

CHI CHAT

with the GRANDMASTER

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For Members Only



The trainees at our international retreat last year at the Pavana Resort in Chiangmai.

FROM THE GRANDMASTER'S DESK

This issue is our first in the Fire Rooster Year.

A year that brings hope, success and progress. I try to avoid talking about "Prosperity" as we should be more concerned about "Health". The wise saying is "When there is Health, there will be Wealth". Not vice versa.

This is so true as a person with bad health will not be happy with the wealth even if it's there for the taking.

Our "Wellness" is our concern, we must put our time and Qi into this Concern, for without Wellness, what else is there?

This year we will see the "Changing of the Guard", as a new committee for our Malaysian Chapter will be elected in April.

This new group of "Volunteers" are our leaders in a manner of speaking. In effect they serve you members. They will promote the Chi Dynamics Art of Qigong to a wider audience.

They will look for more funds to subsidize our activities.
I for one am looking forward to work with this new committee with optimism and enthusiasm.

MORE WORKSHOPS

There will be more Qigong Workshops to upgrade all Instructors as well as trainees.

C.D. INTERNATIONAL RETREAT

The Annual C.D. International Retreat will be held on 27th October.

The venue is **The Pavana Health Resort in Chiangmai, Thailand.**

Since the Resort's capacity is limited to 50 pax, please register early when we open for bookings.

In Singapore, the Administration head is Ronald Lim. In Malaysia, the Coordinator is Mary Heng.

They are both very experienced in past Retreats, you will get more details from them as we get closer to the event.

APPOINTMENT OF NEW SIFU (MASTER)

I have appointed Lawrence Chong of Changkat Centre in Singapore as "Sifu" with a certificate at their 10th Anniversary lunch in January 2017. Sifu Lawrence Chong deserves the title of Sifu with his dedication, enthusiasm and his passion in promoting health with our C.D. Qigong Art form.

I will also be appointing the Chief Instructor of Malaysia CD Chapter, K. K. Kuan, as Sifu. He has a strong group in Lick Hung Centre in Subang Jaya, Klang Valley.

The third Sifu to be appointed is the Chairman of CD Association of Malaysia, C.C. Chin, who took the helm for three terms, a total of six years. Thank you C.C. Chin for doing a commendable job for the Malaysian Chapter.

The Presentation of Certificates to Kuan and Chin will be on 23th April after the AGM and election of the new committee members. You will all be informed of the time and venue as soon as possible.

The Fire Rooster Year will boost our membership with our mission to promote Community Health through the practice of CD Qigong regularly.

Let me wish you all the best of Health.

Best regards,
Grandmaster

FROM MARTIAL ARTS TO WU MEI, HE'S GOT THEM ALL UNDER HIS BELT

**Philip Tan – Wu Mei - Instructor –
Chi Dynamics - Alexandra
Centre**

Interview by WARTON ONG

The Art of Chi Dynamics developed by Grandmaster Anthony Wee is based on the Southern Shaolin Wu Mei Nei Gong System, Northern Shaolin Internal Qi System and Qi Meditation Self-Healing Methods. The best practices of these systems are combined to form the Art of Chi Dynamics.

The Shaolin Wu Mei Nei Gong, also known as the “Art of the Fighting Nun”, takes the art one step further by focusing on strengthening the internal body system through power and energy breathing. It is this system that the martial arts techniques of “Nei Gong” or “Iron Shirt” and the expression of the Inner Qi Power are derived.

With boyish looks, the affable Philip Tan exudes a personality that is cool, calm and collected. We caught up with him to find out more about Wu Mei and below is what he shared with us

Chi Chat: Please tell us a little about yourself.

Philip: My passion has always been Martial Arts and Qigong. Yet whenever I can find time, I do fly my collection of kites, play my drums and ocarina.

Chi Chat: How long have you been practicing Wu Mei and how did you get started on it?

Philip: End of 2013, I tore a tendon in my left arm in a competition and did an operation to re-attach it. After the operation, my uncle introduced me to GM Anthony Wee for post-surgery treatment to speed up the recovery



Instructor-Philip Tan
Round Side Kick-Demonstration

and also to make sure it healed well. I was subsequently initiated to be GM Anthony's disciple and was taught the Art of Wu Mei from then onwards.

Chi Chat: In what way has Wu Mei helped you?

Philip: Wu Mei reinforced and helped to bridge in some ways my previous training in other martial arts, especially in the aspect of close contact street fighting and the conditioning of our bodies, like the iron palm and iron body training.

Chi Chat: Please share with us the exercises which your students find are most beneficial and those that they have challenges with?

Philip: I believe that each exercise has its purpose and benefit. Most beginners here are mostly too stiff and tense while going about the exercises. I try to help them understand how to relax, as only then will they be able to generate greater power and flow. And of course being in a 'song' or relaxed state is one of the most important aspects of being healthy.

Chi Chat: Have you practiced other forms of martial arts before? If so, how do they compare with Wu Mei?

Philip: I have done many other martial arts since young. Northern Shaolin, Tae Kwon Do, Oyama Karate and Shorinryu Karate, Ai-

kido, Yang and Chen style Taiji, Muay Thai, some exposures in Boxing, Wrestling, Brazilian Jujitsu, Silat, and JKD. Since Wu Mei was founded by a nun, it has helped me to learn to fight from a woman's perspective, meaning the focus will be more of 'softer' techniques rather than brute force. One good example is we train a lot in whipping strikes. It doesn't need a lot of muscular strength but the damage it inflicts can be very destructive too.

Chi Chat: For someone (50-60 year- old) who has no martial art experience but is keen in taking up Wu Mei, what would you recommend and what would the overall experience be like?

Philip: Drilling the basics over and over again is the main routine we have here at Wu Mei classes. For a more senior student with no martial arts background, I will break down the exercises into simpler, more manageable steps and guide them progressively. We have many seniors in our class and so far all can follow the training without any problem.

Chi Chat: How can one go about signing up for the Wu Mei class and the training schedule and venue?

Philip: Anyone interested can easily sign up through Chi Dynamics (Michael Koe) or contact me, or just simply walk into our class. We practice every Wednesday night from 7 pm to 8.30pm.

Chi Chat: Have you any interesting humorous stories/anecdotes to share about your Wu Mei experience?

Philip: It has been very rewarding to share and guide all the Wu Mei students here. Seeing them putting in their best effort and improving through time gives me a deep joy and pushes me further in my own training.

*Iron Palm Exercise**Finger Jabbing Exercise**Pad Hitting Exercise*

WU MEI THE ART OF THE FIGHTING NUN

Chi Dynamics
Alexandra Centre,
Singapore

Wednesday-7.00pm-8.30pm
Contact: MICHAEL KOE Tel: 9836 7151

*Wu Mei Form Exercise*

CHI DYNAMICS ASSOCIATION MALAYSIA ANNUAL GENERAL MEETING 2017

The Chi Dynamics Association of Malaysia will hold its **Annual General Meeting on April 23 at 10am at the HQ Main Training Centre in Petaling Jaya**. Lunch will be served.
Other details are being finalised, and will be emailed or texted to members.

Meanwhile, please block the date in your diary and come to meet fellow Chi Dynamics practitioners and help to strengthen our association.

Elections will be held for the new committee. Please consider serving, so we can help share the benefits of Chi Dynamics with more people.

LOTTIE: I THANK MY LUCKY STARS FOR KNOWING CHI DYNAMICS

LOTTIE HEAZLEWOOD is a healthy, happy, independent octogenarian.

And Chi Dynamics is one of the reasons she looks and feels good.

Lottie, an 85-year-old resident of Perth, Australia, has been practising qigong for more than 20 years.

She used to suffer minor problems like aches and pains in the joints and the lower back, especially in the morning. Nothing too serious, but she wanted to feel better.



Lottie & Grandmaster

In 1990, her friend Irene Hill told her about the benefits of qigong. After reading an article in the community newspaper in 1990 about Chi Dynamics, she went to the Perth Chi Dynamics Centre at Bullcreek clubhouse to learn qigong under Grandmaster Anthony Wee.

One month into the training with Grandmaster, she knew she had found the right exercises she was looking for. She learned breathing the Chi Dynamics way, and her aches and pains eased away after 3 months.

Now, at age 85, she still goes shopping and does her chores without help.

She maintains a healthy lifestyle and practises qigong every day without fail. She even makes sure she is breathing correctly when she walks.

In her own words, "Qigong can be practised alone or with many people. I can do them anytime, anywhere, every day, without any equipment or gadgets. It is therefore the best activity for elders like me.

"I really thank my lucky stars for being introduced to Chi Dynamics more than 20 years ago."

Last month, she met Grandmaster in Perth, and told him:

"Your contribution to people's welfare is enormous, Sifu. As I tell you at every opportunity, my own health was completely turned around. Thank you for teaching me this wonderful art of Qigong."

His reply: "Lottie, it's your daily practice that resulted in these benefits."



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8 March 2002

Anthony Wee
24 Baker Court
NORTH LAKE WA 6163

Dear Anthony

I have been looking through some back editions of the *Melville Times* and came across your photograph and story about your experience with kung fu in helping cancer patients.

I found the story about your teaching to be most interesting and informative, and I am sure the community has benefited greatly from your teachings.

Please accept my good wishes for your continued involvement within our community.

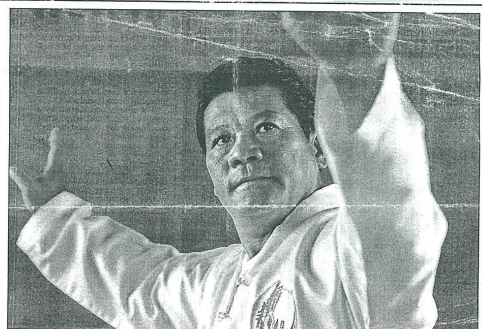
With kind regards

KATIE MAIR JI
MAYOR

Anthony's
kung fu
chi key

AT age 16, Anthony Wee used the healing aspects of chi kung, part of his kung fu training, to aid his recovery from pleurisy. Four decades have passed and the healthy 59-year-old Wintthrop resident now teaches the art to help cancer patients. Anthony says he can improve a person's energy flow and breathing to give them almost supernatural power or to promote self-healing. Mind over matter helped him take the weight of a double-decker bus on his chest at the age of 45. ■ See page 23

Anthony Wee is teaching cancer patients how to improve their energy flow and breathing. Picture MARCELO PALACIOS



FELLOWSHIP AT SYDNEY CD CENTRE

By IRENE and MELVIN LOO



Fellowship lunch at Flemington Vietnamese restaurant



Mao swing

We visited our children in Sydney last October and November, and took the opportunity to visit our fellow Chi Dynamics members there.

What a pleasure it was!

First pleasant surprise there was meeting Alice and Tee, aunt and uncle of our daughter-in-law.

We thoroughly enjoyed our two sessions there, on Oct 29 and Nov 5. The members were very friendly, and we made ourselves very much at home.

The training centre in Gladesville is very well planned and designed. The outside came with a gazebo-like tent to keep out the sun, but at the same time we could enjoy the occasional breeze blowing throughout the morning.

The autumn weather was beautiful, with a clear blue sky.

Indoor was a washroom and a small pantry for making hot drinks, which is superb during winter.

What a wonderful place to practise qigong – great location, friendly members.

On our second session, we had great fellowship, followed by lunch at Flemington Market.

Thank you, Mr Tan Kim Seong and everyone at the Sydney centre, for our wonderful time there.

When we visit our children again, we will definitely join you all again.

We look forward to welcoming you all to our Bandar Utama (BU) Centre soon, so we can reciprocate your warm hospitality.

Grandmaster's Note: *The Sydney centre is led by Tan Kim Seong, who lives in Sydney and Petaling Jaya. He also instructs at BU Centre in Bandar Utama, Petaling Jaya. I hope there will be more of such visits between centres, to promote goodwill and fellowship among our members.*



CHI DYNAMICS' COMMUNITY SERVICE IN ACTION



Sifu Michael Kang (extreme right) helping out at the event.

On Sunday 15 January 2017, the Chi Dynamics Qigong group of Church of the Immaculate Heart of Mary contributed food and ran the Sunday canteen in the church. Over 20 CD practitioners led by the three instructors participated in the community service event, which raised S\$2,000 for the church.

The successful event also enabled CD members to bond and demonstrated good camaraderie.

The group is led by Sifu Michael Kang.



Bonding, camaraderie and Christian fellowship at the event.

KRANJI SHARES XMAS CHEER



Last December, our scheduled Christmas visit to the Seri Setia Old Folks Home fell on Boxing Day. Fifteen members from the Kranji CDM Centre came along to share Christmas cheer with the residents. We were also grateful to the Catholic Community of SS12 Subang Jaya for leading the carolling session. They have been part and parcel of our Christmas visit for the past few years.

Each of the 52 residents and staff of the Home received gifts of angpows, cakes, fruits and drinks. This was made possible with donations, both in cash and in kind, which we received from our members and their friends, whom we call upon whenever it is time to make our regular festival visits to Seri Setia. Thanks to their generosity we are able to realise our aspiration of sharing our blessings with those less fortunate than us.



LOOSENING EXERCISE



Child's Pose



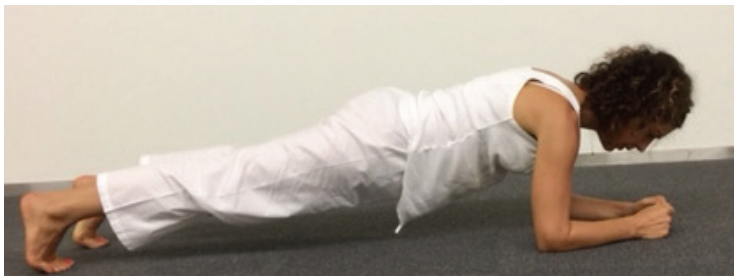
"Scissor" Leg Stretch



Cat & Cow Pose



Carp



Plank

HARNESSING ENERGY FROM NATURE



Fire Eagle



MEDITATION



Yi Qi Kung

QI FLOW FOR HEALTH / HEALING

Part 1 - Loosening Exercise	Health/Healing Benefits
Block breathing	Enhances immune system
Leg raise	Stimulates kidney, liver and spleen
"Scissor " leg stretch	Improves circulation to the discs between the vertebrae
Carp	Strengthens core muscles
Lymphatic stretch	Detoxification and working the lymph nodes
Plank	Warm up core abdominal muscles
Cat & Cow pose	Eases the back, shoulders and neck
Child pose	Decompresses the spine and takes the pressure off the vertebrae
Part 2 - Harnessing Energy from Nature	
Hand flicking	Opens meridian points along arms & hands Relieves carpal tunnel syndrome
Yi Chi Kung	Yi & Qi are united as one in this relaxing healing form
Butterfly stretch	Enhances lymphatic drainage, massages san yin meridians.
Sword stretch	Strengthens thigh muscles, improves flexibility of knees, hips, spine
Eagle stretch	Stimulates the triple warmer meridians
Fong Yang swing	Clears Ren & Tu channels, releases shoulder & neck tension
Mao swing	Burns blood sugar, lowers cholesterol levels
Part 3 - Meditation	How well you feel the chi depends on how focused you are
10 postures standing meditation	Improves digestive system, endocrine system; stress hormones are regulated; also improves immune system - enhances functions of white blood cell; circulatory system - improves blood circulation and delivery of oxygen to cells.

***Grandmaster Anthony Wee's Chinese New Year Message
Remember To Practice Regularly In The Year Of The Fire Rooster***



QI MAGNETIC ENERGY MEDITATION

“Qi magnetic energy meditation could be done anywhere. Spend 10 to 15 minutes to quite down, focus on your breathing and the “Magnetic Ball” between your palms. It will release you from stress / tensions which is good for self healing.” - GRANDMASTER



■ ASK GRANDMASTER

QUESTION:

Is “empty force in Qigong” real or something else like mind control?

GRANDMASTER:

I been often asked if the “Empty Force” in Qi Masters’ demonstrations is real, where students are hit without touching.

“Empty force” is mostly suggestion or mild mind control.

Very often the demonstrations were done on the Master’s students. So sometimes they were well rehearsed with cooperation beforehand.

If you watch the Youtube clip (URL or web address below) by famous Mentalist Darren Brown of U.K., you will see that he was more remarkable. He was never trained in Qigong.

“It’s all in the mind,” Darren often said. He can suggest and control your mind.

If you read my book, I too experienced “Empty Force” back in 1983, in Guangzhou, China, just after the Bamboo Curtain was lifted.

The Taiji/Qigong Master showed me how he hit a few students from 10 feet away a few times. I was amused and amazed, but I wanted to see if it was

real. So I asked to be hit by the same force. He at first declined, saying that I might get hurt. I said I would not claim indemnity if I got hurt, and added that the few students who were hit were ok.

He decided ok. I was waiting for a force, as I was already a well-trained “Iron Shirt in Shaolin Wu Mei internal power.” I was apprehensive at first. Then he went through a series of Taiji moves and he hit from 10 feet. I felt nothing, absolutely nothing. Then he moved in to 5 feet, and hit again with open hand. Nothing again, totally. He came to physically touch me and used his pushing hands to unbalance me. Of course I could not be bulged, as my stance was sturdy too.

Haha, it was a gimmick, a trick of the mind like Mentalist Darren said. But Darren was better as he took at random the Kungfu student in UK.

See for yourself the clip below and make up your own mind. If you choose to believe, it’s real. If you choose not to, it’s not real. But do not be fooled by frauds there are many in the world of Taiji and Qigong. I hope I have made myself clear.

<https://m.youtube.com/watch?v=dmVfHZgHMUk>

Best regards,
Grandmaster



▪ NEXT RETREAT

Next Retreat will be on 27th October 2017.

Venue : Pavana Health Resort, Chiangmai.

Retreat Date : Last weekend of October 2017

Duration of Retreat : 3 days 3 nights
- Theme and programme will be announce later.

Registration Date : Starting May 2017.
Early Birds registration will be till June 2017.

Booking : Close in September 2017

