



FROM THE GRANDMASTER'S DESK

The Making of Chi Dynamics Qigong Instructors

It takes time, determination and lots of practice to be a certified Chi Dynamics Qigong instructor. To start with, the incumbent should possess exemplary leadership, strong interpersonal and communication skills and most importantly, the passion and commitment to share the health and wellness benefits of qigong with others.

Normally, it takes at least a year of training to be an Assistant Instructor and then another couple of years or more before the incumbent can be considered ready for instructor grading. And even after certification, he or she needs to be re-assessed periodically to ensure that a high standard of instruction is maintained.

On 27 July 2019, four Assistant Instructors from Kuala Lumpur, Malaysia were graded for Instructor certification; they were **PC Liew**, **Gary Chan Jin Eng**, **Ku Yuen Mun** and **Ricky Leong Poh Seng**, who each have at least ten years of Chi Dynamics Qigong training and served five years as Assistant Instructors in their local centres.

Assisting me at the grading was a panel comprising **Sifu CW Hew**, **Sifu KK Kuan**, **Sifu CC Chin**, **Sifu Ng Yee Fock** and **Sifu Ron Ng**, with Senior Instructor **Tan Kim Seong** and Instructor **Ms Chin Fui Ning** also helping out.



The four new instructors who passed with flying colours (from left: PC Liew, Ku Yuen Mun, Gary Chan & Ricky Leong)

As you will note from the pictorial report on pages 4 & 5, the grading of instructors is a thorough process that takes a team of experienced instructors to test the candidates on their theoretical and practical knowledge of Chi Dynamics Qigong and presentation skills. Among the tasks the candidates had to perform was the human bridge where they had to withstand a human weight on their torso for 15 seconds while lying suspended with their shoulders and legs resting on supports. There were some anxious moments, but the four candidates did exceptionally well to pass with flying colours!

It was an eventful morning which ended with fellowship over lunch at a local restaurant. I was very

HIGHLIGHTS

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happy to see the enthusiasm and camaraderie among all ranks of instructors which augurs well for the future of Chi Dynamics Qigong.

CSU@MTC's 1st Anniversary

When the first of our Cancer Support Units (CSUs) was formed in May last year in Kuantan, I had great hopes that given time and manpower and financial resources, the initiative will grow and be duplicated elsewhere for the benefit of cancer survivors.

Indeed, my hopes have been surpassed as the second CSU was established three months later in Kuala Lumpur.

On 3 August 2019, the CSU@MTC celebrated its first anniversary. It was a joyous and memorable occasion as I marvelled at how much had taken place within a year since its incorporation.

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Grandmaster Wee conducting a workshop at CSU@MTC

Full marks to the CSU@MTC team, especially **YT Sia** and **Tze Lin**, for the remarkable outcome! For more on the anniversary celebration and workshop, turn to pages 6 & 7.

Yee Fock is the New Chairman of CDAM!

We bid a very warm welcome to **Sifu Ng Yee Fock** who has stepped forward to lead the Chi Dynamics Association of Malaysia (CDAM) as Chairman for the 2019-2021 term. A dedicated Chi Dynamics Qigong proponent with more than 17 years experience behind him, Sifu Ng has trained many members in the Art of Chi Dynamics Qigong at the Bandar Utama Centre.

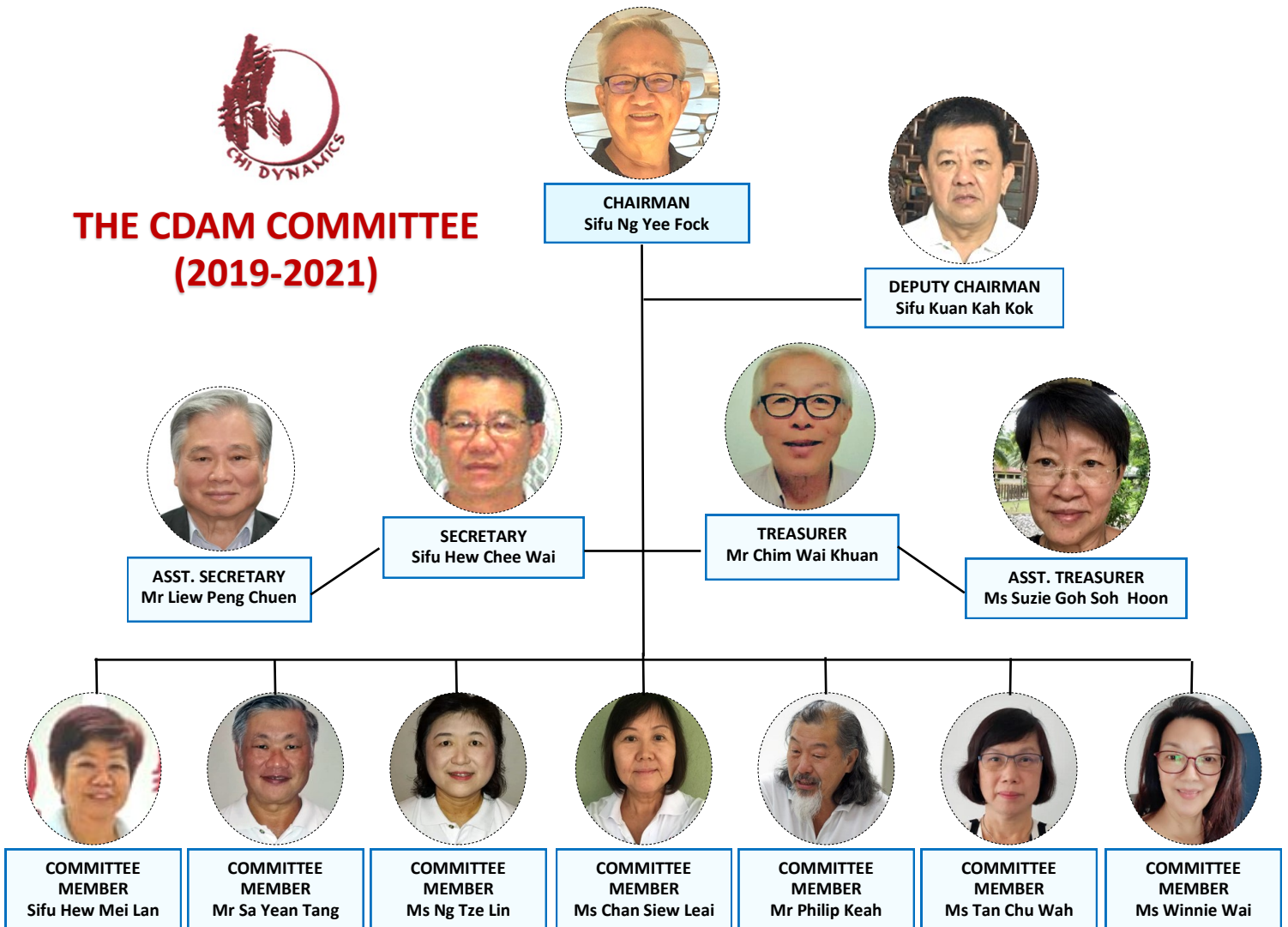
I would like to place on record my thanks to the outgoing Chairman, **Alvin Chua** for his leadership and commitment. Despite his heavy work schedule, the Association has grown from strength to strength during his term of office.

Here's the new CDAM Committee line-up.

It quite unimaginable that within a year, the CSU@MTC has grown not only in size but in the convincing growing number of success stories and happy voices spreading out far and wide to the communities. To date, it has a total of 71 registered cancer survivors and care givers, and its weekly Saturday training session draws an average attendance of 20. In addition, CSU@MTC has also initiated 6 successful workshops at which I was invited to participate.



**THE CDAM COMMITTEE
(2019-2021)**



AKAN DATANG!

- ◆ **4-8 November: The Confluence of the Elements Retreat at Serena Resort, Kim Boi.** Response has been very good and registration is now closed. According to Sifu Michael Kang, the Chief Coordinator of the Retreat, 51 participants have signed up which is more than expected.
- ◆ **23 November: The Way to Energy-Qi Healing for Cancer Workshop.** I will be deliberating on how proper breathing methods and meditation may be applied to tap into our inner strengths for self-healing at this Workshop in Kuala Lumpur. Assisting me at the Workshop is a team of Masters from Malaysia, Singapore and Australia, among whom is **Maizan Mansor Ahern** from Perth, Western Australia who will touch on the subject of Energy Therapy.



A cancer survivor and also a Chi Dynamics Qigong instructor with impressive Yoga and Pilates credentials, Maizan recently published a book entitled **“Energy Matters, You Matter”** on how to live a vital, happy and healthy life at any age. In her book, she recommends a regimen of movement therapy (*Pilates, Yoga, Qigong & Tai Chi*), proper nutrition and meditation techniques as the key to self-healing. This is

very much in line with our Chi Dynamics school of thought and is certainly of interest to our members, especially the trainees at our Cancer Support Units. For more on Maizan's book, please take a look at page 8.

As we are expecting a big turn out for the Workshop, registration is essential. Please see page 9 for details.

◆ **WCMAF Competition (December 2019)**

As one of its aims to unite all traditional and modern martial arts globally, the Singapore-based World Complete Martial Arts Federation (WCMAF) is organising an international competition in Singapore this December. Serving in the organising committee are Chi Dynamics's **Philip Tan** and **Ruby Wang Phanee** as representatives for the Art of Wu Mei Kung Fu and Muay Thai respectively. As many are aware, Philip is well versed in Muay Thai, Taiji, Kick



The WCMAF committee in discussion. Philip Tan and Ruby Wang are the couple on the left

Boxing and also adept in Iron Shirt Qigong and Wu Mei Kung Fu, while Ruby is one of the leading proponents of Muay Thai in Singapore. Look out for more details which will be announced soon.



- ◆ **2020: New course on Cupping and Acupressure.** Preparations for this course on how to treat joint and muscular injuries are in the pipeline. It will cover back pain sciatica, knees, elbows, frozen shoulders, headaches and migraine. More details which will be announced as soon as they are finalised.

New Instructor Appointments

Finally, I have much pleasure in announcing the promotion of **Hew Mei Lan, Ng Yee Fock, Khadijah Sharri** and **Ron Ng Keng San** to the Sifu grade with immediate effect, while instructor **Tan Kim Seong** has been upgraded to be Senior Instructor. Congratulations, every one! Please keep up the good work.

In closing, I wish everyone good health and happiness. May I also remind you to always remember our health and healing mantra:

YI DAO QI DAO
FOCUS WITH YI (INTENT), AND QI (ENERGY) WILL FOLLOW

Grandmaster Anthony Wee



THE MAKING OF CHI DYNAMICS INSTRUCTORS

A pictorial account of the Instructors Grading exercise in Kuala Lumpur, Malaysia on 27 July 2019



1 Final briefing by Grandmaster Anthony Wee before the start of the grading.



2 Sifu Hew and Senior Instructor KS Tan scrutinising Ricky Chan's movements.



3 PC Liew making the right moves for Sifu KK Kuan's assessment.



4 Sifu Ng Yee Fock making sure Ku Yuen Mun does the shoulder roll correctly.



5 Sifu CC Chin and Senior Instructor KS Tan evaluating Gary Chan's Butterfly Stretch.



6 The candidates taking the written test under the watchful eyes of Grandmaster Anthony Wee



7 Senior Instructor KS Tan stressing the finer points of the Archer Form.



8 Final check by Sifu CC Chin before removing the middle support.



9 Senior Instructor KS Tan ready to step up on the human bridge.



10 Loading weight on the human bridge.



11 Withstanding a human weight for 15 seconds.



12 Congratulations! A job well done!



13 Fellowship over lunch after a hard day's work.



14 Group photo of Grandmaster Anthony Wee, the grading panel of instructors and the 4 candidates.

CSU@MTC CELEBRATES 1ST ANNIVERSARY

It was a joyous celebration of sorts as the CSU@MTC commemorated its first anniversary with an activity-packed programme on 3 August 2019. Besides the customary cake cutting, photo shoots and a certificate presentation ceremony to the newly qualified Instructors and Assistant Instructors there was a “Qi Healing for Cancer Care Trainers” workshop conducted by Grandmaster Anthony Wee.

Cupping & Tui Na

At the Workshop, Grandmaster Anthony Wee expounded on the usefulness of Cupping and Tui Na in boosting blood circulation and enhancing the immune system. Assisted by Sifu Hew Mei Lan and Instructor Ku Yan Mun, he also demonstrated how these ancient old practices may be applied to help cancer survivors.

Sifu Khadijah affirmed how cupping had healed her chronic frozen shoulder which was bothering her for many years.

Sifu CW Hew also shared with the participants the effectiveness of cupping and how Grandmaster Wee cured his serious lower back injury more than 20 years ago.



“Happy Birthday, CSU@MTC!”



Breakout groups practising the Butterfly Stretch



Cupping by Grandmaster Wee



Sifu Khadijah sharing how cupping cured for her frozen shoulder



Sifu CW Hew showing how cupping helped to cure his serious back injury



Free Flow of Qi For Healing

At this session, Grandmaster Wee spoke about the activation and stimulation of the Vagus Nerve and how Qi may be transferred. One of the participants, Steven Ho, also shared his experiences with involuntary vibratory and smooth movement.



Grandmaster Wee explaining what Free Flow of Qi is all about

Harnessing Qi for self-healing

Steven Ho was sickly and had persistent backaches after undergoing a major operation for colon cancer in 2015. However, his condition improved remarkably after he joined Chi Dynamics in 2018.

According to Steven, *“What was amazing were Chi Dynamics’ Block of Breathing technique and the five Essentials Exercises which enabled me to unlock and harness the Qi in me for self-healing.*



Steven Ho sharing his experiences (left) and enjoying free flow of Qi (right)

When I first experienced involuntary movements while practising the ten postures Qi meditation, I wasn’t sure what it was all about and tried to restrain myself from moving, thinking it might distract those near me.

However, as the flow of Qi got more intense and uneasy, I was advised by my trainers, Phileo and Mei Lan, not to resist and flow along with the Qi in order to reap the full benefits.

Thereafter, I surrendered totally and let the flow of Qi move along my body to clear blockages and smooth ached muscles. Thanks to my trainers’ advice, my backaches have improved tremendously and I now feel relaxed, blissful and recharged.”

HEALTH & MEDICAL

SNI PP ETS™



Sweet Potatoes

According to a recent study, an extract of sweet potato leaves has been found to kill 94% of prostate cancer cells in vitro and slow down the growth of prostate tumours in mice by 75%. Other studies have also established that the leaves help to control insulin resistance by regulating sugar levels in the blood.

Generally, sweet potatoes are good for your well-being as they are rich in nutrients and potent antioxidants (*polyphenols*) that provide numerous health benefits. They include:

- ◆ Fibres that stimulate detoxification, improve digestions and prevent constipation.
- ◆ Beta-Carotene, the antioxidant that prevents gout, arthritis, asthma and breast cancer.
- ◆ Vitamin A that promotes the regeneration of the respiratory system in smokers, and decrease the risk and progression of age-related macular degeneration..
- ◆ Vitamin C which is vital for various body functions.
- ◆ Vitamin D that gives the body energy and strengthens the heart, skin, bones and teeth.
- ◆ Potassium that regulates heartbeat, maintain healthy blood pressure, improves muscle tissues and reduces cramps and swellings.
- ◆ Folic acid that is vital for the development of fetus in pregnant women.

ENERGY MATTERS, YOU MATTER

A self-care guide to living a vital, happy and healthy life at any age
by **Maizan Mansor Ahern**

Considering what she had gone through, Maizan Mansor Ahern may well be hailed as a wellness scientist specialising in self-healing. The fact that she healed herself physically and emotionally after her brush with cancer and a serious back injury justifies this tribute.

Her book is about her template for life which covers the management of the elements of food, breath and meditation, movements and the environment for a better, healthier life full of vitality, irrespective of age; after all, as she maintains, age is just a number.

Read on, as she shares with us what her book is all about.

It is not my place to tell anyone how to live their life as everyone is different, with different goals in life, live in different parts of the world and are individuals in their own right.

However, energetically, at the core of our being, we are all connected. Thus, it is from this understanding that I wrote my book.

Qi, Prana, Life Force, whichever term you choose is what I call the **'Energy of Life'** in my book. For those of us who practise Qigong, the movement of Qi is the purpose of the breathwork and exercises we do. ***Where the mind goes, Qi goes.***

This is only one aspect of cultivating, harnessing and mobilising Qi for our health and vitality.

Qi has to move through a physical body which requires attention. After all, proper food and nutrition are needed to keep our physical bodies functioning well so that Qi can move freely. If you fill a Ferrari with diesel fuel instead of high-octane fuel, will it actually accelerate and move or just sputter and stop? So, if you feed junk food, highly processed foods, foods high in saturated fat and sugar, low in fibre, macronutrients and micronutrients, how long will your body last. Qi, our Life Force Energy cannot flow freely. Disease will surely show up in the likes of cardiovascular, respiratory, digestive disorders and perhaps even cancer.

Similarly, the mind plays a critical role in affecting the Energy of Life. The environment you live in and the people you surround yourself with impact you physically and energetically. Do you feel drained sometimes after listening to someone complaining about everything in their lives? Your Qi flow has been disrupted with what you hear, what you see, what you are thinking as you sit with this person..... your physical layer, mental and emotional layers are all waving their flags at you to stop!!

Breathwork and meditation like the exercises you learn in Qigong help you regain your balance, allows your Qi to flow again..., homeostasis or balance is regained. In addition, meditation allows you to create a separation from the senses... allows you to respond rather than react and is a great way to calm down the nervous system in this day and age of constant and disruptive stimulation!



Maizan Mansor Ahern

Chi Dynamics Malaysia proudly presents
The Best Kept Secrets Of
INNER HEALING
With Chi Dynamics Qigong



Grandmaster Anthony Wee
Founder of Chi Dynamics International

A free Workshop on Self-Healing by Grandmaster Anthony Wee and his team of Masters and Facilitators. Highlights include:

- ◆ **UNDERSTAND** how Activated Qi (Energy) can help combat cancer
- ◆ **LEARN** how to tap into your inner strengths for self-healing by:
 - ◆ Deep breathing methods and meditation
 - ◆ Opening the Ren/Tu channels to clear blockages along the 12 meridians
 - ◆ Stimulating the Vagus Nerve for optimum physiological & mental wellness.
 - ◆ Acquiring and extracting Qi from nature
 - ◆ Combining the best of Qigong, Yoga and Pilates movement therapies for healing
- ◆ **LISTEN** to:
 - ◆ Inspiring testimonies by 4th stage cancer survivors
 - ◆ Expert advice and tips from Energy and Nutrition specialists



Sifu C.W. Hew (Malaysia)
 A pioneer instructor and a disciplinarian with an eye for details, Sifu Hew has played a huge role in the growth of Chi Dynamics as a non-profit group.



Sifu K.K. Kuan (Malaysia)
 Trained in Nei Gong (Iron Shirt Qigong), Sifu Kuan of Lick Hung Centre is the Chief Instructor of Chi Dynamics Malaysia.



Sifu C.C. Chin (Malaysia)
 The former Chairman of Chi Dynamics Malaysia, Sifu Chin runs the Bangsar Centre under the aegis of the University of Malaysia Alumni.



Sifu Ng Yee Fock (Malaysia)
 The current Chairman of Chi Dynamics Malaysia, Sifu Ng is a meticulous instructor with a strong following of exponents at the Bandar Utama



Instructor Maizan Mansor Ahern (Australia)
 A cancer survivor herself, Instructor Maizan is also an expert in Yoga and Pilates movement therapies, and the author of "Energy Matter, You Matter".



Sifu Ong Kah Yong (Malaysia)
 Sifu Ong is a dedicated instructor with a history of going the extra mile to help cancer patients overcome their ailments.



Sifu Hew Mei Lan (Malaysia)
 A loyal and popular instructor with 20 years of experience, Sifu Mei Lan has contributed significantly to the growth of Chi Dynamics Qigong



Sifu Ron Ng (Malaysia)
 Under his able leadership, Sifu Ron has trained and inspired four of his assistants to be upgraded to the instructor grade.



Sifu Michael Kang (Singapore)
 Patient and soft-spoken, Sifu Kang is a well-respected instructor known for his community work and support for cancer patients.



Sifu Roland Hong (Singapore)
 Sifu Hong is the veteran resident instructor in the Alexandra Centre, Singapore. "Focus on Yi (intent), and Qi (energy) will follow" is his motto.



Sifu Lawrence Chong (Singapore)
 Known for his leadership and active community service, Sifu Chong runs the Tampines Changkat Centre which is the oldest Centre in Singapore.



Senior Instructor Tan Kim Seong (Australia)
 The affable Tan Kim Seong is the Emcee for the Workshop. A Chi Dynamics Qigong proponent since 2003, he shuttles between Sydney and KL.

DATE: 23 November 2019
TIME: 2pm to 5pm
VENUE: Bukit Jalil Golf & Country Resort
 Jalan Jalil Perkasa 3, Bukit Jalil, 57000 Kuala Lumpur
For registration, email: cdqg.freeworkshop@gmail.com or contact:

- ◆ Mr YT Sia (019-223 3939)
- ◆ Mr Gary Chan (019 387 3998)
- ◆ Ms Chan Siew Leai (012 223 7846)
- ◆ Ms Winnie Wai (012 931 1151)

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