

CHI CHAT with the GRANDMASTER



Issue 41

September 2016

FROM THE GRANDMASTER'S DESK

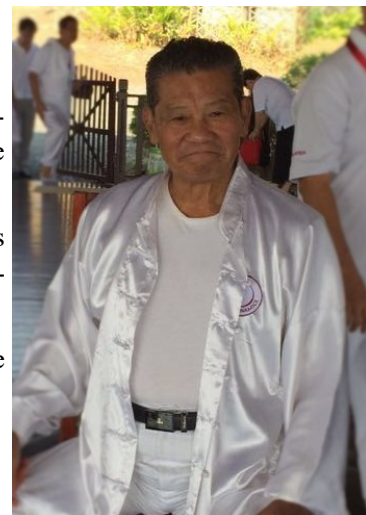
WE are eagerly awaiting our return to our Alexandra training centre at Komoco Building in Leng Kee Road in Singapore. The building has been under renovation for quite a few months.

Meanwhile, our members have been making do at a temporary centre. Due to the less than conducive environment, only about a quarter of our regular class have been turning up.

But our Resident Instructor, Sifu Roland Hong, and Instructor Michael Koe kept the training going despite the inconveniences.

Thank you, Roland and Michael, for your boundless dedication and tireless efforts.

Hopefully, we will be going to the new centre soon.



ANNUAL CONTEST

The annual contest for the Chi Dynamics Challenge Trophy is on again.

I hope that all centres will participate. It is not enough to just get together once or twice a week to practise. It is sometimes not enough even to practise every day by yourself, if you are doing the same thing over and over. You should keep trying to improve, and reap more benefits from your Qigong.

You should try to attend the ad hoc courses, or retreats, or refresher courses, or competitions.

Our annual challenge is an opportunity to fine-tune and improve your techniques. It is also an opportunity to build team spirit with the other members of your centre, and to network with members of the other centres, and learn from each other.

So I hope all instructors will organise and prepare their members for the challenge.

I would like each centre to send a team of not less than 3 participants, besides encouraging participation in the individual events.



Singapore members practising at their temporary centre

Proposed venue: Main Training Centre in Petaling Jaya.

Proposed date: March 2017.

Challenge exercises:
Yi Qigong
Tiger Form
Archer Form

The organising committee, comprising the Chief Instructor and his deputies and instructors, are finalising the details.

RETREAT

We are also planning our next retreat in Malaysia, which we have fixed for Nov. 25 – 27. Please see details on Page 5, and block your diary.

This publication is for internal distribution to CDI members only. If you have any interesting health-related experiences to share with our readers, please email to:

chidynamicsinternational@gmail.com

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ASK GRANDMASTER

QUESTION: *What is "free flow of Qi"?*

GRANDMASTER: It's an integral part of Qi Flow. There's an internal Qi flowing circuit called the Inner Orbit, comprising the Ren Mai and Du Mai (Yin and Yang channels). There's also an Outer Orbit, where the Qi flows through all 8 energy channels and all 12 meridians.

“Free Flow” is the sum or part of the tremors, vibration, swaying, and other physical manifestation of the Qi flow within the body.

Q: *I have seen my classmates in CD Qigong practice sessions physically shaking, moving, twisting, blissfully gyrating, but none are the same. Can all those be Free Flow?*

GM: Yes, they are never the same, just as no thumb or finger prints are identical. Free Flow is a physical manifestation of the inner flow. So, just as individuals have different physical make up, likewise the physical manifestations of inner flow will be different.

But they all have the same result, a sense of well-being and blissful relaxation.

Q: *Is it dangerous to let oneself go into a trance?*

GM: In CD Qigong, you do not go into a trance. There's no harm and its 100% safe. It's more like total awareness with an altered state of consciousness. You are always in control of your senses, but it's very relaxing, so most practitioners shut their eyes, and therefore give the impression they are in a trance.

Q: *Why is CD Qigong's free flow not harmful?*

GM: A pertinent question, because we in CD use the breathing rhythm to achieve Free Flow and not by visualization only. The breathing method drives the Qi flow, with oxygen and warmth from the Lower Dan Tian. On the other hand, visualization is by auto suggestion and by mental influence of another person, usually the so called Qigong Master.

One is by the power of the breathing techniques, the other is by the suggestion of the mind.

Q: *What are the forces at work during Free Flow?*

GM: There are quite a few forces in the free flow of Qi.

First one has to know these Channels of Qi energy.

Two of these are the Ren and Du channels, which are non-vibrational in the flow of Qi.

Ren is Yin in nature, cool and cascading, and moving up from the Hui Yin or the Kuan Yuan to the Lower Dan Tian, Middle Dan Tian, Upper Dan Tian and the Bai Hui, and down again after connecting with the Yang Qi from the Du Channel of the Spinal column, which only moves upwards from the Hui Yin to the Tailbone (Coccyx) pass to the Lumbar pass, to Shen Dao, to Big Hammer pass to Yu Zhen pass, eventually to Bai Hui, meeting the Yin Qi of the Ren channel, thus completing the Inner Orbit.

(The Kuan Yuan is the home of primordial Qi, about 2 cun below the Lower Dan Tian. A “cun” is the width of your thumb.)

No vibrations at all in that Qi flow. That is why some Qigong Masters frown on those who shake and sway.

There's no incorrect Qi flow or correct Qi flow. All flows are natural... vibrations, shaking, swaying, thrusting up and down, all come from the Qi flowing through the channels.

Q: *What other Qi Channels are there?*

GM: There's the Thrusting or Chong Channel that runs directly upwards from the Hui Yin to the throat of most men and to around the lips of women. Its movement could push the person up and down from the inside with an involuntary force that is rather powerful.

One of my instructors W. Lee when he gets his free flow will bounce on his soles of his feet at a pace that normally will leave one breathless. It's not graceful or gentle, and the Thrusting channel can be too powerful to harness for a beginner.

The next powerful channel is the Belt Channel, like a girdle. It sways and turns the waist in a rotational manner, which is graceful too. It starts from the Kuan Yuan and moves up to the Lower Dan Tian, then splits up and goes around the waistline to rejoin at the Ming Men near the Lumbar pass. When it moves the Qi flow could be similar to the movements of a belly dancer. These are the 2 channels that provide movements to free flow of Qi.

(To be continued)



THE MAKING OF A CHI DYNAMICS QIGONG INSTRUCTOR

There are two steps in the making of a Chi Dynamics Qigong instructor.

The first step is to be appointed an Assistant Instructor. Candidates usually have to attend a course to fine-tune their theoretical and practical knowledge of CD-Qigong, and pass a practical and written test.

The second step, to be an instructor, consists of two stages.

The first stage is the teaching test.

This test can be formal, where the candidate has to teach a group of peers, and answer their questions and respond to their comments, as Grandmaster observes and assesses.

The test may also be informal, where the candidate is given certain tasks, and is assessed by Grandmaster and the candidate's peers.

If the candidate passes this test, he is registered as an Instructor.

In the second stage, the candidate has to pass a written test and perform the human bridge (see Below).

On passing this stage, the registered instructor then becomes a certified instructor.

THE HUMAN BRIDGE

To qualify for certification, a Chi Dynamics Qigong Instructor must perform the Human Bridge.

He or she must lie, stiff as a plank, with the head and shoulders resting on one chair and the lower legs and feet on another – and no support in between.

Another person will then stand on the suspended torso for 15 seconds.

Irene Gunn, who weighs less than 51 kg, gained her Instructor's certificate by letting Alvin Chua stand on her perfectly-horizontal torso. Alvin weighs 76 kg, and he was standing on a 2kg book placed on Irene's belly for a flat surface and stability.

How did she feel?

Nothing, she says. "I tensed my belly and felt Alvin's weight, but felt nothing in the rest of my body."

How did she do it?

Two things: breathing, and Yi (will and confidence).

She used hard Pi breathing to build up her inner strength at the Lower Dan Tian.

"If you build up your inner strength, you will feel no stress or strain on the rest of the body," she says.

The second element was confidence, or mental strength. Grandmaster only told her two days beforehand that he would be testing her, so there was no time for preparation. She just told herself she could do it. And she did it.



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ACU-CUPPING WORKSHOP

The ancient Chinese remedy of cupping has suddenly become an international sensation, after US swimmer Michael Phelps, who has won more Olympic gold medals than any other person, was spotted with cupping bruises at the Rio Olympics recently.

After noticing this superstar's cupping marks, we were amazed by how many other Olympic athletes were also sporting the distinctive purple marks.

Suddenly, a traditional remedy shunned by Western medicine has gained respectability and acceptability worldwide.

The use of cups for suction, together with a herbal poultice, has proven very effective for treating various ailments through the ages.

Grandmaster would like to train our members in this art, which he has been using for decades to treat his patients.

He has planned a two-module course.

The first module will cover upper body ailments from the head to the abdomen or waist. The focus will be on the Cervical discs, to relieve pain in the neck, migraine, stiff neck, frozen shoulder, tennis elbow, backache, stiff muscle, chronic bowel syndrome etc.

The second module will cover the lower half of the body, from the abdominal or lumbar region to the feet, to treat lower back pain, degenerative discs, slipped discs, lumbar disc degeneration, sciatica pain that runs from the back to the knees, and painful and weak knees.

To cover the costs, each module will cost RM100 for members, and RM80 for instructors.

The workshops will be held at the Main Training Centre from 2 pm to 6 pm on two Saturdays, the dates to be confirmed later.

Those interested please contact

Mary Heng at **012 6713823** /

maryheng2005@hotmail.com.

5 BENEFITS OF CUPPING THERAPY

1. Helps reduce pain
2. Promotes relaxation
3. Boosts skin health
4. Helps treat respiratory issues and colds
5. Improves digestion



The swimming legend Michael Phelps in action at the Rio Olympics— Note: The cupping bruises on his shoulders

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CHI DYNAMICS MALAYSIA 2016 QIGONG RETREAT

Theme:

The Yin and The Yang of CD-Qigong

Programme:

- 1. Study the Hard n Soft Qigong Exercises (Benefits)**
- 2. Formal movements in Qigong vs the Free Flow (The differences)**
- 3. Internal power of Qi vs the External Transfer of Qi**

Date: **25th - 27th Nov 2016 (Fri -Sun)**

Venue:

**DHZ Health Resort Club Sdn Bhd
No.12, Persiaran Jati 3A, Off Jalan Jati 3,
Bandar Gohtong Jaya,
69000 Genting Highlands, Pahang (Tel: 03-61005678)**

Fee: **RM350 nett/pax (Twin-sharing, inclusive of main meals and tea breaks)**

Early Bird Discount: **CDM will subsidise members who sign up early with payment. (Amount of discount/subsidy to be confirmed.)**

RETREAT IS FOR MEMBERS ONLY

Mode of payment: **Cash/Cheque payable to Chi Dynamics Association of Malaysia**

Registration: **- Ms. Mary Heng (012-6713823)
- Mr. Freddie Cheow (012-3209110)**

Proposed Programme For the Chi Dynamics 2016 Retreat

Day 1 (Friday)

6.00pm - 7.15pm: Early dinner

7.30pm - 10.00pm : Stimulating the Ying (REN) and Yang (TU) Channels using the breathing of the 5 Elements, postures and lights.

Day 2 (Saturday)

6.45am: Dawn Sunrise Harness the Shao-Yang Qi of the Rising Sun. Follow up with the 5 Essentials and the water Crane Walk.

8.30am: Breakfast

9.30 am: Floor Exercises, Postures and Stretching to open up the 12 Yang Meridians and the 12 Ying Meridians.

11.00am: Tea break

11.30am: Postures and Stretching continued.

12.30pm: Lunch (75% full recommended).

2.00 pm: Digestive Organs exercises with other organ exercises.

3.30pm: Tea break

4.00 pm: Introduction to Cupping Therapy and Meridians.

5.30pm: Harness the Ying Energy / Qi of the setting Sun.

6.30pm: Personal time.

7.30pm: Dinner

8.45pm: Inner Orbit Meditation (Healing with internal Qi).

10.00pm: Q & A.

10.30pm: End and Good night.

Day 3 (Sunday)

6.45am: Capture the Yang Qi of the rising Sun at Dawn.

One thousand Mao Swings and the 10 standard postures to encourage Free Flow of Qi along the Meridians.

8.15am: Breakfast

9.15am: General Kwan's postures and Walk for strong stance and good pose. (To prevent Osteoporosis) Shaolin Lohan Sho tendons and bone marrow stimulation tension control. (Yang Qigong: Hard for Internal Power)

10.45am: Tea break

11.15am: The Archer, The Yi Qigong signature pattern, the Tiger form. Optional exercises that matters.

12.30pm: Lunch break

2.30pm: Revision Q & Aclarify any doubts.

3.30pm: Presentation of Certificate of participation to all.

4.30pm: End of Retreat.

Note: The above is only an overview. Slight adjustment may be made during actual Retreat due to weather conditions, etc

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