



CHI CHAT

with Grandmaster

Issue No: 52

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FROM THE GRANDMASTER'S DESK

A Walk Down Memory Lane

Time has certainly flown by swiftly since Chi Dynamics was officially established in 1985; this means we will be celebrating our 33rd anniversary this year.

If you consider that Chi Dynamics had evolved from the Shunlin Qigong Club which I founded in 1981, I could rightly claim that it should be our 37th anniversary celebration!

And if you consider my role in the formation of the Shunlin Wushu Association in 1975, that adds up to more than 43 years of my active involvement in Qigong and the martial arts!

43 years may seem a long time, but it has been a very meaningful and rewarding journey for me, being responsible for the seeding of Chi Dynamics and its growth in size and stature to what it is today. I am happy that many people have and are benefitting in one way or other from my Singapore brand of Qigong.

However, I must add that all this would not be possible if not for the support of the many dedicated volunteers, sponsors and friends,

among whom are Datuk Alan Yong, Sifu Ong Kah Yong, Sifu C.W. Hew and Sifu K.K. Kuan of Malaysia and Sifu Lawrence Chong, Sifu Michael Kang and Senior Instructor S.J. Chiang of Singapore. All these gentlemen have contributed much to the development and growth of Chi Dynamics, especially in cancer care when our earlier focus on martial arts evolved to Qi healing in the 80s. In this issue of Chi Chat, I would like to take you back in time and talk about these gentlemen.

The Malaysia Chapter—it all began on a Perth golf course!

The Chi Dynamics Malaysia Chapter was founded by Datuk Yong some 20 years ago. Since then, the Chapter has grown considerably with him at the helm and support from Sifu Hew and Sifu Kuan.

I had the privilege of meeting Datuk Yong more than 20 years ago over a friendly round of golf in Perth, Western Australia, with a mutual friend. I vividly remember enjoying the game and the pleasure of getting to know him better. Little did I know then that the occasion was the beginning of the Chi Dynamics Malaysia Chapter.

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"I was impressed by the distance Grandmaster Wee drove the ball - easily more than 80 metres ahead of mine! And I found it difficult to keep up with him as he walked twice as fast, which amazed me as I was then already a fit and well-trained Taiji instructor with my own Taiji club in Kuantan"

... **Datuk Alan Yong**

Knowing that I was a Qigong Master and perhaps out of curiosity, Datuk Yong immediately enrolled for my Qigong class. After a couple of months under my tutelage, he found that the Chi Dynamics breathing methods and exercises had indeed benefitted him tremendously and so he kept on at it.

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From the Grandmaster's Desk—continued from page 1

By the way, Datuk Yong's son, Larry was also one of my students in Perth. Below is a snap of him posing after his first Iron Shirt Qigong lesson from me way back in 2000.



Subsequently in 2001, Datuk Yong invited me to conduct a workshop for him in the Awana Hotel, Genting Highlands. After that workshop which was attended by about 250 people, many of the participants signed up to be trainees and that eventually led to the formation of the Chi Dynamics Malaysia Chapter. And the rest is history. Many of those who signed up at the first workshop in 2001 are now helping in the promotion of Chi Dynamics Qigong in Kuantan. Datuk Yong, who is now 77, is still involved in the Kuantan Chapter. Together with his son Larry and Chief Instructor Ong, the team is focusing much of its time and energy on cancer care.

The Stalwarts of Singapore

In Singapore, Chi Dynamics is very fortunate to have stalwarts like Sifu Lawrence Chong (67), Sifu Michael Kang (68) and Senior Instructor S.J. Chiang who are instrumental for the growth of the Singapore Chapter. There are many others too, all working quietly behind the scenes

and they include Sifu Roland Hong, Senior Instructor Michael Koe and our faithful administrator Ronald Lim.

The affable S.J. (as *he is popularly known*) is an ardent naturalist and well-known entrepreneur. Despite his busy work and travelling schedules, he still finds time to be involved in the Singapore Chapter's activities. S.J. is the man behind the first Butterfly Park and Insect Kingdom in the region and responsible for the conceptualisation of several leading museums in China. He is also the founder of the home-grown Pezzo pizza chain which currently boasts 32 outlets in Singapore, 52 in Malaysia, 9 in the Philippines, 3 in Myanmar, 5 in China, 4 in Thailand and 12 in Saudi Arabia, with more in the pipeline.

The soft-spoken Michael Kang is a humanitarian volunteer who is passionate about serving others through community projects in Singapore, the region and as far as Nigeria. Since 2004, he has been promoting Chi Dynamics Qigong in The Church of the Holy Spirit and The Church of the Immaculate Heart of Mary centres.



"What impresses me most about Michael Kang is his strong internal strength. I have witnessed him standing up gently against an abusive

bully in his fight for what he stands for, and yet made no big fuss about it. There are very few like him around in this present day and age."

- Grandmaster Anthony Wee



Grandmaster Wee, flanked by S.J. Chiang and Lawrence Chong at a Chi Dynamics anniversary celebration in 2015

Lawrence Chong (67) founded the Changkat Centre some 15 years ago. Popularly known as *The Changkat Crusader* for championing the noble cause for seniors in the community to live active and healthy lives, he is often seen helping the older members under his charge with uniform and excursion expenses, and even paying for their membership fees.

"I have always been impressed by the camaraderie of the Changkat members, and the extent Lawrence Chong and his dedicated team (his wife Joan and Instructor Arthur Low) would go to care for the health, mobility and quality of life of the seniors in the Changkat community"



- Grandmaster Anthony Wee

The forthcoming July 8 'Cancer Care & Prevention Workshop' at the

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The Chi Dynamics Changkat Family

Tampines Changkat Community Club is in fact one of Lawrence's initiatives. As attendance of more than 100 cancer patients is expected, I have appealed for volunteers to help me at the Workshop. If you wish to volunteer, please contact Lawrence Chong (+65 0863 1810) or Ronald Lim (chidynamicsinternational@gmail.com). I will be providing two free training sessions on May 9 and June 6 for the volunteers who should be seasoned Chi Dynamics members and are already well-versed in the essential breathing methods.



An outing at MacRitchie Reservoir for the Changkat members

I am happy that over the years, the Singapore and Malaysia chapters have been active in helping cancer patients cope with their ailments, emotionally and physically, through Chi Dynamics Qigong breathing and exercises methods and counselling.

I applaud and thank them for their civic mindedness. May they be blessed with good health to continue with their good work, and I sincerely hope more people like them will step forward to volunteer their time and energy for this noble mission.

Grandmaster Anthony Wee



THE CANCER CARE TRAINERS WORKSHOP

TRAINING DATES: Wednesday May 9 & Wednesday June 6

TIME: From 7pm

VENUE: Chi Dynamics @ Alexandra Centre

This workshop is free for volunteers who should be seasoned Chi Dynamics Qigong members and are already well-versed in the essential breathing methods.

For more details and registration, please contact Lawrence Chong (+65 0863 1810) or Ronald Lim (chidynamicsinternational@gmail.com).



POLITICS & CANCER—

A Day To Remember

April 28 is a day to remember for many cancer patients and Chi Dynamics members in Malaysia.

It was Nomination Day for Malaysia's 14th General Election, and Grandmaster Anthony Wee's eagerly-awaited Cancer Care & Prevention Workshop was being held at Universiti Malaya's alumni clubhouse in Kuala Lumpur.

So, first, there was the palpable excitement over the crucial election.

Second, there was the curiosity and hope over what the "revolutionary" workshop could offer.

However, the day did not start well as we had hoped for. Many roads leading to the venue were closed because it was next to a nomination centre, and the workshop participants had to drive in frustrating circles to reach the venue. No doubt some just gave up and went home.

But all's well that ends well. 377 of the 453 people who had registered eventually made it to the workshop, together with 37 more walk-ins. And most of the 51 registered Chi Dynamics trainers and volunteers turned up.

From the looks and comments of the participants, it was a morning well spent.

Each participant was given a goody bag with booklets, a bottle of water and two sandwiches.

Jwan Heah, CEO of Pulse Group Asia, which provided the sound equipment and 6 volunteers, skilfully put

the participants in the right mood with various ice-breaking and warm-up manoeuvres.

The organising committee chairperson, Joni Chan, then introduced Grandmaster Wee, and played a video that showed a double-decker bus running over him and a Kung fu master chopping his throat.

Next, Grandmaster Wee regaled the participants with anecdotes of cancer survivors, and explained the benefits of Qi in cancer care and prevention.

With Irene Gunn and Caroline Tee assisting him on stage, Grandmaster Wee then led the participants in the hand flicking, shoulder rolls and the Butterfly stretch exercises.

The Chi Dynamics trainers and volunteers, all friendly and

compassionate, patiently assisted the participants.

Grandmaster then fielded a wide range of questions from the participants.

After the workshop, all the volunteers had lunch at the club restaurant, where Grandmaster Wee presented certificates to the Chi Dynamics cancer care trainers, and certificates of appreciation to all the volunteers.



Participants at the workshop



Grandmaster Wee, Irene (left) and Caroline on stage leading the hand flicking exercise

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A Big Thank You To All

The Workshop, which was organised by the Persatuan Alumni Universiti Malaya (PAYM) Cancer Support Unit and Chi Dynamics Malaysia, was a success.

Our heartfelt thanks go to the Organising Committee, chaired by Madam Joni Chan and the PAUM for the use of the hall and seminar room.

Special thanks go to our sponsors — Pulse Group Asia, Aman Putri PPC-Glomac and Stamford Tyres Sdn Bhd.

Last but not least, we thank all our volunteers and supporters who have in one way or other contributed to the success of the Workshop.

P. C. Liew

A SURVIVOR'S STORY



Agnes Lee with Grandmaster Wee

Cancer survivor Agnes Lee Saw Geak was invited by Grandmaster to share her story.

She related how she hesitated to go for tests because she was afraid the result might be unfavourable.

When she finally confronted the truth, she fought back with Chi Dynamics.

She has been fighting for 12 years. She practises Chi Dynamics every day, without fail, even when she is travelling.

Today, at age 62, she lives a full, normal life, as an insurance district manager in Kuantan who also does housework and travels.



Caroline, Irene and the team demonstrating how the Butterfly Stretch exercise is done



Proud recipients of certificates

(clockwise from top left):

Sifu Ong Kah Yong, Chief Instructor of Chi Dynamics Kuantan Chapter, Datuk Alan Yong, and Larry Yong, Head of Cancer Care in Kuantan.

Assisting Grandmaster Wee with the presentation in the background is Alvin Chua, Chairman of the Chi Dynamics Malaysia Chapter.





CANCER CARE & PREVENTION WORKSHOP

Conducted by Grandmaster Anthony Wee
Founder of Chi Dynamics (International)

Discover how Chi Dynamics' Qigong breathing techniques and low impact Qi flow exercises can empower cancer patients to tap into their inner strengths for self-healing. The workshop also offers advice and tips for caregivers on how to cope and ease the pain and discomfort of their wards.

HIGHLIGHTS

THE ESSENTIAL BREATHING METHODS

To bolster blood and Qi flow and enhance oxygen in the blood

LOW IMPACT STRETCHING EXERCISES

To improve the immune system and wellbeing

MEDITATIVE RELAXATION EXERCISES

To release tensions, stress and clear emotional blockages

Do not miss this FREE workshop which is specially designed for cancer patients and their caregivers!

REGISTER NOW!

DATE: Sunday, 8 July 2018

TIME: 3.00pm to 5.00pm

VENUE: Tampines Changkat Community Club
3 Tampines Street 11
Singapore 529453

For enquiries and registration, please contact Ronald Lim
(chidynamicsinternational@gmail.com, +65 9621 2326),
Michael Koe (miskoe@gmail.com, +65 9836 7151) or
Lawrence Chong (+65 9863 1810)

"I turned from 'self-blame' to 'self help' with Chi Dynamics Qigong"

Billy J.
(cancer survivor)

"It's a complementary therapy, not an alternative. I enjoy those calming and relaxing deep block breathing sessions which are so effective in removing negative emotions from my mind"

T.T. Yap
(relapsed cancer survivor)

"Daily Qi breathing sessions made me well again, and they took away the agony and discomfort of six programmes of chemotherapy"

Cindy T
(cancer survivor)

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NEW SPONSORS @ ALEXANDRA

We wish to extend a very warm welcome to the following new sponsors to the Alexandra Centre:



Robert Chew



Eunice Poh



Vincent Tan

ASK GRANDMASTER

Question: I have relapsed cancer of the breast in stage 4. I had chemotherapy 5 years ago, but the tumours came back and affected other parts of my body. Shall I go on chemotherapy treatment again as advised by my doctors?

Grandmaster: Do not give up hope. Stay positive. As new medical advances in the last five years are amazing, you should stay with the prescribed chemo treatment. However, I would also advise you to join a Qigong class to:

- Learn to breathe properly and to relax as much as you can
- Do low impact deep breathing exercises which are good for blood flow and Qi flow
- Meditate to release emotional tensions and anxiety; it is beneficial for your immune system and it enhances self-healing

The most important thing is not to give up hope or think too negatively. You should also smile and laugh more, and go out to enjoy the Sun more often.

Question: I was asked to buy a machine that produces alkaline water which can help prevent cancer and heart disease by neutralising the acid in my bloodstream. As the machine is rather costly, I am pondering whether to buy it or not. What is your advice?



Grandmaster: If you can afford it, it's okay to purchase one. However, do bear in mind that you can produce alkaline water just by stirring half a teaspoon of baking powder in a glass of boiled and filtered water. You get the same result and save lots of money.

