



FROM THE GRANDMASTER'S DESK

Greetings!

I think most of you will agree when I say that the competitive world we live in is full of stress and challenges. Currently, what is very worrying are the devastating consequences of climate change which have caused many natural disasters like earthquakes, unprecedented cyclones and rising sea levels; there are also ongoing conflicts between nations and religious groups which do not seem to have any solution at hand. Furthermore, the average man in the street has the additional stress of worrying for his own safety, job security, personal relationships and well-being, all of which are taking a huge toll on the individual's health and lifestyle.

Stress, be it physical or emotional, causes anxiety, depression, restlessness, lethargy and lack of motivation, which in turn may often lead to drug/alcohol abuse, sleep problems, anti-social behaviour and unhealthy lifestyles. If not checked, it could result in serious consequences and life-threatening illnesses.

Lifestyle & Qigong

According to a World Health Organisation report, 60% of related factors to individual health and quality of life are correlated to lifestyle, and



that millions of people who lead sedentary and unhealthy lifestyles (such as smoking, excessive alcohol consumption, drug abuse, etc) are often faced with medical and mental issues such as cardiovascular diseases, hypertension, stress and obesity.

To live well in today's competitive world, one must be able to manage stress. In order to achieve this, my take is to make Qigong a part of your lifestyle. Here are my reasons:

- It has been proven scientifically that how we breathe affects our moods and emotions. Qigong's deep breathing methods help us to manage our distress and anger, and to stay calm and happy.
- Qigong's low impact exercises help to keep the body and its organs in good shape and

enhance the immune system against illnesses.

- Qigong encourages healthy diets and meditation to keep body and mind in a positive state.
- Qigong offers ways for our body and mind to be connected with nature, and to receive positive Qi for healing from the sun, trees, mountains, lakes and rivers around us.

"Forest Bathing" - Back to Nature

Recent studies have established that the Japanese traditional practice of **Shirin Yoku** (or "**Forest Bathing**" which is similar to Qigong's concept of healing by receiving positive Qi from nature), has an influence on cortisol levels and can reduce stress levels significantly. The studies concluded that forest environments

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From the Grandmaster's Desk—continued from page 1



promote lower concentrations of cortisol, pulse rate and blood pressure as compared to urban environments; they also help to enhance greater parasympathetic nerve activity and lower sympathetic nerve activity.

So, if you want to stay healthy and stress-free, forest bathing helps, and so does Qigong which has become very relevant in today's lifestyle context.

TCM Acceptance by the West

In an unprecedented move, the World Health Organisation (WHO) will include traditional Chinese medicine (TCM) diagnoses in its latest version of the International Classification of Diseases (ICD*) list which will come

into effect from January 2022. Frankly, this did not come as a surprise to me as I had already mentioned many times before that the West has been playing catching up and is now formally accepting TCM practices which is based on the holistic Yin and Yang concept of balance and harmony of energy (Qi).

* The WHO is the agency that sets the norms and standards for medical treatment and the ICD is a comprehensive list of diseases, injuries, disorders and other health-related conditions with guidelines on how doctors should treat them. The ICD also provides guidelines for insurers to cover the treatments and the extent of research done on the ailments.

Serena Resort Kim Boi Retreat

The countdown to our November retreat has begun and I am looking forward to sharing with you how to attract Qi from nature for healing and rejuvenation at the Serena Resort Kim Boi, Vietnam (see details on page 3)

Thanks to Michael Kang's recommendation and coordination of the retreat, response has been encouraging. We still have a few rooms available which we anticipate will be taken up soon. So, please register as soon as possible if you wish to attend the retreat to avoid disappointment.

Grandmaster Anthony Wee

ADDENDUM

We apologise for the omission of **Dr Willie Lee** from the list of certified Singapore Senior Instructors on page 5 of the previous issue of Chi Chat. For your easy reference, here's the updated list:

CERTIFIED SINGAPORE INSTRUCTORS

SIFUS

Roland Hong
Michael Kang
Lawrence Chong

SENIOR INSTRUCTORS

S.J. Chiang
Dr Willie Lee

INSTRUCTORS

I. Warton Ong
Michael Koe
W.C. Chong
Cecilia Ang
Florence Tan
Arthur Low

ASSISTANT INSTRUCTORS (Provisional)

Andrew Lucy
Janet Chung
Michael Teo Chin Huat

NEW MEMBERS

Chi Chat extends a very warm welcome to Patrick Sin and Jenny Lee to the Alexandra Centre!

According to Patrick, "Actually, we are not new to Chi Dynamics as we were practising it before but had stopped some years ago. However, we recently bumped into a friend who shared with us how Chi Dynamics had done him good in maintaining his physical and mental well-being and that's when we decided to rejoin Chi Dynamics".



Welcome back, Patrick and Jenny!





THE CONFLUENCE OF THE ELEMENTS

@ Serena Resort Kim Boi

The idyllic Serena Resort Kim Boi has all the essential elements to attract Qi for healing and rejuvenation. Located about 90 km away from the hustle and bustle of Hanoi, Vietnam, it is surrounded by **Water** (*tranquil lakes & rivers*), **Wood** (*luscious greenery & bamboo grove*), **Metal** (*electro-magnetic Qi from the sun*), **Earth** (*limestone mountains*) and **Fire** (*hot spring*) all waiting to be tapped and **Grandmaster Anthony Wee** will show you how.



Executive Room



Hotspring



Bamboo Bungalow

DATES: 4th to 8th November 2019

VENUE: Serena Resort Kim Boi

COST:

- ◆ **Grand Suite Villa**
 - ◇ S\$880 per person (twin occupancy)
- ◆ **Bamboo Bungalow**
 - ◇ S\$700 per person (twin occupancy)
 - ◇ S\$1,020 per person (single occupancy)
- ◆ **Executive Room**
 - ◇ S\$600 per person (twin occupancy)
 - ◇ S\$820 per person (single occupancy)

COST INCLUDES: 1 night's accommodation in Hanoi and 3 nights at Serena Resort, Kim Boi. 5 meals daily at Serena Resort and land arrangements in Vietnam.

COST EXCLUDES: Air fares, travel insurance and expenses of a personal nature.

BOOKINGS: Please contact:

- **Ronald Lim** (chidynamicsinternational@gmail.com)
- **Warton Ong** (iwarton@singnet.com.sg)
- **Lawrence Chong** (lawrencechong888@gmail.com)
- **Michael Kang** (michaelk_sq@hotmail.com)
- **Ng Yee Fock** (+60 19-366 3383)

Rooms are limited. Please book early to avoid disappointment!

MALAYSIA'S NEW ASSISTANT INSTRUCTORS

CONGRATULATIONS to **Ms Helen Lee, Ms Linda Ch'ng, Mr Howard Hue, Mr Sa Yean Tang (aka Y.T. Sia)** and **Ms Ng Tze Lin** from Chi Dynamics Malaysia for passing the stringent Assistant Instructor grading tests on 11 May with flying colours! We wish them all the very best and hope they will continue to progress on to be certified as Instructors soon.

Grandmaster Anthony Wee praised Chief Instructor Sifu

K.K. Kuan, Sifu C.W. Hew, Ms Hew Mei Lan and Mr Ng Yee Fock for their professional and thorough training of instructors in Malaysia.

Grandmaster Wee also commended the Chi Dynamics Malaysian committee under the leadership of Mr Alvin Chua for their untiring efforts to train new instructors and ensuring that practitioners continue to enjoy the health and self-healing benefits of Chi Dynamics Qigong to its fullest.

"I am from Lick Hung Centre and have been practising Chi Dynamics Qigong since 2005. When I was given the opportunity to be graded as an Assistant Instructor, I was delighted. However, I must confess that I was rather stressed, nervous and excited at the same time preparing for the grading but thankfully, the friendly Sifu C.W. Hew put me at ease as he guided me through the test.

I was first assessed on the mechanics and benefits of the 5 essential Chi Dynamics Breathing Techniques and the 5 compulsory basic exercises. This was followed by the 5 Internal Organs exercises, the 10 Postures Standing Meditation and finally the 5 types of Qi flows.

I am grateful that Sifu Hew continued to share his knowledge on the 5 Elements with me even after the grading had ended. I have benefitted so much and would like to thank him, and also Sifu K.K. Kuan, Senior Instructors Ms Hew Mei Lan and Mr Ng Yee Fock, for their time and effort in training and grading me. Last but not least, I must thank Grandmaster Anthony Wee for his encouragement and invaluable books for my reference."



Ms Helen Lee Swee Moy



Ms Linda Ch'ng Mooi Huang

"Since joining the Chi Dynamics Bangsar Group in 2011, I have been practising Qigong diligently under the tutelage and guidance of Sifu C.C. Chin and instructors Dr Gan (now retired), Mr Raphael Yap and Mr K.H. Lo. I am very grateful for their continuous coaching, guidance, encouragement and confidence in grooming me to the assistant instructor level.

I was super nervous during the grading by Ms Hew Mei Lan who graciously corrected some of my mistakes and wrong moves. Thankfully, I eventually made it to be certified as an Assistant Instructor.

With the years of Qigong behind me, I can confidently say that the art and skills that I have acquired thus far have helped and improved my overall health and well-being. Aside from deriving the benefits, I shall continue doing Qigong to progress to the next level"

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Malaysia's New Assistant Instructors—continued from page 4



Mr Sa Yean Tang (57)
(aka Y.T. Sia)

"A year after my first encounter with Chi Dynamics at a Cancer Care Workshop in April 2018, and volunteering as the coordinator at the MTC Cancer Support Unit, I was fast-tracked into the Assistant Instructor grading. Thanks to Senior Instructor Ng Yee Fock's intensive revision and training, I gained a lot of confidence and felt ready for the grading which took place on 11 May under the watchful eyes of Sifu K.K. Kuan.

The most valuable take away from the grading was the insight knowledge and fine-tuning by Sifu Kuan. His guidance and encouragement on how to be a wise and committed Instructor boosted my confidence and desire to pursue the Art of Chi Dynamics Qigong to a higher level in order to serve the community more effectively.

I would like to express my greatest appreciation and gratitude to Grandmaster Anthony Wee and everyone in the Chi Dynamics family for their selfless service to educate and guide the juniors."

"As with my husband, Sia, the Assistant Instructor grading came sooner than I had anticipated. Whilst our focus was on the well-being of our trainee survivors at the Cancer Support Unit, I had to very quickly get myself ready for the grading.

Initially, I was a bit nervous but thanks to the crash revision by Senior Instructor Mr Ng Yee Fock, I remained confident and positive when I was being graded by Senior Instructor Ms Hew Mei Lan. Perhaps it was her calm demeanour that allayed my fears, relaxed my body and focused my mind on the test at hand, and before I knew it, the grading was over!

I was privileged to be guided by Senior Instructor Mei Lan. Besides sharing the finer points of the Art of Chi Dynamics Qigong, she emphasised that being a good instructor is not just about knowing the Art or doing it well, but it is believing in the art, willing to learn more, have the passion to share, the patience to teach and the love of the art. She is such an inspiration and I hope I will become as good as she is one day."



Ms Ng Tze Lin



Mr Howard Hue Pak Hoh (69)

"I have been a Chi Dynamics Qigong member for close to 10 years and was never serious about being graded as an Assistant Instructor until recently when I took up the challenge after Sifu C.C. Chin told me it was time.

On the grading day, I was put under the charge of Sifu K.K. Kuan on a one-on-one basis. He was thorough and tested me with a lot of tough questions on the technical side of Chi Dynamics Qigong practice. I am glad I was up to the mark and am now a certified Assistant Instructor.

The feeling in having gone through the grading is fantastic. I feel more committed than before and would urge others who have practised for some years in Chi Dynamics to take up the challenge in becoming an Assistant Instructor."



TEA WITH THE LEGENDARY WU MEI

An imaginary interview



When we heard that Wu Mei, the legendary Shaolin Buddhist nun, was in town, we pulled out all the stops to meet and interview her. We were over the moon when she graciously accepted our invitation for a casual chat over tea!

Known for her martial art skills and acknowledged as the best of the famed Shaolin Five Masters in the history of the Shaolin Temple, Wu Mei's legacy to martial arts is her 'street fighting' system for women. Her system is so effective that it had evolved into the Wing Chun Kung Fu system of balance, structure and stance which is now one of the most popular forms of martial arts practised by millions of fans around the world, among them the legendary late Bruce Lee. Her legacy is also manifested in the Chi Dynamics Qigong exercises for wellness and self-healing.

When she first walked into the tea lounge for our chat, we were awed by her elegance and petite appearance which belies her legendary combative skills. Surely, she cannot be the tough and feared pugilist the world has been talking about, we thought.

After the usual introductory pleasantries, here's how our chat went.

Chi Chat: Thank you very much for making time for this chat despite your busy schedule of workshops and public appearances. Can you please tell us briefly what your art is all about?

Wu Mei: Basically, it is an art that does not use brute force and is therefore more effective and practical for women. Instead, the focus is on swift, sharp and whipping movements of the hand and fingers aimed at the opponent's vital points at close quarters. These movements have to be very fast, so fast that you can hear the 'whooshes' as the hands and fingers whip through the air like 'flying daggers'.

Chi Chat: How and why did you get yourself involved in the martial arts?

Wu Mei: As my father was a general in the Imperial Army, I led a rather comfortable and sheltered life; I was

also educated and trained in the martial arts. However, I was not happy at the way martial arts was taught. It took years to master it and I also felt that too much emphasis was placed on strength, agility and unnecessary elaborate movements. But after witnessing a snake and crane in combat, I decided to incorporate their characteristic movements into my fighting techniques, and they have worked out well.

Chi Chat: And what else make your techniques unique and more effective?

Wu Mei: Footwork is also important. To perfect it, I created my own form of training atop five vertical logs driven into the ground in a diamond shaped pattern. Known as "**plum blossom posts**" (or "**mui fa jong**"), this training is rather dangerous as one slip may cause a fall and serious injuries.

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An Imaginary Interview with Wu Mei—continued from page 6

Chi Chat: Yes, we heard about your fight atop the *mui fa jong* against the powerful Li Ba Shan who thought he could easily beat any woman but eventually lost to you. Are there any other wonderful stories or rumours about you to share with us?

Wu Mei: Plenty, among them is the popular account that I taught Yim Wing Chun, a beautiful girl of 15 who was being pressured into marriage by a local bully, how to defend herself. In a challenged fight, she beat the day-lights out of him and he never bothered her again.

Chi Chat:

There are stories too that Wing Chun was actually a man who wanted to learn your techniques to avenge his father's murder by a criminal. As your policy were to teach females only so that mothers can pass down the art to their daughters, he fooled you by disguising as a female to learn from you. Is this true?

Wu Mei: I will leave you to figure this out yourself (*said nonchalantly with a cheeky twinkle in the eye as she sipped her tea*).

Chi Chat: Finally, can you tell us how your art found its way into the Chi Dynamics Qigong?

Wu Mei: It was cleverly incorporated in Qigong exercises by Grandmaster Anthony Wee to provide inner power for wellness, self-healing and longevity. For example, the



**Training on Mui Fa Jong
(Plum Flower Stakes)**

Shoulder Roll releases tensions from the neck and shoulders and improves bladder control and incontinences, the **Butterfly Stretch** enhances lymphatic drainage, the **Crane Walk** strengthens the hip and thigh muscles and increases bone density, the **Dragonfly Stretch** coordinates the left and right brains, etc.

Chi Chat: We are very honoured to have the privilege of talking to you. Thank you very much for making time for us.

Wu Mei: You are very welcome.

HAPPY BIRTHDAY, SIFU!

It started off as a regular Qigong training session for more than 40 Chi Dynamics members at the Tampines Changkat Centre on Sunday, 05 May but on this particular Sunday, it ended with a surprise birthday party for the youthful looking Sifu Lawrence Chong who turned 68 this year!

Judging from the spontaneous laughter, animated exchanges and noise level, it was evident that all present had a good time of fellowship as they feted over a sumptuous buffet like a big happy family.



RENDEZVOUS IN BANGKOK, THAILAND

Ruby Wang hones her skills under Muay Thai Grandmaster Woody

When it comes to the Art of Muay Thai, there is no stopping our Chi Dynamics Qigong member, **Ruby Wang**. Always on the go to improve herself in the art, she recently spent time in Bangkok honing her skills under the charge of the **Grandmaster Woody** (*Khun Chinawut Sirisompan*), the founder of the World Muay Boran Federation (WMBF). As some are aware, the current Muay Thai art form originated from the age-old Art and Sport of Muay Boran centuries ago.

The sojourn in Bangkok was enjoyable and fruitful for Ruby. Whilst there, she attended The 4th International Thai Martial Arts Games & Festival 2019 from 08 to 18 March 2019, and also a celebration to honour **Nai Khanom Tom**, the founder of Muay Boran (see inset).

According to Ruby, *"Besides attending seminars and watching participants from many countries competing, I had the opportunity to learn useful street self-defence techniques from **Khun Kru Eakachai**, a Master*



who is presently the trainer for the Royal Family security team. This and other useful tips I picked up on this trip will certainly help me to improve the teaching of my classes".

When asked how has Chi Dynamics Qigong helped with her pursuit for excellence in the Muay Thai arena, Ruby replied, *"Chi Dynamics Qigong breathing has helped me in many ways. It enhances my internal strength, improves my stamina and helps me to stay more focused during training. It has also helped me to recover from injuries".*



Ruby & Grandmaster Woody



Ruby posing with Grandmaster Woody (left) and Khun Kru Eakachai (right)

NAI KHANOM TOM—The Father of Muay Thai



Legend has it that Nai Khanom Tom was a prisoner held in Burma after the Burmese invasion of the Ayutthaya Kingdom in 1774. When the Burmese King Mangra decided to see how good the Art of Muay Boran was compared to the Burmese boxing, he matched Nai Khanom Tom with the Burmese boxing champion to fight at a festival.

After the ceremonial Wai Kru ritual which the Burmese thought was some sort of black magic, the Burmese

boxing champion was decisively knocked out by Nai Khanom Tom. The King then sent 9 other fighters, one after the other, but each one was eventually felled by Nai Khanom Tom.

Impressed with the prowess of Nai Khanom Tom, the King granted freedom to him and all his fellow Thais on March 17. Since then, March 17 is celebrated every year to commemorate the Thai hero.

NATIONAL ARTHRITIS FOUNDATION WORKSHOP

On 8 May, 25 participants turned up at *The Yoga, Mindfulness and Qigong Tools for Arthritis Pain Workshop* to learn how Yoga and Qigong movements and breathing can help arthritis sufferers cope with pain. Organised by the National Arthritis Foundation (NAF), the workshop was conducted by the experienced Yoga instructor, Ms Sarah Manning, and Sifu Roland Hong, both of whom are from the Chi Dynamics Alexandra Centre.

After an introduction to what Qigong is about, Sarah and Sifu Roland led the participants through some Qigong practices which included abdominal breathing, wrist flicking, generation of Qi, and ending the session with Inner Orbit Meditation.

According to Sarah, *"Sifu Roland delighted all with his youthful bounce and fitness. He was indeed an inspiration to us all to keep up our practice"*.

The NAF has plans to organise more workshops and regular classes at their new premises near the Aljunied MRT Station.



Health & Medical SNI PP ETS™

Health Benefits of Water Chestnuts

According to a recent Medical News Today report, water chestnuts may help reduce free radicals in the body as they are an excellent source of ferulic acid, an antioxidant which helps kill and reduce the growth of cancer cells. They are also a source of potassium which helps to lower blood pressure and its associated risks.

Avocado Seed Extract

Penn State University researchers have found that the extract from avocado seed, which is rich in healthy

monounsaturated fats, could be used to reduce inflammation caused by white blood cells. This discovery is promising as it may lead to the treatment of cancer, arthritis and cardiovascular diseases. Further research is ongoing as previous studies have found the avocado seeds may be toxic if consumed in large quantities.

Benefits of Jackfruit

The jackfruit is known as a good source of Vitamin C, potassium, dietary fibre and important vitamins and minerals. Research has also found that compounds in the flesh, seeds, and other parts of the plant may have the potential to treat or prevent a number of health conditions. As a popular meat substitute, it is safe and nutritious for most people but anyone with an allergy to latex or birch pollen should take caution when eating or handling the fruit.