. It is more helpful and beneficial than simply getting angry about the haze!

Speaking of pathogens and

ailments, cancer is on the rise. Anecdotaly, we all know a relative or a friend who has cancer. We often ask ourselves what we can do to help. Medical advances have made treatment more targeted and more effective. But as we know, treatment also takes its toll on the patient, and can sometimes be very debilitating.

Our bodies could use some help to strengthen their defences. Over the years, the Chi Dynamics' deep breathing techniques and exercises have helped many cancer sufferers in boosting their immune system and improving their well-being. It is with this in mind that I want to start a Cancer Care Group to reach out to cancer sufferers. I need more volunteers from our Chi Dynamics' community to join this care group. I will conduct a workshop so that these volunteers can be trained on how to coach people with cancer on the breathing techniques and specific exercises that can alleviate some of the side effects of treatment and contribute to their general well-being. For more information, see inset opposite.

Last but not least, some time ago, *Han Yang Qigong Master Dennis Wang* suggested the

possibility of a retreat in Lijiang, China. Our past retreats have always been fun and filled with camaraderie, while learning some new moves in a relaxed setting. Lijiang is by all accounts, a beautiful, raw landscape in the northwestern part of Yunnan province, bordering Sichuan. But with the current economic situation, organising a Lijiang retreat may pose challenges. Thus we will KIV this exotic, interesting location for now. I will look into a possible 2016 retreat closer to home.

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.



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Managing Stenosis Workshop (Part One) - by Royston Tan

Stenosis is the abnormal narrowing of a blood vessel or a body channel such as the bone channel occupied by the spinal nerves or the spinal cord. It is a congenital condition for some people but in most cases, the narrowing is part of the ageing process.

Kicking off the workshop, **Grandmaster Anthony Wee** highlighted that lumbar back pain caused by spinal stenosis is a common problem. In the young, it is usually the result of injury sustained during sports or other physical activities and in the old, it is usually associated with the degeneration of the soft tissues; the condition could also be heredity. Treatment methods include cupping, acupressure, acupuncture, tui na and heat treatment; .

A member of the audience with lower back problem volunteered to undergo the cupping treatment by Grandmaster Wee. Using a mixture of moisturiser and Chinese herbs, Grandmaster Wee applied the poultice on the back of the volunteer and proceeded to identify the problem area by running his fingers up and down the spine. When the problem spot was identified, Grandmaster Wee gently massaged and proceeded to cup on it. After the cupping which lasted about three minutes, the volunteer reported that he actually felt much relief.

The volunteer was then taught how to massage the back using the knuckles and thumping with the soft side of the fist. Some simple stretching exercises were then taught. Grandmaster Wee emphasised that it is very important to do some stretching every morning as the blood flow is at its weakest upon waking up in the morning. Stretching improves the blood flow and together with *chui* breathing increases the oxygen to the blood. This morning stretching and breathing exercise will help us to maintain the health of our spine.

The workshop ended with the class being taken through some

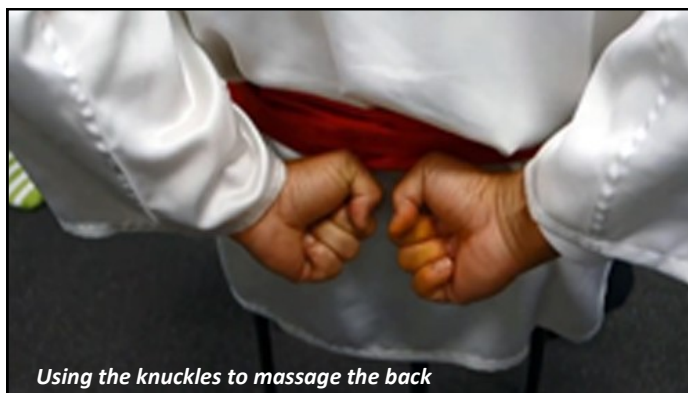
stretching exercises by Senior Instructor, **Royston Tan**.

Part II of the workshop will be conducted by Grandmaster Wee when he returns in October 2015 and will focus on neck pain, knee pain, heat treatment and relaxation by breathing/music.

[\[Click here\]](#) to view Grandmaster's presentation on YouTube]



Grandmaster Wee showing how cupping is done.



Using the knuckles to massage the back

Ask Grandmaster

Question: I am in the mid-50's and am still active and healthy. However, when I jog or exercise, my body gets heated up quickly and I find it difficult to breathe. Drinking and eating a lot of cooling things do not seem to help. The other question I have is why am I unable to sleep well on a mattress bed but have no problem if I sleep on the marble or hard surface?

Answer: In one's body, there are five elements of Qi energy - **Metal** (Kim), **Wood** (Bok), **Water** (Shui), **Fire** (Huai) and **Earth** (Thor) and for good health, there should be a balance amongst these energies.

Judging from your question, your system is not balanced with the Fire Qi element 'over heating' and insufficient active Water

Qi element to counter it. I reckon that the other contributory factor is that you are not breathing properly.

I suggest that you consult your doctor for advice on whether medication is necessary. The alternative is Qi breathing exercises to balance the elements but I should mention that it takes lots of self-discipline to exercise regularly and correctly.

Managing Stenosis Workshop (Part Two)

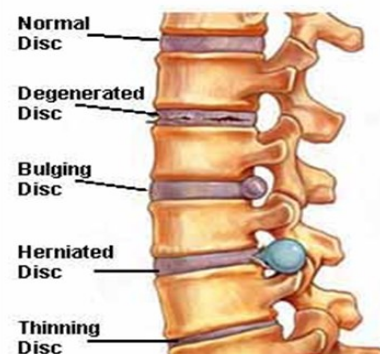
In part two, the focus was on Cervical disc degeneration, a disease that goes beyond just a pain in the neck. The degenerative process can cause radiating pain, numbness and weakness in the shoulders, arm and hand. The resulting discomfort and loss of mobility can have a major impact on the affected person's quality of life.

To arrest the degenerative decay, Grandmaster Wee highlighted some exercises and treatments such as:

- ◆ Deep breathing exercises to facilitate better blood flow and Qi flow.

- ◆ Stretching exercises that focus on the shoulder, neck and hand. Chi Dynamics' hand flicking exercise also goes a long way to address numbness and pain around neck and shoulder region.
- ◆ Home remedy such as applying heat pads on the affected areas can offer temporary pain relief.
- ◆ Regular acupressure cupping as practice at Chi Dynamic is another treatment to alleviate pain on the targeted area.

Examples of Disc Problems



[Click here](#) to view Grandmaster's presentation on YouTube

Healing with Cups

The acu-cupping therapy class started on October 5 with several enthusiastic participants.

Grandmaster Anthony Wee explained that acu-cupping is an ancient form of therapy to move Qi and blood and to open the pores of the skin.

Acu-cupping draws blood from the underlying arteries in the deeper tissues to the capillaries supplying the skin. Congested areas would be relieved of stagnant blood, with the accompanying relief of pain. An improved Qi and blood flow to the area would bring fresh lymphatic fluids to help remove toxic products caused by the tissue damage.

A live demonstration cupping session was carried out on a fellow participant who has back pain. Participants were shown a step-by-step procedure.

First, cream is applied to the area to ensure better suction and also act as a protective layer for the skin against burns.

After this, the cupping process takes place involving the use of a glass container which is placed upside down on



Grandmaster Anthony Wee showing participants how it is done.

the participant's skin. The principle here is the creation of a vacuum within the container which causes the skin to rise together with the stagnant blood. The cup is left in place for about five to seven minutes. When the cup is removed the area cupped will usually be red and in severe cases dark blue or purple indicating the severity of the injury.



Participants were given a chance to practice.

The acu-cupping classes are held at the Alexandra Centre from 5.30pm to 7pm on Monday and Thursday during the week Grandmaster Wee is in town. A fee of \$20 per session is payable. Students are encouraged to come early before class on the other Mondays and Thursdays to practice with one another. There is no charge for this and they can use the facility and resources available.

[Click here](#) to view how cupping is done by Grandmaster Anthony Wee on YouTube