



# CHI CHAT with Grandmaster

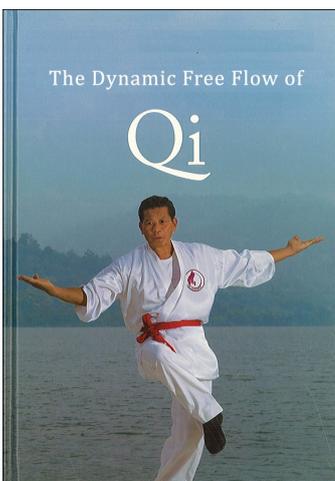
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*This personal message is from Grandmaster Anthony Wee. It is for internal distribution to CDI members only.*

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**The Dynamic Free Flow of Qi**  
by Grandmaster Anthony Wee

**Price: S\$40**

To purchase a copy, please contact your Centre Instructor.

## From the Grandmaster's Desk

Greetings! And a very Happy New Year to you!

I began the New Year reflecting on the year that passed and I must confess that 2013, as with all the years I have been involved with Chi Dynamics (CD), has been a most fulfilling year for me. It is most gratifying to see many of my students benefitting from the CD Art of Qigong and even more so when those with major health challenges have managed to alleviate and/or overcome their illnesses.

Qigong is here to stay and no one can dispute this. After all, it has already stood the test of time since its origins from Pranayama Yoga (*the ancient Indian practice of breath control techniques*) some 1,750 years ago. And the fact that millions of people around the world are now practicing the art today speaks volumes for

the benefits Qigong offers to its practitioners.

I would like to dispel the perception that Qigong is for older people. It is in fact good for people of all ages who are concerned for their general well being; the profile of our members confirms this. It is also a fact that Qigong is practiced not only in the east, but in western countries and in medical centres and rehabilitation homes around the world.

Nearer to home, we are collaborating with the University of Malaya (UM) and the UM Alumni in a community project to evaluate whether our Chi Dynamics (CD) Qigong exercises can help colorectal cancer survivors in their treatment and recovery.

Spearheaded by Dr Ellen Loh, a UM lecturer and research specialist, the project will teach colorectal cancer survivors some essential CD exercises under the close supervision of our CD Malaysia's team of instructors. After 3 months of exercises, the UM team will then evaluate the participants' progress to ascertain whether the CD exercises were effective in helping them to relax and sleep better.

We welcome volunteers for this worthy project. If you would like to volunteer, please contact Puan Khadijah binte Shaari (H/P: 019-278092, E-mail: [khadijah\\_shaari@yahoo.com](mailto:khadijah_shaari@yahoo.com)) for more information.

**Grandmaster Anthony Wee**

*"Do you know that paintings on the Art of Deep Breathing were recorded on cave walls some four thousand years ago?"*



Grandmaster Wee presenting a set of training charts to Dr Ellen Loh of the University of Malaya Alumni. Looking on is Mr C.C. Chin, Chairman of Chi Dynamics' Malaysian Chapter.

## Learning to HEAL is FUN!

A workshop on a serious topic like learning to heal conjures visions of grim lecturers delivering boring discourses to participants who probably wished they had never signed up for the training. But as you can see from the montage of happy faces, it was not so at the ***Qi Instructors & Healers Workshop*** conducted by Grandmaster Anthony Wee on 05 January 2014. His dissertation was enlightening, entertaining and interspersed with humour that had the participants in stitches.

Yes, there were serious moments when Grandmaster Wee covered the second set of 12 master points to activate Qi for healing. He stressed on the stimulation of the various eye and facial points to clear the eyes, improve memory, delay dementia and aid hearing problems. But the fun really started when the participants were paired up to practise what they had learned.

Grandmaster Wee also touched on the emotional wellness points (*Du #11 Shen Dao and Ren #16 Zhong Ting*) and how to release emotional imbalance through cupping and non-touch healing, before going on to show the participants the triple combination points (*Lung 1 Zhong Fu, Spleen #20 Zhourong and Lung 10 Yuji*) for healing or injuring and how to stimulate the wrist's triple points (*Heart 7 Shenmen, Lung 9 Great Abyss and Pericardium 7*) to delay dementia and calm the inner spirit.



## Changkat Workshop



Members of the Tampines Changkat Active Ageing Citizens Qigong were delighted to learn how to gather and pass Qi to others at a two-hour workshop conducted by Grandmaster Anthony Wee on 04 January 2014. In addition, the Grandmaster also taught them how to release tension through Block Breathing as well as exercises that can help in delaying dementia.



***In the next Workshop, Grandmaster Anthony Wee will deal with the third and last set of 12 master points.***

***If you have not signed up for the entire course but wish to attend selected workshops, please contact Ronald Lim (gmasteranthony@gmail.com).***

## Ask Grandmaster

**Question:** What are the qualifications to earn the titles of “*Instructor*”, “*Sifu*” and “*Grandmaster*”?

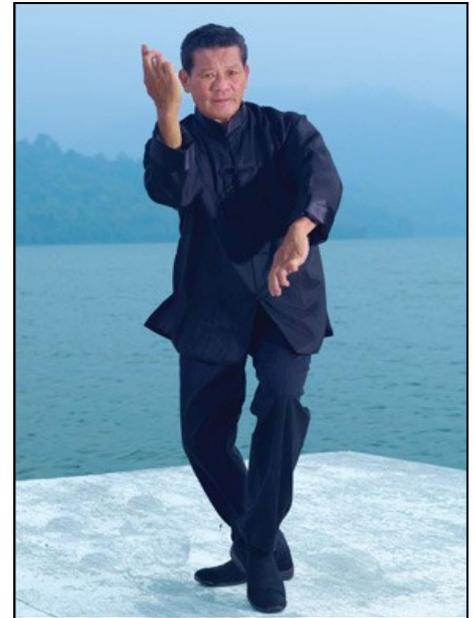
**Answer:** At Chi Dynamics, we have practical and written tests for three levels of qualifications for Instructors, starting with Assistant Instructor and thence to Provisional Instructor and “*Instructor*”.

Assistant Instructors are required to be proficient in the theory and exercise forms that are documented in the “Instructor’s Manual”, and only those with at least 12 months of training and minimum training attendance of 75% qualify for assessment. With at least 24 months of training and 75% attendance rate, they then advance to the Provisional Instructor level. Finally,

after 36 months of training, assisting in training and passing both written and practical tests, they will qualify as a full Instructor.

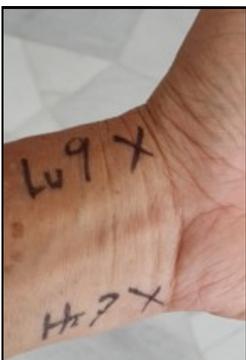
The title of “*Sifu*” is conferred to a Senior Instructor who is actively involved in training at one or more Chi Dynamics training centre for at least nine years, and has successfully trained at least three other Instructors for assessment by me.

A “*Grandmaster*” is someone with at least six “Sifus” appointed under his control and guidance. In Chi Dynamics, I have a stable of seven Sifus (*two each in Singapore, Malaysia and Australia, and one in the United Kingdom*) and more than 45 Instructors directly under my guidance.



**Question:** I suffer from bouts of depression and anxiety, sometimes for days. How can this disorder be treated

**Grandmaster:** Besides medication and psychotherapy, acupuncture can help. Simply apply pressure with your thumb on the two master points marked “X” as shown in the photograph below and massage gently. The pressure should be fairly strong to the extent of some mild pain; this is to unblock the flow of Qi which will reduce your anxiety and tension.



LU9 (*the Great Abyss or Tai Yuan*) is the master point that releases Qi to the brain. This Qi booster and the HT 7 point (*the Spirit Door or Shen Men*) help to alleviate depression symptoms by relieving pressure on the brain. While massaging, do deep breathing using the “*Chui*” method and focus on the lower Tan Tien that is two inches below the navel. These master points are also known to prevent and delay dementia.

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## Grandmaster Appoints 2 New Sifus

Two new Sifus were recently appointed by Grandmaster Anthony Wee. They are **Sifu Roland Hong** and **Sifu Michael Kang**.

A dedicated instructor with many sessions under his belt, the amicable **Roland** is the resident instructor for CD’s Alexandra centre.

**Michael** runs both the Church of Immaculate Heart of Mary and Church of the Holy Spirit training centres. Always cool and collected, we have yet to see him ruffled.

*“Roland and Michael have one thing in common: both are humble and soft spoken, which belies their inner strengths and principles”*



**Sifu Roland Hong**



**Sifu Michael Kang**