



CHI CHAT

with the Grandmaster

Issue 39

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From the Grandmaster's Desk

I'd like to welcome the Singapore Council for 3rd Age (C3A), a non-governmental organization, which is now making Chi Dynamics' exercise programme available to their members. Senior citizens participating under the Singapore C3A programme can attend classes at Changkat Centre, Church of the Holy Spirit and Church of the Immaculate Heart.

I wish to thank William Tan and his wife, Susan, from Chi Dynamics Malaysia for their years of dedicated voluntary service. Both of them joined Chi Dynamics in 2001. William had volunteered in various roles, as well as an instructor, for more than 11

years. He also promoted the Chi Dynamics brand in Malacca and Ipoh via long-distance commute to spread the benefits of the exercises to interest groups at these two locations. The Lick Hung Center in Malaysia will miss William and Susan's warmth, kind heartedness and generous sharing of their *qiqong* experiences.

William and Susan will return to Ipoh to spend their retirement. Once again I would like to thank them for everything they did for Chi Dynamics Malaysia. I look forward to their continuing interest in spreading the benefits of Chi Dynamics' exercises in their hometown.

Finally, owing to overwhelming response, registration for the annual retreat in Chiang Mai, Thailand, is now closed.



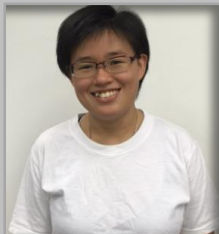
William Tan – Chi Dynamics Malaysia. A dedicated volunteer and senior instructor at Chi Dynamics Malaysia since 2001.

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Grandmaster Welcomes New Sponsors



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The Malaysia Chi Dynamics Challenge 2015

It started at 10am at the Main Training Centre (MTC). Grandmaster Anthony Wee gave the opening speech and words of encouragement to all the contestants. Four Teams from Cheras, Keranji (Team A & B) and Lick Hung Centres respectively took part in the Team Event. Individual contestants from the Team performance were selected or recommended by the judges for final short listing.

The Panel of Judges were Sifu Hew Chee Wai (Chief Judge); Ng Yee Fock; Tan Kim Seong; C C Chin; Hadijah Shaari; William Tan (Auditor) and Hew Mei Lan (Time Keeper)

The Rules of the Challenge were:

1. Each Team consisted of minimum of 3 and maximum of 5 contestants.
2. Each Team and Individual had five minutes to perform the three specified Stretches namely Butterfly, Sword and Eagle Stretches in different order depending on creativity.
3. All four Teams drew lots to ascertain the order of performance.
4. While judging the Team performance, the judges were required to pick and recommend any suitable contestants to contest in the Individual Event. The Auditor then listed out the top eight contestants for the Individual Event which will be further short listed to three finalists.
5. The judges were required to follow the guidelines/criteria set to grade/assess the contestants' performances as itemised below:
 - FLOW – Smoothness of execution, free and continuous movement
 - POSTURE – This includes how a contestant maintains the physical position of the body during the exercise
 - BREATHING – Manner in which the inhalation and exhalation is being carried out. Appropriate exhalation for the chosen exercise
 - SYNCHRONISATION – The timing and rhythm of movement in the execution
 - PRESENTATION – Appearance, attire, confidence, creativity, posture and transition from one exercise to the next

The result of the Team and Individual Events were:

TEAM EVENT

Champion Team (Keranji Team A) comprising:

Mr. Cheah Boon Hwa

Ms. Goh Soo Mou

Ms. Jeanny Low

First Runner-Up Team (Keranji Team B) comprising:

Mr. Neoh Hai Chuan

Ms. Chew Siew Poh

Che Noraishah Mohamed Wyme

Second Runner-Up Team (Lick Hung) comprising:

Ms. Jenny Chan

Ms. Goh Soo Hoon

Ms. Helen Lee Swee Moy

Mr. Foo Beng Hock

Ms. Koe Bi Hun

INDIVIDUAL EVENT

Mr. Cheah Boon Hwa (Champion, from Keranji Centre)

Ms. Jeanny Low (First Runner-Up, from Keranji Centre)

Ms. Goh Soo Mou (Second Runner-Up, from Keranji Centre)

CONGRATULATIONS to all the winners who went home with Trophies and cash prizes. All contestants received goody bags and certificates of participation. The Association appreciates the generosity of Grandmaster for donating the Trophies for the Team and Individual events.

The Chi Dynamics Challenge 2015 came to a close at 12.15pm followed by lunch provided by the Association. The Association would also like to thank the organising committee who did a marvellous job.



Team Champion (Keranji Team A) with Grandmaster Wee; Mr. Cheah Boon Hwa ; Ms. Goh Soo Mou ; Ms. Jeanny Low

Individual Champion with Grandmaster Wee



The winners of the Malaysia challenge 2015

Ask Grandmaster

Question: I recently had a procedure done to repair the retinal tear on one of my eyes. What Chi Dynamic exercise(s) would you recommend to prevent such retinal tear and avoid future problems?

Answer: There are many possible reasons for your retinal tear: constant reading in poor light or in a sleeping position; eye-strain with inadequate rest; staring at the computer screen or other display devices for uninterrupted periods of time. It could also be because of genetics, or you might have sustained eye injuries or trauma in the past that were left unattended to.

From a TCM perspective, strained finger meridians can strain the retina and retina tear could be aggravated by sudden jerks to the hands as well when carrying heavy objects.

I suggest you do the regular acupressure exercises on the five eye points that we teach in class. It stimulates the optic nerves and certain muscles around the eye socket as well as some

facial muscles.

Rub the palms together and when the palms and fingers feel warm, begin stimulating the eye points and facial points using the fingers to press and gently "thread" on the points.



Made in Singapore Qigong

A copy of an interview with Grandmaster published in *The Straits Times* of 28 October 2010

Made-in-S'pore qigong

Singapore has one qigong master who created his own style of the practice.

Mr Anthony Wee, 67, developed Chi Dynamics qigong in 1982, by combining elements from skills that he learnt from different masters: Northern Shaolin qigong, Wu Mei (Art of the Fighting Nun) and meditation based on traditional Chinese medicine principles.

It emphasises five different ways of exhaling, combined with gentle movements. It also involves meditation.

The breathing exercises and meditation activate the flow of energy, or qi, and enhance the immune system, Mr Wee said.

The movements are low-impact and suitable for older people and those with health problems, he said.

Mr Wee, who has been practising qigong since the age of 16, added: "Qigong training is more appreciated when one hits 60, when age begins to take its toll.



PHOTO COURTESY OF CHI DYNAMICS SINGAPORE
Chi Dynamics qigong, developed by Mr Anthony Wee (above), involves different ways of exhaling, gentle movements and meditation.

"I have the benefits of health, vitality and energy after training in Chi Dynamics and I'm grateful for taking it up early in my youth. It keeps me youthful."

In 1982, he founded a non-profit organisation, Chi Dynamics Singapore, to teach his brand of qigong. He promotes it full-time, conducting courses on it.

Chi Dynamics now has 25 volunteer instructors and more than 1,000 practitioners in Singapore, 2,000 in Malaysia, 500 in Thailand, and about 700 in Perth, Sydney and Tasmania, Australia.

Volunteer instructor and retired banker Michael Kang, 60, said many practitioners here are professionals, like lawyers, doctors and other health-care professionals.

He used to jog to keep fit, but felt it was too strenuous and hard on the knees and took to Chi Dynamics qigong in 2001.

He said: "At age 60 now, I can still do all the things that I could do when I was 40. If I don't do qigong, I don't think my level of fitness will be what it is now."

Mr Wee emigrated to Australia in 1988 and became a citizen in 1991. There, he volunteered his services to organisations such as cancer support groups.

He visits Singapore two to three times a year to hold workshops.

He is here this week for a public workshop at the Botanic Gardens auditorium on Sunday morning. For more information, call 6884-4812.

