



# Chi Chat with Grandmaster

Issue 04

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*This personal message from Grandmaster Anthony Wee is for internal distribution to CDI members only.*

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### ANNOUNCEMENT

Grandmaster Wee plans to conduct a few Qi workshops for would-be healers on both sides of the Causeway. Dates and venue details will be announced soon. Meanwhile, please email your interest to [gmasteranthony@gmail.com](mailto:gmasteranthony@gmail.com) (for Singapore) or [maryheng2005@hotmail.com](mailto:maryheng2005@hotmail.com) (for Malaysia)

## From the Grandmaster's Desk

Last month, I revisited the ancient Shaolin Temple, the mecca of Shaolin Kung Fu, for the third time. Please allow me to share with you the highlights of my visit.

### The Early Beginnings

Located on Mount Song in the Dengfeng district of Henan Province, China, the Temple was previously a Buddhist temple dedicated to chanting and transcribing Sutras.

Some 1,750 years ago around 570 CE, **Bodhidharma** the Indian Buddhist priest from Kerala, South India arrived at the Temple to spread Buddhism. When the then Abbot of the Temple disapproved of his practice and concept of Zen Meditation to attain enlightenment, records have it that Bodhidharma meditated for nine years facing the wall in a small cave that can ac-

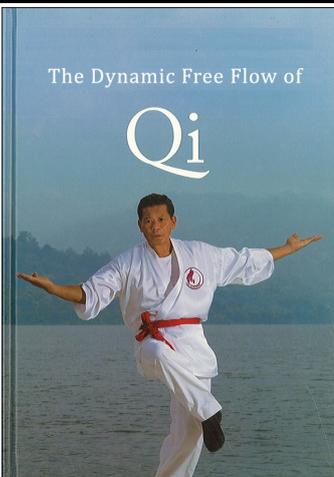


*The Gateway to Shaolin*

commodate only one person. This cave, now known as the "**Damo Cave**", is about an hour's walk up steep steps some 500 metres from the Temple. It has become like a shrine for all true Shaolin followers and I remember visiting it in the rain on my first trip.

Bodhidharma eventually took over the Temple after the Abbot passed on. Seeing that the

monks were sickly because of their strict vegetarian diet and sedentary lifestyle, he introduced a regime of physical training comprising yoga postures, breathing exercises, Zen Meditation and warrior-like defensive moves and strikes to improve the state of their health. The move brought in positive results as the monks soon became robust and mentally fit. Testimony of this was when 500 of them, against all odds, defeated over 5,000 bandits in a battle during the Sung Dynasty! Since that famous victory, it was decreed that the monks in the Shaolin Temple are allowed to have meat in their diet. Till this day, it is still the only Buddhist temple where meat is allowed.



**The Dynamic Free Flow of Qi**  
by Grandmaster Anthony Wee  
**Price: S\$40**

To purchase a copy, please contact your Centre Instructor.



*Grandmaster posing with the Head Trainer (centre) and students of the Northern Shaolin Temple Academy*

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*Lui Bao Shan School trainees in red suits. Besides Shaolin Kung Fu, they learn mixed Martial Arts and San Da (free sparring)*

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### The Present Scenario

Today, the Shaolin Temple Kung Fu complex comprises three orders - the Inner Core Temple, the Middle Ring and the Outer Ring.

The **Inner Core Temple** order comprises not more than 60/70 true blue Buddhist warrior monks with shaven heads and clad in grey robes. Strictly vegetarians, they meditate, study the Sutras and practise Shaolin Kung Fu the traditional way without any new age training aids. Spectators are not allowed when they train within the Temple back court yard.

The **Middle Ring** order is the Northern Shaolin Temple Kungfu Academy for 250 trainees which my friend **Shide Hong** runs. Located within the Shaolin Temple complex, the Academy's facilities include three classrooms, a dormitory, a canteen and an open courtyard for training. Students need neither be monks nor Buddhists but they are clad in traditional robes. Besides martial arts and Zen Meditation, they are taught subjects such as Chinese Culture, languages and even Eng-

lish. There is a good mix of students – some as young as 4 years and others as old as 65 years – all aspiring to be Kung Fu Masters!

The **Outer Most Ring** order is an assorted number of schools, institutions and academies, all using the Shaolin Temple's name to market and attract students with considerable success.

The most outstanding in this order is a group founded by **Lui Bao Shan**, a famous former warrior monk from the Inner Core Temple. Liu is now retired but his legacy in 'exporting' the core values of the Shaolin Temple to the world lives on. He did much to keep up the times by offering his students modern training aids, better grades of accommodation and a mixed of Martial Arts and styles like kickboxing and taekwondo, in addition to subjects such as the Chinese language, calligraphy and painting.

Today, Liu has some 30,000 students in his group of 7 schools, which represents about 30% of the estimated 100,000 trainees in 750 schools around the Shaolin Temple umbrella. When I saw about 20 trainees from Ethiopia, Nigeria, Zambia

and South Africa dressed in Shaolin Buddhist robes learning Kung Fu and Chinese Culture, I pondered over the thought whether Bodhidharma saw this coming over 1,750 years ago!

### Conclusion

As with my previous two trips, this trip was such an inspiring and rewarding experience for me. I went back in time soaking in the physical and mental regimes and discipline of my training and returned home refreshed and more determined to share the many benefits of my Chi Dynamics Art of Qigong with my team of instructors and fellow members whilst I am still able to.

### Grandmaster Anthony Wee



*This 4 year-old is the youngest wannabe Shaolin warrior monk. He wakes up by 5am daily and devotes some 6 to 7 hours to Kung Fu training, apart from attending school.*



*Traditional School students training under the watchful eyes of the trainer (seated)*

## Thank you, Chi Dynamics! - by Jerence Chee

In January 2006, I woke up one morning with pain on my right side from the waist down to the leg. The pain was so intense that I could hardly walk.

When I consulted doctors at the Singapore General Hospital, I was told that my ankle tendon had worn out and that I may have to live with the pain and discomfort for the rest of my life as the chances of the ankle healing completely are only 50% even after an operation.

For two years, besides physiotherapy at the hospital, I sought alternative treatment elsewhere; these included acupuncture and traditional Chinese medicine but without any success. I continued to walk with difficulty and pain, and had to climb up stairs gingerly step by step holding on to the side railing for support. To add to my woes, I also suffered from a tennis



Jerence Chee

elbow and could hardly lift up even a small bag. However, my plight took a turn when

I joined the Chi Dynamics training group at Changkat Community Centre in 2008. I consulted Grandmaster Anthony Wee after a seminar he conducted at the Centre in May 2008 and he taught me a simple arm exercise which can be practised anywhere and anytime. Before I knew it, my right elbow was restored to normal after some months of practice. And miraculously, not only was my right ankle also cured but my blood pressure was reduced from a high 150/70 to a stable 130/65 as well!

Since then, there was no looking back and I continued to practise Qigong regularly.

I now enjoy good health and would like to thank Grandmaster Anthony Wee, Sifu Lawrence Chong, Alice and Mrs Chong for making it possible.

Jerence Chee

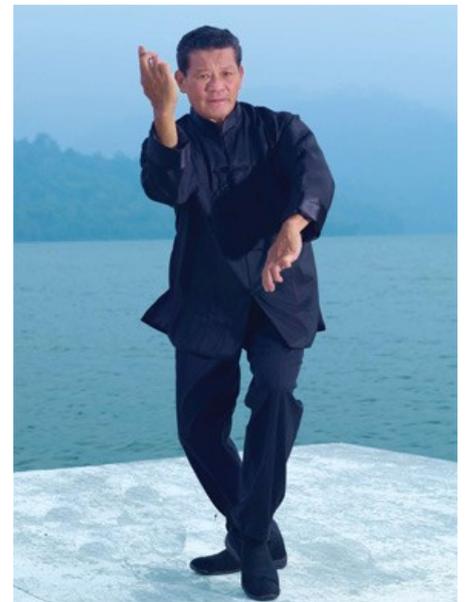
## Ask Grandmaster

**Question:** Can you advise how many types of Qigong are there in the world?

**Answer:** The ancient Chinese practice of Qigong, which uses breathing and/or visualisation techniques for maintaining health, vitality and healing, has its origins from Pranayama Yoga (*the ancient Indian practice of breath control techniques*).

As the practice involves moving or static postures, breathing techniques and mental focus, it is broadly classified as martial, medical and mind/body connectives. Among the main types of Qigong are:

- **Hard Qigong** - enhances inner power, the ability to take impacts such as punches, chops to the throat and sledge hammer blows to the body.
- **Soft Qigong** - enhances health by the balancing of the 5 elements of energy (*metal, wood, water, fire and earth*).
- **Self-Healing Qigong** - based on the belief that the body is self healing and self-generative if given the conducive environment. New age Qi masters now use the term "**Medical Qigong**" to attract trainees.
- **Shaolin Qigong** - used to generate physical and mental powers for Kung Fu training. This form of Qigong has spread widely to all martial art schools in China and internationally.
- **Qi Meditation** - techniques that use breathing and visualisation methods.
- **Tibetan Qigong** - uses self hypnotic techniques to reach the altered state of consciousness (*semi trance-like state*).
- **Pranayama Yoga** - the ancient Indian practice of breath control techniques.
- **Taoist Qigong** - a gentle version of low impact movements not unlike Tai Chi.
- **Islamic Qigong** - practised by Muslims especially in China for health. It Besides the Muslim community in China, it has also spread far and wide.
- **Yogic Qigong** (or "**Tong Tze Gong**", *the Chinese term for Yogic postures*) - uses yoga postures and breathing techniques.



Effective in the past, Qigong is still effective and will continue to be so in the future. As an Art that enhances "*health*", it will be practised by people who want to take responsibility for their own health.