

CHI CHAT WITH THE GRANDMASTER

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APOLOGIES for this one-off, new-look Chi Chat. It's only for this one issue, because our artist is on a well-deserved vacation overseas. She is not a Chi Dynamics member, but has very kindly and graciously been helping out. We are most grateful to her for laying out our last two issues, and look forward to her future assistance. We wish her a wonderful holiday.

We are sending out Chi Chat in this format to achieve our objective of publishing every two months. We'll be back to normal in the next issue.

FROM THE GRANDMASTER'S DESK

THE CHI DYNAMICS RETREAT 2016 organized by the C.D. Malaysian Chapter was fully subscribed one month before the event. The 3-day retreat, starting on Nov. 25, will be held at the DZH Health Resort in Gohtong Jaya in the Genting Highlands.

It will feature all C.D. Qigong exercises, with all instructors expected to assist me.

All centres are enthusiastic about the Retreat. Even Singapore has a couple of participants.

The Retreat will be a refresher course for some, and a great learning experience for many.

And I am confident it will be a wonderful, refreshing and healthy experience for all.

OUR NEW TRAINING HALL at the 4th Level, Komoco Building in Alexandra, Singapore, is now ready for Qigong sessions on Mondays, Tuesdays, Wednesdays (Kungfu) and Thursdays. The room is 8m x 20m. It has a capacity of 35 pax, much less than our former one ... but much cleaner and new. The treatment room is 8m by 6 m, so it's big enough.



*Our new training hall
at the Komoco Building
in Singapore*

Apologies to all Alexandra trainees for the delay in completing the renovation. It took 5 months. The temporary training area attracted about 15 pax in a good session, but most of the trainees chose to wait for their new home.

THE CANCER CARE programme in Singapore will kick off with a workshop in January 2017. It is being organized by all Instructors and Trainers in the Singapore Chapter, headed by Senior Instructors Lawrence Chong and Michael Kang, two very capable and dedicated leaders.

THE CUPPING WORKSHOP in Petaling Jaya was very well received, so we will be lining up a few more in Singapore and KL next year. Cupping therapy is effective and non-invasive, thus the appeal.

I am open to suggestions on other events and activities that you all can suggest. In the pipeline will be a major Retreat in Chiangmai Pavana Resort on 27th to 29th October 2017. Please block these dates in your diary, and prepare for a wonderful time in an amazing resort in the hills of Chiangmai.

Thank you.

Grandmaster

ASK GRANDMASTER

QUESTION: Which is the correct term - Block Breathing or Block of Breathing?

GRANDMASTER: They mean different things.

Block Breathing is the *method* of breathing, unique to Chi Dynamics. Block Breathing means doing your diaphragmatic or abdominal breathing in *blocks*, or *Blocks of Breathing*.

One Block of Breathing should take about 30 minutes. A person with health problems should do a few blocks every day to build up his Qi.

Each Block consists of *mini-blocks* of about 15 seconds each: inhale, hold for 4 seconds, exhale for 6 seconds, and hold for 4 seconds. This means roughly 4 breaths per minute at this 4-6-4 rhythm.

Advanced Chi Dynamics practitioners can exhale for longer – 4-9-4, or 4-12-4, even 4-15-4. We should aim for 3 breaths a minute, which means a 4-12-4 rhythm. In normal breathing, the average person takes about 11 breaths a minute.

A NEW SKILL FOR OUR MEMBERS

SIXTEEN of our members have just acquired an additional skill to help them live a healthier, pain-free life.

They attended a two-day course on acu-cupping, conducted by our Grandmaster at our Main Training Centre last month.

Cupping used to be treated as Oriental hocus pocus by most Westerners, until swimming legend Michael Phelps was seen with cupping marks on his body at the Rio Olympics last August. Suddenly, many other Olympians were also seen sporting cupping marks, and acu-cupping became a respectable medical procedure.

Acu-cupping is a part of Traditional Chinese Medicine, the physical aspects of which include Acupressure, Acupuncture and Tui Na Massage. Acupressure comprises pressing down (massage) and pulling up (suction or cupping).

Cupping itself is believed to have been invented in Babylon more than 5,000 years ago, and was adopted and adapted in China some 3,000 years later.

Some of the functions of cupping are:

- To drain toxins from the body
- To clear inflammation
- To ease pain
- To heal injuries.



Sifu Hew Chee Wai, our Technical Adviser, shared his personal experience with the class. He used to have lower back pain, caused by an old injury, which was so severe that he could only sleep on one side, and he had much difficulty getting into and out of a car.

Seven years ago, Grandmaster performed cupping on him, and he has not suffered the pain since then. Of course, not all ailments can be treated so easily.

The class not only learnt the history and theory of cupping and watched Grandmaster treating various ailments. Some participants had the good luck to receive the treatment.

All the participants also tried cupping on themselves and on each other.

The verdict?

Good, systematic, learnt a lot.



Grandmaster demonstrating a healing technique



Marina Tan receiving treatment on her neck

SOME OF THE PARTICIPANTS' COMMENTS:

What more can we ask when we are can be hands-on with confidence in just 2 sessions? Further sessions will bring out the expertise from some of us in this field.

GOH SOK CHOO

I found the course very informative and useful. Must find more opportunity to practice this new knowledge.

CHAN S.F.

By just attending 2 sessions, all of us were pretty adept at doing cupping. Of course during this short time, it's difficult to absorb, remember and know all the meridian points. However, for a start, knowing a few main meridian points to treat some common aches and pains is already an achievement for me. I enjoyed the practical sessions most as we got to practise cupping on our own hands and legs or on friends' shoulders and back. Good course worth attending.

SHENNY FONG

Systematic teaching, clear and easy to understand. Perfect if we had case studies of more patients with different problems.

LINDA CH'NG

2 sessions may seem inadequate but the explanation and demonstration was sufficiently precise to capture the essence of cupping especially the technique as well as important meridian points. It's a good start to the cupping experience. Nevertheless, we need to keep practicing to further enhance our knowledge and skill.

ADELE WONG

I felt more confident after Part 2 of the course. All I need is the opportunity to apply this humbling knowledge. There is a quote which says: "Gaining knowledge is the first step to wisdom. Sharing knowledge is the first step to humanity".

KAREN CHEONG

There should be clear hand-outs of points instead of the rough sketch which we had to snapshot with our mobile phone. It was rather confusing to use that as a guideline.

RIENNA CHOO

Sifu's teaching is very clear and easy to understand. On my part, I just need more practice.

JOAN HENG

HOW TO ENJOY THE BENEFITS OF QIGONG

A DAY IN THE LIFE OF A MARTIAL ARTIST AND QIGONG EXPONENT

Some of us are retired, so we have plenty of time to practise to improve or maintain our health.

Most of us are still working. With work and family and social commitments, how do we practise Qigong to the level where we can really enjoy it and benefit from it?

Irene Gunn's answer: *Don't see Qigong as work, just make it part of your daily routine.*

"Don't feel compelled to practise Qigong," she says.

"Try to enjoy it, make it part of your lifestyle, and it will eventually become a habit, automatic and natural, as you enjoy the benefits."



THE HUMAN BRIDGE

Irene Gunn performing the Human Bridge to qualify as a Chi Dynamics instructor. That's Alvin Chua - one and a half times her weight - standing on her belly. Helping out is Teo Cheng Wee.

Irene is an Instructor in Chi Dynamics Qigong and Wu Mei Kungfu, one of the five sources of Chi Dynamics Qigong. She also has a 5th Dan Black Belt and 19 years' experience in Taekwondo.

SHE SHARES THE FOLLOWING TIPS:

- Incorporate CD Qigong breathing into every aspect of your life – at home, driving, in the office, everywhere
- Do different exercises every day, to avoid boredom
- Meditation is essential

BREATHING:

- Always do abdominal or diaphragmatic breathing, at all times.
- Wherever possible, do the 4-6-4 rhythm of breathing. (You can't do that in some exercises, like Mao Swing and Fong Yang Swing.) Some people do 4-9-4 or 4-12-4. Irene usually does 4-15-4, sometimes 4-20-4, or even 4-30-4.
- Exhalation is always more important than inhalation *as the deep inhalation will be induced automatically after the long exhalation and pause.*
- Rotate the type of breathing based on the 5 elements, as each type – Fu (Metal), Tu (Wood), Chui (Water), Pi (Fire) and Xi (Earth) – has a different function. Don't overdo just one type.

DIFFERENT EXERCISES:

To Irene, *stretching*, floor exercises and meditation are compulsory. The rest are optional – including kungfu.

She practises for at least 90 minutes before she goes to work. On waking up, she spends 30 minutes in bed stretching and meditating.

Then she does her morning routine, followed by an hour of Qigong before getting ready to go to work.

Throughout the day, she does short practice sessions, in between meetings and paper work and handling corporate problems and domestic chores.

“To me, all this is not work, I don't have to make an effort. It's a natural part of my daily life,” she says.

So how does she feel with this kind of lifestyle?

Younger and younger, she says.

Not to mention fresh, strong, energetic and confident.

If all that is still not enough motivation for some of us to practise more diligently, just remember: **You must always take care of your health.**

FAST TRACK PROMOTION OF IRENE GUNN

Normally, it takes a minimum of 2 years of training to qualify as Assistant Instructor, and 3 years to qualify as an Instructor.

Irene Gunn was made a Certified Instructor within **20 months**.

How did she do it?

She took up Chi Dynamics in late 2014, after 19 years as a Taekwondo instructor with a 5th Dan Black belt.

At the same time, she also started learning Wu Mei Kungfu from Grandmaster, and soon became his assistant instructor.

Grandmaster put her to the first test at our Chi Dynamics retreat in Chiangmai in April, asking her to demonstrate the various exercises he was teaching or revising, as well as some Wu Mei moves. She passed with flying colours.

Two months later, Grandmaster used her (and Senior Instructor Ng Yee Fock) to assist him at the workshop for instructors, held at the Main Training Centre in Petaling Jaya.



A proud Irene Gunn receiving her Instructor's Certificate from the Grandmaster

Her performance was so impressive that he made a “field promotion” that day and appointed her as Instructor. At the same time, a few others were also promoted. (See “A Day of Fellowship and Joy” in Chi Chat Issue No. 40).

On July 18, she was asked to perform the Human Bridge (See “The Human Bridge” in Chi Chat Issue No. 41). She barely flinched as a man who is 50% heavier than her stood on her unsupported belly, and she was duly awarded a certificate confirming her status as Certified Instructor.

NOTE: A *field promotion* or *battlefield promotion* is an advancement in military rank that occurs in the battlefield, based on extraordinary performance of duties.