

# CHI CHAT

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## with the GRANDMASTER



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*For Members Only*



*Sifu Kuan ( seated, 3rd from left) with Lick Hung members at the double celebration. Story on page 8*

## FROM THE GRANDMASTER'S DESK

I am pleased to say that the new Malaysian Chi Dynamics committee have started working very well already.

Chairman Alvin Chua told me that he is very happy with his team. You will see his plans and vision for our Association very soon.

All the best to the Committee. You have all our support.

I am planning with Chairman Alvin to visit all our CD centres with a few committee members and Instructors.

It's been years since my last visits. I hope to see old faces as well as new ones.

Consistent practice every day is the secret to better health. Enjoy the Qi Flow as you practise.

Until the next issue, take good care of your health and diet. Remember: 80% veggies with less meat and carbo.

Enjoy Qigong.

Best regards,

**GRANDMASTER ANTHONY WEE**  
( Founder, Chi Dynamics International )



New Malaysian Chi Dynamics committee  
Chairman Alvin Chua

## AN ENLIGHTENED QIGONG PRACTITIONER

By ANDREW LUCY

Chi Dynamics, Alexandra Centre, Singapore



People have often asked me where I'm from, and it is a tricky question to answer. I have lived more of my life to date in Singapore than anywhere else, although I was born and raised in the United States, and I was educated from secondary school through to my PhD in the UK. It seems many of my colleagues on our "Little Red Dot of a Lion City" have, over the years, recognized this mongrel nature in me and, hence, long ago began to refer to me as their resident "Sing Moh".

Of similar complexity is my professional history: I began my working life, as do many students, delivering newspapers and washing dishes, before I managed to manoeuvre my way into a research institute as a technician. Since then, my interests have expanded and developed from an early training as a molecular biologist, through to subsequent studies in natural

medicines and psychotherapy. I have even dabbled in the literary arts. It is, perhaps, this eclecticism in both cultural and educational upbringing that first spurred my interest in more holistic pursuits – such as Qi-Gong.

However, whilst I had, early in my studies, pursued a variety of such activities - from transcendental and Buddhist meditation, to yoga, Aikido, Shiatsu and Tai Chi; all were gradually left behind as academia took a priority in my calendar. Hence, it was not until various health issues surfaced that my wife and daughter decided an appropriate Christmas gift would be enrolment at "Chi Dynamics". Their wisdom prevailed and, having practised (admittedly without consistent dedication) for about eighteen months, I have reaped rewards from the training in terms of my general well-being and outlook. More laterally, one anecdotal consequence has arisen as a result of the "uniform" I wear to my twice-weekly classes: I am now so recognized in certain of the shops around our practice area that people have been known to approach me simply to chat with "the AngMoh doing QiGong".

As a part of this brief profile, "Chi Chat" asked that I mention something particularly memorable about my experiences with QiGong, and one piece of advice,

consistent across all of my various martial endeavours, would seem an appropriate way to address this request:

*Never let frustration dampen your resolve.*

Being someone with two left feet composed entirely of thumbs, I can validate this concept from personal experience. It took me six months to get the "shoulder roll" sort of right! But, our mini-community at Alexandra has been unfailingly patient and supportive, so no-one has ever so much as smirked at my comedically clumsy attempts to do the far more intricate "five animal postures". More than that fairly generic impact, however, is the sense of altruism induced by the novel concept of Chi Dynamics: geared towards holistic wellness, rather than profit or doctrine or martial prowess – this is, to me, a laudable formula for an expanding ideal.



# CHI DYNAMICS QIGONG - FLOOR EXERCISES CHECKLIST

Notes compiled by SOLVEIG DE FONTGALLAND from Grandmaster Anthony Wee's Workshops and other sources

	FLOOR EXERCISE	DESCRIPTION	BREATHING METHOD	TIME	BENEFITS/ FOCUSED
1	Block Breathing	<ul style="list-style-type: none"> <li>- Lie on your back</li> <li>- Focus your mind on the lower abdomen or "Dan Tian" - <i>"Where your focus is, that is also where your energy is!"</i></li> <li>- Relax and "soften" your shoulders and upper body</li> <li>- Inhale gently through the nose, allow the air to gently inflate the lower abdomen</li> <li>- Hold your breath for 4 seconds</li> <li>- Gently draw up the pelvic floor/scrotum, and smoothly tighten the anus which will result in a gentle tilting upwards of the pelvic area</li> <li>- Exhale by blowing through your pursed lips gently and evenly for 6 seconds. As you exhale, draw the tummy - starting with the "Dan Tian" area - back towards your spine</li> <li>- After fully exhaling, pause for 4 seconds before inhaling again. Relax the entire lower pelvic area during this (2nd) Pause.</li> </ul>	Deep diaphragmatic		Enhances immune system
			Solveig and her daughter Agathe		
2	Pyramid	Pyramid / Turtle / Frog	Fu/Chui / Pi followed by Chui/ Tu / Xi	3 times per breath	
3	Leg Raise	<ul style="list-style-type: none"> <li>- Lie flat on your back with your legs stretched out in front of you</li> <li>- Raise your right leg up 45 degrees with your toes flexed</li> <li>- Focus on exhalation process, contract your abdominals, push your lower back to the floor</li> <li>- Change to the left leg</li> </ul>	Chui	Each side 2 times - 30 sec each	<ul style="list-style-type: none"> <li>- Strengthens lower abdominal muscles</li> <li>- Strengthens and stretches leg muscles</li> </ul>
4	Carp (1/2 & Full)	<ul style="list-style-type: none"> <li>- Lie flat on your back with your legs stretched out in front of you</li> <li>- Raise both legs up and your shoulders at the same time</li> <li>- Contract your abdominals, push your lower back to the floor</li> <li>- Do your optimum, not your maximum</li> </ul>	Pi	3 times -30 sec	Strengthens core muscles

	FLOOR EXERCISE	DESCRIPTION	BREATHING METHOD	TIME	BENEFITS/ FOCUSED
5	Scissors leg stretch	<ul style="list-style-type: none"> <li>- Lie down on your back</li> <li>- Bend the left leg and with the help of your right hand, cross the bent leg over your body</li> <li>- Turn your head to the left</li> <li>- Try to keep your back, shoulders and straight leg flat on the ground</li> <li>- Push slightly on the bent leg towards the ground until you feel a stretch in your hip and lower back</li> <li>- Repeat with the other leg</li> </ul>	Strong Chui	Twice each side, 30 sec	<ul style="list-style-type: none"> <li>- Improves blood circulation to the discs between the vertebrae</li> <li>- Stretches lower back and hips</li> </ul>
4	Lymphatic Stretch	<ul style="list-style-type: none"> <li>- Lie flat on your back with your legs stretched out in front of you</li> <li>- Breathe in as you lift the hands up in front of you, bend and retract the knees to your lower abdomen</li> <li>- Hold and bring your hands above your head and then slowly lower your hands to your mid-section</li> <li>- Exhale as you stretch the legs back out and bringing your hands to the floor along your body</li> <li>- Pause for 4 seconds before repeating this exercise again.</li> </ul>	Chui	10-20 times	<ul style="list-style-type: none"> <li>- Detoxification - this exercise aims to invigorate and boost the body's self-cleansing mechanism to remove toxins and waste</li> <li>- Stimulates the lymphatic nodes along the neck, the armpits, the groin and the pelvic area to drain the lymphatic fluids.</li> <li>- Improve bowel movements</li> <li>- Strengthens abdominal muscles</li> <li>- Lowers blood pressure</li> </ul>
5	Star stretch	<ul style="list-style-type: none"> <li>- Lie flat on the back with hands and legs spread out like a star (rest position). Relax.</li> <li>- Exhale (using "Tu" breathing method) as you curl your body up, bringing your knees towards the abdomen, your shoulders off the ground and resting your hands on your knees.</li> <li>- Inhale as you simultaneously stretch out your hands and legs like a star, bringing you back to Step 1.</li> </ul>	Tu	5 times	<ul style="list-style-type: none"> <li>- Strengthens the pelvic floor and surrounding muscle for better control of the bladder and urinary function</li> <li>- Stimulates the lymph nodes to help remove toxins and waste from the body</li> <li>- Strengthens the arms, legs and lower back.</li> </ul>
6	Hip rotation	<ul style="list-style-type: none"> <li>- Lie flat on your back and straighten your legs until your feet are pointed at the ceiling, with your hands below the tailbone to support lower back</li> <li>- Make small circles with your legs while keeping them upright. Clockwise &amp; counterclockwise</li> </ul>	Chui	5 rotations in each direction	Hip flexibility and strength
7	Crocodile Posture	<ul style="list-style-type: none"> <li>- Lie flat on your stomach</li> <li>- Place one palm on top of the other hand, and rest your forehead on them, so that your head and face are very slightly elevated from the floor</li> <li>- Spread and relax your legs</li> </ul>	Fu	3 to 9 breaths	

	FLOOR EXERCISE	DESCRIPTION	BREATHING METHOD	TIME	BENEFITS/ FOCUSED
8	Plank	<ul style="list-style-type: none"> <li>- Elbows directly under your shoulders and wrists in line with elbows</li> <li>- Curl your toes under</li> <li>- Engage your abs by tilting your pelvis and pulling your belly button up toward your spine</li> <li>- Curl your toes and push your body up into your upper back and hold your chin close to your neck (like you're holding an egg between your chin and your throat), and keep your eyes on the floor in front of you</li> <li>- In this position, contract abdominals as though expecting a punch in your stomach, squeeze your buttocks and thigh muscles simultaneously</li> <li>- Straighten your body but keep your neck and spine neutral (neither arched nor rounded). Keep your eyes on the floor in front of you. Imagine that you're a plank of wood, and that you're straight as an arrow.</li> </ul>	Pi	3 times 30 sec x 3	<ul style="list-style-type: none"> <li>- Strengthens core muscles</li> <li>- Builds and maintains bone density</li> <li>- Improves balance and posture</li> </ul>
			Grandmaster Anthony Wee with Solveig and Agathe		
9	Rest on Chin/Sleep on alternate ears	<ul style="list-style-type: none"> <li>- Lie flat on your belly, rest on your chin and place your hands along your body, with palms facing up</li> <li>- Turn your head to the left and rest on your left ear, then turn your head to the right and sleep on your right ear</li> </ul>	Fu	2 times each side	Reduces stiffness of the neck
10	Cobra stretch	<ul style="list-style-type: none"> <li>- To begin the pose lie flat on your belly and place your hands directly underneath the shoulders</li> <li>- Ensure your feet are together, thighs are parallel to each other and your elbows are tucked in close to your rib cage</li> <li>- Tense your legs, contract your thighs, and press the feet firmly into the floor</li> <li>- As you take a full breath in, straighten your arms and lift the chest off the floor to create a nice arc in your back. Do not fully straighten your arms if this feels uncomfortable</li> <li>- Be mindful and let your body dictate a comfortable height for you and ensure your pelvis stays connected to the floor</li> <li>- Keep your shoulders relaxed with the blades low on your back &amp; keep your gaze straight</li> <li>- Gently release your body back to the floor and relax your legs, feet, tailbone, thighs and shoulders</li> </ul>	Chui or Pi	3 times -30 sec	<ul style="list-style-type: none"> <li>- Strengthens the upper body (arms &amp; shoulders) &amp; the spine</li> <li>- Stretches muscles in the shoulders, chest, neck &amp; abdominals</li> <li>- Decreases stiffness in the lower back &amp; soothes sciatica</li> <li>- Invigorates the heart</li> <li>- Stimulates the kidneys, digestive &amp; reproductive organs</li> <li>- Improves blood circulation</li> <li>- Relieves stress &amp; fatigue</li> </ul>

	FLOOR EXERCISE	DESCRIPTION	BREATHING METHOD	TIME	BENEFITS/ FOCUSED
11	Cat/Cow stretch	<ul style="list-style-type: none"> <li>- Begin on your hands and knees in Table Pose</li> <li>- Your hips should be set directly over your knees</li> <li>- Your shoulders, elbows, and wrists should be in line and be perpendicular to the floor</li> <li>- Keep your back straight (like a tabletop) and your spine in a neutral position</li> <li>- Extend your neck, eyes looking at the floor, draw your shoulder blades down your back</li> <li>- Once you have established Table Pose, move into Cow Pose</li> <li>- As you inhale, simultaneously lift your tailbone upward, sink your belly towards the floor, lift your head and gaze straight ahead</li> <li>- As you exhale, adopt the Cat Pose. Simultaneously push your spine outward, tuck your tailbone and draw your pubic bone forward</li> <li>- Release your head toward the floor, but don't force your chin to your chest</li> </ul> <p><b>Note: if you have a neck injury, keep your head in line with your torso throughout Cat-Cow</b></p> <ul style="list-style-type: none"> <li>- Go back and forth between Cow and Cat on each inhale and exhale, matching your movements to your own breathing</li> <li>- Try to keep an even distribution of weight between your hands and knees</li> <li>- After your final exhale, end the stretch in Table Pose</li> </ul>	Tu	5 times	<ul style="list-style-type: none"> <li>- Strengthens and stretches the spine, shoulders and neck</li> <li>- Stretches the hips, abdomen and back</li> <li>- Improves posture, balance</li> <li>- Massages and stimulates the kidneys and adrenal glands (which lies above the kidneys)</li> <li>- Relieves stress and calms the mind</li> </ul>
12	Child's posture	<ul style="list-style-type: none"> <li>- Spread your knees wide apart while keeping your big toes connected. Rest your buttocks on your heels.</li> </ul> <p><b>Those with very tight hips can keep their knees and thighs together.</b></p> <ul style="list-style-type: none"> <li>- Sit up straight, lengthen your spine and straighten your arms up</li> <li>- On an exhalation, bow forward &amp; allow your forehead to come to the floor</li> <li>- Keep your arms stretched in front of you, palms facing down. Press back slightly with your hands to keep your buttocks in contact with your heels</li> <li>- Feel the stretch from your hips to your armpits, and then extend even further through your fingertips</li> <li>- For deeper relaxation, bring your arms back to rest alongside your thighs with your palms facing up</li> <li>- Completely relax, allow all tensions in your shoulders, arms, and neck to drain away</li> <li>- Keep your gaze drawn inward with your eyes closed</li> </ul>	Fu		<ul style="list-style-type: none"> <li>- Stretches &amp; releases tensions in the back, neck &amp; shoulders</li> <li>- Stretches the legs: ankles, thighs, hips, knees</li> <li>- Relieves stress and fatigue, calms the mind</li> </ul>

	FLOOR EXERCISE	DESCRIPTION	BREATHING METHOD	TIME	BENEFITS/ FOCUSED
13	Fire Eagle exercise	The "Fire Eagle" stretch is a series of exercises using the 5 breathing methods of CD based on the 5 elements			
		<p><b>A. Fire Eagle</b></p> <ul style="list-style-type: none"> <li>- Qigong stance</li> <li>- Hands at lower Dan Tian level, palms facing out, breathe in from your lower abdomen</li> <li>- Hold your breath, rotate your hands and shoot your hands upwards and do 3 Fire exhalation (PI) watching your hands</li> <li>- Then breathe in and spread out your arms in the eagle form</li> <li>- Move your right leg to lunge stance (cat) and do Wood exhalation (TU).</li> <li>- Return to Qigong stance.</li> <li>- Stretch arms upward (do 3 PI breaths )</li> <li>- Change to Left leg and repeat movements</li> <li>- Return to Qigong stance</li> </ul>	Pi & Tu	3 times each breathing	
		<p><b>B. Go into Squatting position</b> Stretch arms forward</p>	Soft Chui	3 times	<ul style="list-style-type: none"> <li>- Tones the legs</li> <li>- Strengthens the core</li> <li>- Increase flexibility</li> <li>- Good for hemorrhoids</li> </ul>
		<p><b>C. Cobra stretch</b></p>	Strong Chui or Pi	3 times	
		<p><b>D. The Plank</b> To end, relax with half cobra</p>	Pi	3 breaths	
		<p><b>E. Push Up</b> Full push up or half push up raising only upper body while knees remain resting on the floor.</p>	Strong Chui	3 times	
		<p><b>F. Cat /cow (stretch)</b></p>	Tu	3 times	
		<p><b>G. Stand Up &amp; connect to Earth</b></p>	XI	3 times	
		<p><b>H. After 3 sets, go to standing meditation posture</b> Feel the vibration Appreciate the color of the hands full of Qi</p>	Fu	9 times	

## DOUBLE JOY FOR SIFU KUAN

Members of the Lick Hung Centre were overjoyed when their instructor, Mr KK Kuan, was promoted to Sifu rank by the Grandmaster last April.

They took it as an opportunity to show their appreciation to Sifu Kuan and his wife Hew Mei Lan, for all they have done for the Centre.

On May 21, the Centre held a high tea at Empire Hotel Subang for a double celebration – Sifu Kuan's promotion, and his birthday. Thirty-two members were present to share the joy.

Sifu Kuan, beaming with pride and happiness, thanked all present.

Everyone had a wonderful time – good food, and great fun and fellowship, topped off with two celebratory cakes. The members asked for more such events.

The organiser, Jenny Chan, said the members wanted to thank Sifu Kuan and Mei Lan for their dedication and hard work, and for teaching them qigong all these years.

Another happy day for one of the most active CD centres in Malaysia.

Sifu Kuan is also the Chief Instructor of Chi Dynamics Malaysia.





## ASK THE GRANDMASTER

### WHAT IS CHI DYNAMICS?

**QUESTION :**

*What is Chi Dynamics Qigong?*

**GRANDMASTER'S ANSWER :**

It's a system of breathing techniques with gentle synchronised stretching and low impact exercises developed by Grandmaster Anthony Wee.

**QUESTION :**

*What are the objectives?*

**GRANDMASTER'S ANSWER :**

To ultimately trigger the power of the mind called "Yi" to enhance and direct "Qi" energy for self-healing.

**QUESTION :**

*What is the basis of CD Qigong?*

**GRANDMASTER'S ANSWER:**

It's traditionally based on the training systems of Bodhi Dharma ( Da Mo ), the founder of Shaolin Zen Meditation, Yoga and Kungfu, around 645 AD. However our CD is not based on Buddhism. I am a free thinker, without preference for any belief system. Our sole purpose is for health and self-healing.

**QUESTION :**

*What's the difference between Taiji and Qigong?*

**GRANDMASTER'S ANSWER :**

Taiji is a relatively younger set of exercises developed by Chan San Fung about 800 years ago. The Qigong our system is based on has a history of 1600 years. While Taiji is based on martial arts, Qigong is based on health and wellness without martial arts at all.

**QUESTION :**

*How would you sum up CD Qigong in a nutshell?*

**GRANDMASTER'S ANSWER :**

A set of meditative and breathing exercises with a Mindful ( Yi ) focus on Energy (Qi) activation and enhancement, for the sole purpose of achieving Wellness and Healing. Hope these explanations are helpful.

## THE TAIJI vs MMA FIASCO

### **QUESTION :**

In a viral video recently, a Taiji Master was knocked down by a Mixed Martial Arts fighter in just 10 seconds, sparking a global debate about kung-fu. What's your view on that?

### **GRANDMASTER'S ANSWER :**

As I viewed the video clip, it looked to me that the so-called "Master" was completely untrained in combat, and so was easily knocked down in a flurry of punches by a reasonably well-trained pugilist.

The outcome was no surprise to me, but it's a mystery why the Taiji "master" agreed to the fight.

I get a sense that the "master" was fuelled by his own ego and by his delusional abilities.

As with all the fake news floating around, demonstrations uploaded on social media can also be faked. I have witnessed fake demonstrations by so called masters going as far back as fifty-five years ago.

Serves that fake master right. Hope more genuine fighters can come forward to knock these fake masters down.



APRIL 27, 2017

### ***COMMENTS from Philip Tan, who teaches Wu Mei at Chi Dynamics Singapore:***

The main reason traditional martial artists are unable to perform well in such fights is probably due to the way they train their students. They rarely have sparring sessions. Most masters and trainers never compete in tournaments. Today, almost all martial arts focus on patterns and physical fitness. This type of training does not necessarily strengthen or build power and speed. Like what Grandmaster Wee said, it is a good wake-up call for the traditional martial artists.

# THE HEALING POWER OF QI RETREAT

*Presented by Chi Dynamics (International)*



## **RECHARGE, REFRESH & REVITALISE**

**with Grandmaster Anthony Wee**  
at The Pavana Chiang Mai Resort - the OASIS for those  
who seek to rejuvenate their body and mind!

**DATES:** 27-16-30 October 2017  
**VENUE:** The Pavana Resort, Chiang Mai, Thailand  
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