

CHI CHAT

with the GRANDMASTER

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For Members Only



Grandmaster Wee with Chi Dynamics instructors and sponsors in Singapore (See Page 2).

FROM THE GRANDMASTER'S DESK

MAY THE EARTH DOG BRING GOOD HEALTH TO ALL

I wish all members and instructors a healthy Year of the Earth Dog.

We have planned free Cancer Care and Prevention workshops in both Malaysia and Singapore.

In Malaysia, I will conduct the workshop with our Malaysian Chapter and the PAUM Cancer Support Unit. PAUM is the Persatuan Alumni Universiti Malaya.

Ms. Joni Chan and her PAUM colleagues will organise the workshop, with the assistance of our Malaysian Chapter.

The workshop will be held on April 28, at the PAUM Clubhouse at Lot 10476, Jalan Susur Damansara, off Jalan Gegembir, in Kuala Lumpur. The venue is a spacious multi-function hall with the capacity for 500 cancer-afflicted persons to

learn self-healing exercises and breathing methods. This is the first joint event for Chi Dynamics Malaysia and PAUM Cancer Support Unit. I will be assisted by 50 cancer care trainers from both sides.

I hope all CD members will help spread the message to their cancer-afflicted friends.

In Singapore, a similar event is planned for 6th May. It is being organised by our Senior Instructor Lawrence Chong and the Tampines Changkat Community Club.

Lawrence, a veteran of Chi Dynamics, plans to cater to 100 cancer care participants. I hope all members and instructors will support this worthy cause. More details in our flyers to come.

HAPPY CHINESE NEW YEAR!!!

GRANDMASTER ANTHONY WEE
Founder, Chi Dynamics International

■ ASK GRANDMASTER

Q : Can our breathing exercises reduce weight? I have a serious weight problem.

A : The simple answer is yes definitely. Here's how and why. The deep breathing enriches the blood with oxygen and thus helps to burn off excess sugars that are stored as fat.

At least 25 minutes is needed every day to burn the fats. I favour the Mao Swing for 20minutes, after doing the loosening and Butterfly Stretch for 5 minutes. That should be your routine.

Finally, avoid sweet stuffs and starchy foods. Sugar is a no - no. You will lose 3 kg in one week and muscles will tone up.

*For details, read my book *The Dynamic Free Flow of Qi* or ask your Instructors.*

On December 7 last year, Grandmaster Wee hosted a casual gathering of his National University of Singapore classmates and Chi Dynamics Instructors and sponsors, at the Alexandra Centre in Singapore



Grandmaster Wee with fellow NUS classmates

A WONDERFUL DAY IN SYDNEY BY ALICE KHOO RESIDENT INSTRUCTOR, SYDNEY CHAPTER



Hello, everyone, how are things? We had a very eventful day last November, when Grandmaster Anthony Wee conducted his Power Qi Meditation workshop at our centre. Besides the meditation, we also did our Chi Dynamics exercises, plus the 10 Guan Men energy gates exercise.

After the workshop, we had lunch at our regular Blue Chilly Thai restaurant.

On behalf of CD Sydney, we would like to thank Sifu for the workshop and a wonderful day well spent.

I was asked by KS (Chief Instructor Kim Seong Tan) to include this Power Qi meditation exercise. I managed to show the members the locations of the triple warmers - lower warmer, middle warmer and upper warmer.

The breathing methods are all Pi Breathing ie 30 times for each warmer.

Lower warmer - pack 4 x and Pi with your palms facing the lower warmer.

Middle warmer - pack 4 x and bring the palms in and flicking out with Pi breathing.

Upper Warmer - pack 4 x by bringing your palms over the forehead around 4-6" apart and bringing them down to the chest area then Pi breathing and thrust with elbow 90° with palms facing the sky (this exercise is more for the advanced students).

We then continued with our Mao swing, 10 postures, and warming down.

Those who attended were Tee, Linda, Leong, Violet, Geen, Chuan, Jade and myself.

We would like to take this opportunity to invite fellow CD members outside Sydney to drop by our centre when they are in the city. We practise every Saturday from 9a.m. Our address is: 2 Ashburn Pl, Gladesville, Sydney, NSW.



GOLF AND QIGONG

HOW QIGONG HAS HELPED ME BE A BETTER GOLFER

BY PAULINE LEE - BANDAR UTAMA CENTRE

I am a full time golfer, a typical week consists of 30 hours per week of golfing and training. I would like to share with your readers how Chi Dynamics qigong has helped me be a better golfer.

I have been golfing for about 2 years now and progress was slow and hindered by either my impatience and aggressiveness or physical limitations such as tension in the neck and shoulders as well as periodical general fatigue. My swing mechanics have a sound foundation as I train dilligently with a professional coach and hit 500-750 balls a week at the range. There were moments of brilliance occasionally when I would play well below my handicap and I attribute this to the mental aspect of the game. This relates to qigong because I had noticed a correlation between how balanced I felt and the results. It may sound far fetched but read on with an open mind.

Prior to attending the retreat in Chiangmai last October, I had learnt the basics of Chi Dynamics Qigong from my Bandar Utama instructor, the ever so patient and learned sifu Ng Yee Fock. Grandmaster had advised me to read up on the Five Elements from his book, The Dynamic Free Flow of Qi, to prepare for the retreat. Having a basic understanding of the 5 elements ie metal, wood, water, fire and earth and their respective associated organs and manisfestations when the elements are out of balance has helped me to appreciate and gain much more self awareness from the retreat.

At the commencement of the retreat, I was probably at the downturn end of the spectrum of balance of my element. My game had been stagnant for a month and I was burnt out with tension in my neck and suffering from headache at the retreat.



Each morning the day's exercises commenced at the Yoga Sala, an open wooden structure enveloped by cool crisp mountain air, overlooking farmland and villages. Strains of traditional Thai music from the valley below permeated the air and created a surreal experience as we warmed up with hand flicks, turtle pose, snake pose etc.

Participants included experienced practitioners and beginners. Grandmaster, assisted by his able assistants and aspiring instructors, gave clear instructions preceding each exercise from the basics to the more advanced movements.

The sessions were relaxing and rejuvenating, aided by a cheerful mood pervading amongst the participants due largely to Grandmaster's pleasant easy manner which was both authoritative yet humorous.

I noted with much interest that I had more affinity towards certain exercises which appeared to have a more positive effect on me than others. Perhaps these exercises are most suited to my particular element imbalance so the impact was more pronounced.

For example I found Diaphragmatic Breathing to be extremely relaxing, almost like a sedative drug. Since returning from the retreat I have been doing Block Breathing daily and have never succeeded in staying with it for more than 10 minutes without falling into a deep 20 minute slumber that recharges me as if I had just had a good night's sleep.

Another exercise which appeals to me is the Butterfly Stretch done with "tu" breathing. Its graceful movements give me a sense of flow and harmony.

The exercise that has the most profound effect on me is the Ten Postures Qi Meditation. Done with mindfulness and awareness,



it creates a connection between my mind and body and makes me feel in tune with the environment.

I no longer feel any tension in my neck and shoulders and the mind is relaxed. During the last game of 2017 I broke my personal best record, gained a massive driving distance of 30 metres, managed to hole out in 1 less putt per hole which is a phenomenal total of 18 strokes off my average year's score.

I look forward to discovering more about Chi Dynamics and developing my practice further. I do not know for a fact that qigong has improved my game but certainly better health, improved alertness and a clearer mind can only bring my game to the next level.

HEART FAILURE HITS SINGAPOREANS EARLY

BY WARTON ONG

According to the National Heart Centre Singapore's findings, Singaporeans with symptoms of heart disease tend to be younger when compared to Americans and Europeans.

Results of Asian-Heart Failure Study

	Spore	Asia	US	Europe
Avg age of patients	61	60	70	70
*CAD(%)	62	50	59	54
Hypertension(%)	70	52	69	63
Diabetes(%)	58	40	40	33

*Coronary Artery Disease

Source: National Heart Centre Singapore Newspaper, June 18, 2016

THE CAUSES OF THE HEART FAILURE MENTIONED IN THE REPORT ARE:

- CORONARY ARTERY DISEASE DUE TO PLAQUE BUILD-UP
- HYPERTENSION (WHEN THE FORCE OF BLOOD PUMPING THROUGH IS TOO STRONG)
- EXCESS GLUCOSE IN THE BLOOD STREAM LEADING TO DIABETES.

GRANDMASTER WEE SHARED WITH CHI CHAT@ ALEXANDRA CENTRE ON HOW TO CUT THE RISK OF GETTING THESE DISEASES.

Chi Dynamics Exercises:

- Mao Swing
- Butterfly Stretch
- Use Chi Dynamics Breathing - Strong Chui or Pi and Tu

1. Eat Healthy Portion



2. Exercise and Heart Rate

World Health Organization (WHO) recommend at least 150 minutes of moderate to vigorous physical activity per week in bouts of 10 minutes each session

What is my maximum heart rate?

According to Health Promotion Board (HPB), max heart rate (Max HR) can be estimated using:
220 minus (Age)

Eg: 60 years old will have an Max HR of 160.

Level of Physical Intensity

HPB's Healthy 365 program indicated that your Max HR can also be used to estimate the level of physical intensity of your exercises.

HR Zone	% of HR Max
Light	57 - 63
Moderate	64 - 75
Vigorous	76 - 95

Referring to the earlier example of Max HR of 160, the moderate physical activity must generate a HR of 103 BPM to 120 BPM.

HOW TO KEEP A CLOSE EYE ON YOUR VISION

BY WARTON ONG



1. Follow these seven steps, using the index fingers to gently massage the accupoints.

Constantly looking at your mobile phone or computer screen from a fixed distance causes a gradual decline in our eyes' ability to focus.

Prolonged exposure often causes a dry and gritty feeling in our eyes.

Chi Chat@Alexandra Centre recently caught up with Grandmaster Wee to learn how to relieve eye strain throughout the day.



2. Include an eye -healthy ingredient in each meal such as:



Cornell University (USA) found that coffee has a strong antioxidant called chlorogenic acid, which is good for the eyes.

Source: Cornell study published in the Journal of Agricultural and Food Chemistry (December 2013).

3. Enjoy a cup of black coffee

NEW CENTRES IN SINGAPORE

There are two new Chi Dynamics centres in Singapore.

One is at the Botanic Gardens.

Michael Koe, the the resident instructor at our Alexandra centre, has very kindly agreed to help out at the Botanic Gardens centre.

Michael has studied CD Qigong for more than 10 years. He is also a student of Mixed Martial Arts and Wu Mei kungfu under Philip Tan at the Komoco Centre.

Keep up the good work, Mike!



Michael Koe leading the Botanic Gardens members

The other new centre is at Novena Park.

The instructor is Peggy Foo (3rd from left in picture), who had been with Alexandra Centre for more than 5 years. She is a cancer survivor, and was recently appointed to be the instructor by Grandmaster Anthony Wee.

Best of luck, Peggy.



The Novena Park group

GRANDMASTER WELCOMES

New Sponsors

Chi Dynamics - Alexandra Center - Singapore



Rictor Yeo



Brendan and Sharon Wong