

CHI CHAT

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with the GRANDMASTER



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For Members Only



Grandmaster with the Chi Dynamics Committee 2017-2019.

FROM THE GRANDMASTER'S DESK

CONGRATULATIONS to Chi Dynamics Malaysia on their successful annual general meeting held on April 23.

And to the new committee, led by Alvin Chua, best wishes! I'm looking forward to your efforts to take our unique brand of Qigong to the next level. Of course, I will be there to advise and support, together with our technical adviser, Sifu Hew Chee Wai, and our Chief Instructor, Sifu KK Kuan. We will be setting up a Qigong Training Panel, led by Sifu Kuan, to upgrade our existing instructors and to train new instructors.

Of course, many thanks to Sifu Chin Chen Chiang, for his selfless efforts in leading Chi Dynamics Malaysia for the last six years.

In SINGAPORE, we are planning a Cancer Care workshop for about 100 people.

We aim to provide the participants with the knowledge and skill to boost their immune systems.

As we are all aware, cancer patients are in poor health partly because of their impaired immune system.

Qigong breathing and gentle exercises have been instrumental in enhancing the immune system and thus the energy of the patients.

We seek not to replace medical treatments. Our qigong exercises and meditation programme are a self-help routine, something for the patients to do on their own. Properly done, it can at the very least ease the pain and discomfort.

The rationale:

- Deep qigong breathing increases oxygen intake into the blood and qi circulation of our body, thus enhancing energy and relaxation.

- Gentle exercises ease the tensions caused by stress and pain.

- Qi Meditation with the focus on positive thoughts reinforces our Mind to heal ourself, as we naturally tend to heal our own body. However, the environment must be conducive.

In our Chi Dynamics - Qigong Cancer Care programme, we provide the above without charge. It's free to all cancer sufferers, even those in remission. This is a Part of our Social Responsibility programme. It's a two-and-a-half-hour programme.

Best regards,

GRANDMASTER ANTHONY WEE
(Founder, Chi Dynamics International)

PRESENTATION & PROMOTION OF SIFU KUAN & SIFU CHIN held on April 23, 2017



Grandmaster presenting the Sifu Certificate to Sifu Kuan, with (from left) Hew Mei Lan, chairman Alvin Chua, and Sifu Chin.



CHI DYNAMICS MALAYSIA ANNUAL GENERAL MEETING held on April 23, 2017

CHI DYNAMICS MALAYSIA held their annual general meeting on 23 April 2017, at the Main Training Centre in Petaling Jaya.

A total of 55 members turned up, with proxy forms from another 26 members. It was the highest turnout ever, a very encouraging sign.

Grandmaster was there, beaming happily at the large turnout and the enthusiasm shown.

After the report by the chairman Mr Chin Chen Chiang, the accounts were tabled, discussed and adopted.

Elections for the new committee were then conducted, with a slate of candidates proposed and overwhelmingly elected, as there were no other nominations.

The old committee stepped down, and the new office bearers, led by the new chairman, Mr Alvin Chua, took over, and pledged to do their best to take Chi Dynamics to another level in Malaysia.

Grandmaster then presented certificates to Mr KK Kuan, the Chief Instructor of Chi Dynamics Malaysia, and the outgoing chairman, Mr Chin Chen Chiang, promoting them to the rank of Sifu.

Sifu Kuan then demonstrated the General Kwan exercises.

After that, the meeting was adjourned, and the participants proceeded to the Lakeview Club in Subang Jaya. There, the ubiquitous Mary Heng had arranged a sumptuous lunch where the dishes never seemed to stop coming.

It was a fine ending to the day's proceedings, and a great start to the new committee's tenure.



Grandmaster at the AGM



Past Chairman Sifu Chin



New Chairman Alvin Chua



Sifu Hew and the outgoing committee presenting their reports before stepping down at the AGM



Some of members at the AGM





CHI DYNAMICS MALAYSIA

Honorary Chairman-cum-Adviser:
GRANDMASTER ANTHONY WEE

Technical Adviser: SIFU HEW CHEE WAI
Head of Qigong Training Panel: SIFU K.K. KUAN

COMMITTEE 2017-2019

Chairman: ALVIN CHUA SENG WAH
Deputy Chairman: NG YEE FOCK
1st Vice Chairman: TONY LOH CHIN NGEN
2nd Vice Chairman: SIFU HEW CHEE WAI
Secretary: RAJDESH GOPAL
1st Asst secretary: MELVIN LOO HOE SUM
2nd Asst secretary: CHAN SUIT MUI
Treasurer: S. K. CHEAH
Asst Treasurer: LEONARD WONG KIM FATT

Members

CHIM WAI KHUAN
HEW MEI LAN
PHILIP KEAH
IRENE GUNN PING PING
JOANNE LEE
PC LIEW

CHI DYNAMICS MALAYSIA - COMMITTEE 2017-2018



GRANDMASTER ANTHONY WEE



SIFU HEW CHEE WAI



SIFU K.K. KUAN



ALVIN CHUA SENG WAH



NG YEE FOCK



TONY LOH CHIN NGEN



SIFU HEW CHEE WAI



RAJDESH GOPAL



MELVIN LOO HOE SUM



S. K. CHEAH



CHAN SUIT MUI



LEONARD WONG KIM FATT



CHIM WAI KHUAN



HEW MEI LAN



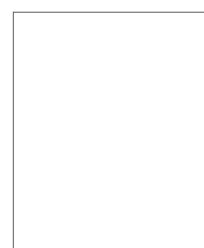
PHILIP KEAH



PC LIEW



IRENE GUNN PING PING



JOANNE LEE

MEDITATION WORKSHOP

FOCUSING ON ONE SINGLE POINT

APRIL - ALEXANDRA CENTER, SINGAPORE





1. Learning Tips From Grandmaster Wee

Single Point Focus Meditation
A Simple and Effective Way To
Boost Your Immune System

How

- Relax - your body
- Focus -two inches below the navel
- Exhale-six seconds or more
- Use- Chi Dynamics breathing-FU
- Practice- daily 10 minutes or more



How Meditation Reduces Inflammation And Prevents Disease

Inflammation occurs naturally in our body. Uncontrolled inflammation can trigger major diseases such as stroke, heart disease, diabetes, cancer, depression and Alzheimer's disease.

With chronic inflammation, the body is on high alert all the time.

Numerous scientific studies concluded that the changes in functional brain connectivity resulting from the meditation exercise seemed to help the brain manage stress (a known inflammation trigger), and therefore is responsible for the reduced levels of inflammation.

Source: A research from Carnegie Mellon University - The Journal of Biological Psychiatry (January,2016)

2. Learning Tips From Grandmaster Wee



*Full Cobra Pose.
Breathing: PI or Chui*

The combination postures boost liver, kidney and adrenaline functions. It improves the flexibility of the spine with better blood circulation

The combination postures may not be suitable for those who are pregnant, had heart or back surgery or back pain. Beginners should try the half cobra pose before progressing to the full cobra pose. Remember in all Chi Dynamics exercises, do it to your optimum and not the maximum



*Cat & Cow Pose
Breathing: Chui and Tu*



*Half Cobra Pose.
Breathing: PI or Chui*



*Child Pose
Breathing: Fu or Chui*

3. Learning Tips From Grandmaster Wee

The three postures with the five methods of breathing stimulate the Ren and Tu Channels and enhance the Inner Orbit in the circulation of the Qi during meditation.

These are static meditation postures.

During class exercise, following the timing of the inhalation and exhalation makes it even more effective.



Turtle Pose



Pyramid Pose



Frog Pose

Grandmaster Welcomes - New Sponsors

Chi Dynamics-Alexandra Center-Singapore



Bettina Chew



Tan Siew Ching

ASK THE GRANDMASTER

QUESTION

During the floor exercise, I sometimes experience cold sweat, dizziness and uncomfortable feeling.

This has happened on a few occasions. I am in my early 60s, heavy built and have high blood pressure.

GRANDMASTER'S ANSWER

- Signs of oncoming stroke or heart attack with symptoms of cold sweat, dizziness and high blood pressure
- Take your high blood pressure medication with due diligence
- Qi block breathing (soft chui or fu) for 30 minutes – Three times a day
- Stay with healthy diet of 80% vegetables
- Avoid sugar and salted foods
- No plank or carp exercises for the time being
- Do more loosening, stretches and swings
- Do exercises like walking and Mao swing daily
- Go for a medical check-up



B breathe
R rhythmically
E evenly
A and
T through
H heart
E everyday

*In the acronym BREATHE,
“Heart” means heartfelt, or
being mindful of your breath,
using chui, which is for lungs
and heart.*

WALK LIKE GENERAL KWAN

Grandmaster has introduced a set of exercises for those who want to further upgrade their skills, or simply to enhance their fitness and improve their health.

It's called General Kwan's Gigong Walk.

The junior members saw it for the first time at our Retreat in Gohtong Jaya last November. Then Sifu KK Kuan demonstrated it again at our AGM in April.

General Kwan's walk is unique to Chi Dynamics.

It was developed by Grandmaster based on his studies of the warriors in the Chinese classic Romance of the Three Kingdoms. General Kwan stood out not only as a fearless warrior, but also as a principled character in the history of the three kingdoms (circa 169 AD to 280 AD). He is revered by millions of Chinese scholars.

The exercises are based on three of General Kwan's characteristic activities:

1. Riding horse with sword or halberd held aloft.
2. Reading, with one hand holding a book, and the other stroking his beard.

The exercises are designed for the following functions:

1. Toughening the bones, muscles and tendons
2. Stimulating the left and right hemispheres of the brain
3. Coordinating balance and stability while walking or standing, which is particularly useful for the more elderly.

The steps are simple to learn, but difficult to master to reach the limits of endurance and concentration.

The Walk is performed with deliberation and a High Step march to enhance Qi flow, with three steps back for every three steps forward.

The exercises demonstrate the three pillars of General Kwan's persona – integrity, positive mental approach, and loyalty.



He was renowned for his integrity, always righteous in conduct and attitude.

He was also revered for his positive approach -- before, during and after battles. If he won, he was gracious. If he lost, he awaited his fate with head held high. Such qualities were admired by friends and foes alike.

He was also totally loyal to his blood brothers and friends, no matter what was offered to him to betray his sworn brothers.

This set of exercises is based on such a man.

They will help to enhance our health, and Qigong is all about health, after all.

In Grandmaster's words: "In Chi Dynamics, General Kwan's Walk is a must-know set of exercises. Learn them, enjoy them, and benefit from them."



Riding horse with sword or halberd held aloft.

Reading, with one hand holding a book, and the other stroking his beard.



▪ 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

