

CHI CHAT with Grandmaster

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From the Grandmaster's Desk



MEDAN RETREAT

I am looking forward to next month's Medan Retreat and I trust those attending are too. With **Shaolin Master Shi De Hong** and **Han Yang Ru Yi Qigong Master Dennis Wang** taking the stage with me in Medan, the Retreat promises to be engaging and fruitful for participants.

Check out the next issue of Chi Chat for a report on the highlights of the Retreat.

HIDDEN TALENTS

I know we have several members in our group with hidden talents, but I was not aware that we also have an accomplished artist in our midst until **Eddy Lim** presented me with two of his watercolour paintings of Singapore landmarks.

Thank you very much, Eddy. The paintings of Victoria Theatre and the Singapore Museum are lovely and I will

treasure them. And because they are too good to be tucked away at home, I have decided to display them at the Alexandra Centre for our members to admire and enjoy.

For those who are not aware, Eddy played a pivotal role heading the Finance Committee of our successful Active Living Workshop in May this year. A staunch supporter of Chi Dynamics since he took up Qigong about one and a half years ago, he runs *Chez Design* - an interior design firm that specialises in showroom and corporate offices design and fitting out works.

When I asked Eddy about his passion for painting, he revealed that it dates back to his school days. 12 years ago, he had the opportunity to learn from the well-known Singapore water colourist, Ong Kim Seng and since then, he has participated in several group exhibitions and travelled widely around the region capturing beautiful sceneries on canvas. He confessed that he always travel with his painting kits and find it very enjoyable, relaxing and rewarding seeing the shapes and colours emerging on canvas.

AN EVENTFUL YEAR

I reckon we have had a fairly active and fruitful year so far. Membership has increased, our re-vamped website was successfully launched, Chi Chat is ongoing and remains relevant, and now we also have multi-media presence on YouTube and FaceBook.

I think we have achieved much and once again, I would like to thank all our volunteers, sponsors and instructors for making it happen.

Grandmaster Anthony Wee

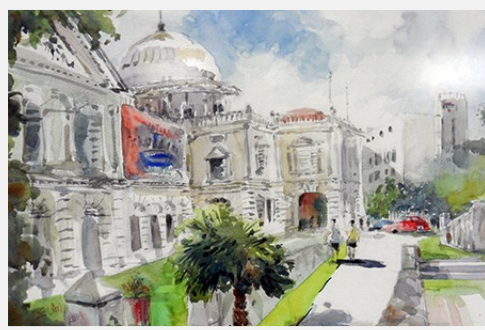
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This personal message is for internal distribution to CDI members only. If you have any interesting health-related experiences to share with our readers, please email to gmasteranthony@gmail.com.



Eddy Lim presenting his paintings to the Grandmaster



The Singapore Museum



Victoria Theatre

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Up Close & Personal with Sifu ROLAND HONG



Do you know that Sifu Roland Hong's bread and butter is to go window shopping, an occupation which some people may sacrifice an arm and a leg for?

Employed by Seng Hong Company Pte Ltd which supplies dried goods products to the Dairy Farm International group, his job is to inspect the major supermarkets and distribution outlets in Singapore where the dried food products are sold and to ensure that they are well stocked and properly displayed.

Roland enjoys his job very much as he finds it "interesting and not at all boring or stressful"; it also allows him time to be with his family and to conduct Qigong classes three or four times a week. This happy arrangement perhaps explains why he seems ever so calm and relaxed when he conducts Qigong classes in the evenings at the Alexandra Centre where he is the resident instructor.

Happily married for 35 years, Roland and his wife have a grown up son. Prior to joining Seng Hong, he spent seven years in Hong Kong helping in his wife's family's textile business. Although his involvement with Qigong came fairly late in his life, it has played a significant role in improving his health and he reckons it will also help him to age gracefully.

Read on to find out more about what he shared with us when we caught up with him recently.

Chi Chat: Roland, please tell us how you got involved with Chi Dynamics (CD).

Roland: I was introduced to CD by a friend when I returned to Singapore after a spell of seven years working in Hong Kong. He took me to a CD workshop and I was impressed with what I saw and experienced, especially witnessing the human bridge and iron rings demonstrations by old and frail ladies. That was in 2002 and since then, I continued practicing Qigong and never looked back as it did me a world of good for my general wellness and I was rarely down with common illnesses like flu or cough.

Chi Chat: And when did you become a CD instructor?

Roland: Having read Grandmaster Wee's book and observing what the CD art of Qigong can do for people with health challenges, I was inspired to learn more about the ancient art of self-healing to share with others. I made up my mind to sign up for the instructor's course when I discovered that one of my brothers was stricken with Parkinson's disease so that I can be of help to him. I eventually qualified as an Instructor in 2005, progressed on to be Senior Instructor and recently earned my "Sifu" title this year.

Chi Chat: Tell us some of your experiences as an Instructor.

Roland: By now, I reckon I have taught hundreds of students and I hope that many of them have benefitted from what I taught. They may not know about it but I too have also learnt from them in the process of teaching them. I believe learning enriches one's life, whether you are a teacher or student. For example, I learned to be more attentive and patient with my students, especially with beginners. I also learned that in life, one has the choice to

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"Roland volunteered much of his time and energy to be the Resident Instructor when we opened the Alexandra Centre. He is dedicated and most reliable, and I appreciate his loyalty and commitment."
- Grandmaster Anthony Wee

be positive or negative and that good Qi flows through a person who possesses positive attitudes.

Chi Chat: Were there any memorable moments during your classes you would like to share with our fellow members?

Roland: Yes, there was an occasion when half way through the hand flicking exercise, a student found her right hand out of control as it kept moving involuntarily to the left to pat her left shoulder. It was a shocking experience for the student and also for the class who witnessed it. It was as if she was having a fit. However, after I explained that her body's sympathetic and parasympathetic nervous systems were being triggered into the self-healing mode, the excitement died down and class resumed without any further incident.

Chi Chat: For the benefit of our readers, can you please elaborate what exactly are the sympathetic and parasympathetic nervous systems.

Roland: In a nutshell, they are part of the body's autonomic nervous system which is responsible for controlling some of our body's functions that are not under our voluntary control.

When faced with danger and in emergency situations, the sympathetic nervous system stimulates and activates the body for action—either a 'fight' or 'flight' response. In such situations, the heart beat and blood pressure will increase.

On the other hand, the parasympathetic nervous system reacts to slow down the heart beat and return the body functions back to their normal states.

Chi Chat: You have been teaching Qigong for nearly ten years now and obviously enjoy what you are doing. What drives you on?

Roland: I get great satisfaction knowing that I am able to play a part to help the community at large to remain active and

healthy into their golden years. For this, I must thank Chi Dynamics for the opportunity to be associated with its programmes for the community.

Chi Chat: And how long more do you see yourself teaching Qigong?

Roland: I will be 65 soon and I reckon I can go on teaching beyond 70 as long as I know that what I am teaching is helping my students to stay healthy and active. I find it so encouraging when my students turn up for my classes, come rain or shine. It gives me great satisfaction knowing that they appreciate my efforts and find my classes beneficial and enjoyable.

However, I guess I have to step down at some stage. When that happens, I look forward to spending more time with the family. My son is getting married soon and I am hoping the arrival of grandchildren in the not too distant future will keep me happy and occupied.

Chi Chat: That sounds great, Roland. We hope your wish to be a grandfather comes true very soon!

Ask Grandmaster

Question: Is there a breathing method that can improve the performance of a marathon runner?

Answer: Yes, I have trained several marathoners to improve their performances with the "Pi" breathing method. The technique is to exhale with short, forceful but rhythmic bursts of air through the nose with the tongue curled up and touching the upper palate just behind the front teeth and with lips closed, and then inhale strongly. This technique has to be mastered because it is not easy to perform it on the run. So start breathing first before the run and continue with the momentum when you start running.



LICK HUNG CENTRE— *it's QI LICKIN' GOOD!*

Grandmaster Wee's last visit to the Lick Hung Centre was some years ago. When he revisited it recently to update and clarify any doubts that its members may have, he was pleasantly surprised and impressed by what he saw and experienced.

Run by Resident Chief Instructor **Kuan Kah Kok** and his wife **Mei Lan**, the Centre is perhaps the most active Chi Dynamics Centre in Kuala Lumpur, Malaysia. With a membership of over a hundred, it is also the largest.

What makes Lick Hung so active and successful is the dedicated team of volunteer instructors who take great delight in teaching and seeing their trainees benefiting from our Chi Dynamics Art of Qigong. These instructors are very disciplined and detailed in their training methods and what struck the Grandmaster was their strict compliance to his methods of training. They practise what they teach and set a high standard for the trainees to follow.

For example, Resident Chief Instructor Kuan insists that 1,000 "**Mao Swings**" be done every session and this is followed by the 10 postures standing meditation as recommended by Grandmaster Wee. Many of his trainees have obviously benefited from these recommended exercises and we reckon word does get around resulting in more members for the Centre.

According to Kuan, "*As the Art of Chi Dynamics Qigong focuses on structured breathing techniques, we start beginners off with block breathing sessions. We make sure that they master this first before joining the main class. It is most fulfilling for us to see weak people becoming stronger and healthier again after joining our classes. We will continue what we are doing as long as we know that we can help those who need our help*".

Chi Dynamics is very fortunate to have such a great team of instructors and we wish them well in their voluntary work for the community.



Lick Hung's Team of Instructors

Seated (from left to right): **Hew Mei Lan** (Senior Instructor) & **Kuan Kah Kok** (Resident Chief Instructor)

Standing: (from left to right): **Leonard Wong** (Assistant Instructor), **Teresa Yip** (Assistant Instructor), **Eric Thien** (Instructor) & **William Tan** (Instructor)



Grandmaster addressing the class



Trainees in action

Do you know that copies of Chi Chat are now available online? Should you want to read past issues, [click here](#) to download them from our Chi Dynamics website.

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Dear Grandmaster

Recently, I received an interesting article on the benefits of the fruit papaya from **Robert Cheong**, an old friend who is a cancer survivor. A former trainee in one of my private classes, Robert is thankful that Block Breathing had helped him in his fight against cancer whilst he was undergoing chemotherapy.

The article Robert sent me is entitled "**Gorgeous Fruit Papaya**" by **Robin Tay**, a Certified Wellness and Nutrition Consultant. As I found the article most enlightening, I have summarised the highlights below to share with our members.

Grandmaster Anthony Wee

GORGEOUS FRUIT PAPAYA



- A study of 14 plant foods commonly consumed in Mexico concluded that the papaya (*also known as paw paw in Australia*) was the only fruit that had a significant effect on stopping breast cancer cell growth.
- Cancer fighting carotenoids (*which give the fruit the orangey-pink colour*) and lycopene are found in abundance in papaya. Studies suggest that the antioxidant activity of lycopene (*which are found in the blood, organs and tissues, including the prostate and testes of men*) may help to reduce the risk of prostate cancer. The studies also indicate that "*lycopene induces cancer cell death, anti-metastatic activity and the up-regulation of protective enzymes*".
- Scientists in Australia found that men who consumed the most lycopene-rich fruits and vegetables were 82% less likely to have prostate cancer. The researchers also found that together with green tea, the combination was even more effective.
- In animal experiments, researchers discovered that organo-sulphur compounds (isothiocyanates) found in papaya are capable of impeding the formation and development of cancer cells in a number of ways, and hence have the potential to prevent cancer in humans as well.
- Papayas contain papain and chymopapain, powerful proteolytic enzymes (vinegar) that facilitate chemical reactions in the body. Besides promoting digestion by breaking down proteins into amino acids that can be recombined to produce protein usable by humans, proteolytic enzymes are able to destroy intestinal parasites, protect the body from inflammation and help heal burns by digesting unwanted scar tissue both on the skin and under its surface.
- Eating papaya after meals promotes digestion, helps to prevent bloating and gas production, and strengthens the immune system to ward off flu and cancer.
- As the physical and mental health of people is highly dependent on their ability to produce proteins they can use effectively, papayas are particularly helpful in providing older people with enzymes to digest proteins from foods and free needed amino acids.
- Another useful compound found in papayas is fibrin, an insoluble protein that improves the quality of blood cells, reduces the risk of blood clots, facilitates and optimises blood flow through the circulatory system and prevents strokes. People on long flights and those who sit at a desk for long periods of time are advised to take proteolytic enzymes containing fibrin.
- Proteolytic enzymes are also able to destroy the defence shields of viruses, tumours, allergens, yeasts, and various forms of fungus.

Papayas are delicious and good for your health. Make sure you have some as often as you can.

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