

CHI CHAT with Grandmaster

Issue 25

05 December 2014

From the Grandmaster's Desk



G'day Mates!

As you can gather from my salutation, I have just returned from DownUnder after spending a delightful couple of weeks with my grandchildren in Australia. During my visit, I also had the opportunity to catch up with the Chi Dynamics community in Sydney and Perth.

In Perth, I conducted a workshop for about 20 participants on meditation and exercises to manage liver and eye care. Assisting me at the workshop was **Shane Francis** who has been training with me in Chi Dynamics Qigong and Shaolin Kungfu (Wu Mei style) since 1988 when he was just 19 years old.

The towering 6' 2" Shane was an extremely determined and hardworking student and I still remember how he used to

spend the entire morning at my home in the Perth suburb of Bullcreek training in '**Iron Shirt**' Qigong and the fundamentals of Kungfu. He would then help me weed and tend my garden in the afternoon and devote the evening from 7pm to 9.30pm to Qigong exercises and meditation. This routine went on for years and has certainly paid off as I have now appointed him as Chi Dynamics' Chief Instructor for Western Australia with the title of **Sifu**.

Whilst on the subject of Shane, I must relate an incident where his mastery of '**Iron Shirt**' Qigong (*the inner power art of conditioning the body to take heavy blows*) took an unarmed combat instructor by surprise in a demonstration. Knowing my reputation and that Shane was trained by me, the instructor intentionally chose Shane to show how to break a choke hold using pres-

sure points but in the process, he broke his fingers when Shane's '**Iron Shirt**' naturally protected him!

This week, I was featured in National Geographic Channel's '**Beyond Magic with DMC: Defying Gravity**'. Dubbed the best in a new generation of British magicians by **The Observer**, Drummond Money-Coutts (popularly known as DMC) took viewers on his journey to Singapore where he learned from me how the external body can be protected by the inner power of Qi.

If you missed this episode, you can watch the repeats on the National Geographic Channel on **6 Dec** (1420 hours), **7 Dec** (0945 & 1705 hours), **9 Dec** (2000 hours), **10 Dec** (0000, 0420, 0850 & 1650 hours) and **12 Dec** (0945 hours).

Before I end this message, I would like to correct a mistake made in the last issue of



In this Issue

From the Grandmaster's Desk	1
Eyes & Vision Workshop	2
Managing Diabetes Workshop	3
Ask Grandmaster	4

This publication 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.

Chi Chat. In my message, it was incorrectly reported that we will soon be celebrating the 4th Anniversary of the Alexandra Centre, when it should be the 3rd. On behalf of my editor, I apologise for the error; neither he nor his team of proof readers, including yours truly, spotted the error as the past three years have been filled with so many exciting activities and events that it really seemed like four years have already flown by!

With 2015 just around the corner, I would like to take this opportunity to wish you all Season's Greetings and a very Happy New Year!

Grandmaster Anthony Wee

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Eyes & Vision Workshop (01 December 2014)

In traditional Chinese medicine (TCM), the eyes relate to the internal organs. Each part of the eye is associated with a particular element and corresponding organ. The iris is associated with the liver, the corners of the eyes with the heart, the upper and lower eyelids correspond to the spleen, the conjunctiva with the lung and the pupil the kidney. Thus, the eyes and vision are arguably the most important of the 5 senses.

Maintenance and enhancement of eyes and vision was the subject of Grandmaster Anthony Wee's December workshop. The importance and relevance of the subject were obviously not lost to the packed room of participants.

The session started with the usual floor exercises and Grandmaster immediately launched into the workshop proper with a simple exercise to strengthen the eyes through the fingers.

Grandmaster explained that the eyes can be stimulated directly and indirectly. Indirectly through the fingers and fingertips and directly on the eye points of the optic nerve ([click here](#) to view Grandmaster's explanation on YouTube).

In a standing position (*Qigong stance*), arms were raised to middle Dantian level and fingers gently pressed together to form a steeple. With eyes closed, breathe in deep into the diaphragm and exhale long and slow, making 'shi' sound. Complete 9 breaths and then repeat the exercise again but this time with the focus on the thumb. Slowly lower the hands on completion.

The exercise continued with the arms outstretched to the sides with the hands making small gentle circles with the focus on the thumb and each subsequent finger. Again, 9 breaths with 'shi' exhalation for each thumb/finger. The exercise is completed with water element breathing to bring the body to normal state.

For the next exercise, again on *Qigong stance*, both hands stretched to the front with the index fingers pointed upward. Keeping the head still and the eyes focused on the index fingers, slow and long exhalation with the 'shi' sound with the hands slowly spreading out to the sides before return back to the centre. Repeat the exercise for 9 breaths.

To stretch the meridians running through the arms, participants were taught to raise one hand up with the palm facing up and tilt the body to the opposite side while the other hand remains down with the palm facing earth. Again, 'shi' exhalation is employed, 9 breaths for each hand.

Eye points massage then followed. The 4 points around the eyes, the hollow on the cheek were also massaged with 9 'shi' exhalations for each point. Following this, the class was taught to build their *qi* ball and then raise both palms up facing the mouth and eyes. Again, 'shi' breath is used with the 'steam' from the mouth to soothe the eyes.

To emphasise the importance of enhancing the liver to improve eyes and vision health, liver organ exercise followed.

The final exercise was the candle medita-

tion on qigong stance with each participant holding a lighted tea light (*placed on a coaster to prevent burns from dripping wax*) on their palms. From middle Dantian level, slowly push both hands out with the head still and eyes open and focused on the candle. Repeat this for 9 breaths and then spread out the arms to the side, again for 9 breaths. Following this, slowly lower the palms together with the tea light to the lower Dantian, close the eyes and meditate. Visualize the heat and *qi* radiating from the lower Dantian up through the inner orbit and to the whole body. After 9 breaths, slowly raise the palm up to the middle Dantian and strengthen the emotional centre. Again for 9 breaths before bringing the hands and the *qi* up to the upper Dantian to enhance *yi* and stimulate mental power. After 9 breaths, slowly bring the palms down to the middle then lower Dantian and finally to the Yongqian, putting the tea light between the 2 Yongqians and keeping the focus there for 9 breaths before ending the meditation with the usual closing exercises.

It was a workshop that everyone welcomed and found most relevant irrespective of the state of their eyes and vision.

John Tee



Photographs courtesy of Tan Kee Wee

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Managing Diabetes Workshop (03 November 2014)

Attendance at the Managing Diabetes Workshop on 3 November 2014 was an all-time high that filled the main training room at the Alexandra Centre almost to capacity.

In his address, **Grandmaster Anthony Wee** explained that diet and exercises were key to managing diabetes. He cautioned the participants to eat in moderation and advised them to avoid sweet, sugary and processed foods as these are hard to break down and discharge, and would eventually end up being stored in the body.

The class was led through some of the usual warm up exercises before Grandmaster Wee introduced some exercises to burn and help reduce blood sugar.

The first was the 'hip roll' exercise which is done lying on the back, legs raised straight at between 45 and 90 degrees before slowly rotating clockwise for 9 breaths and then anti-clockwise for another 9 breaths, using the 'Tu' method of exhalation. The emphasis is on the rotation of the straightened legs from the hip.

Following this, the participants were taught the 'star stretch' which is described in detail in this issue's **Ask Grandmaster** column (see page 5). You can also view it on our YouTube channel ([click here](#)).

Next was the Yang stance sword stretch version using the 'Pi' method of exhalation - 9 front stretches followed with 3 rotations to the right and 3 rotations to the left. The Ying stance sword stretch version then followed to balance the Yang stance version. This exercise has the added benefit of managing the waist line.

Finally, the most important exercise is the Mao Swing. The recommended number of swings is 1,000 which should take about 20 minutes to complete.

The session concluded following numerous enthusiastic questions fielded by par-



Photographs courtesy of Tan Kee Wee

ticipants who left feeling better enlightened and empowered to help themselves manage their health.

Also present at the Workshop was **Master Dennis Wang** who shared his area of expertise, Han Yang RuYi Qigong, with the participants. His interesting presentation focused on using stretching exercises to stimulate and activate the 'Tu', 'Ren' and 'Dai' meridians to improve health. [Click here](#) to view his presentation and stretch exercises on our YouTube channel.

ANNOUNCEMENT

The topic for the next workshop is "Natural and Drug-free Treatment of Migraine, Headaches, Tension, Vertigo, Neck & Shoulder Aches"



DATE: Monday 05 January 2015

TIME: 7.00pm to 9.00pm

VENUE: Alexandra Centre

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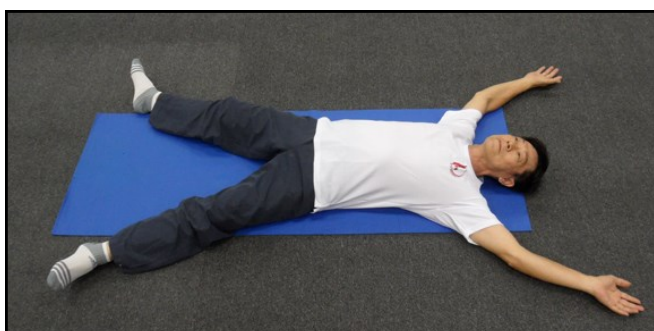
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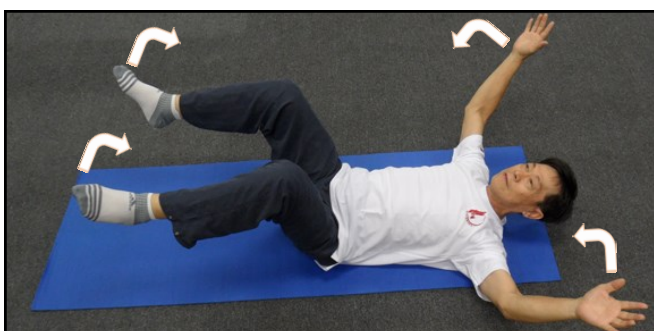
Ask Grandmaster

Question: I suffer from urinary incontinence. How can Qigong help me to manage this problem?

Answer: Chi Dynamics' **Star Stretch** exercise can help to overcome urinary incontinence. The exercise enhances and regulates the body's toxin removal and strengthens parts of the body including the pelvic floor, resulting in stronger control of the bladder. Here are the steps for the exercise:



Step 1 (Fig 1): Lie flat on the back with hands and legs spread out like a star (**rest position**). Relax and exhale to empty stale air and carbon dioxide from the lungs completely.



Step 2 (Fig 2): Breathe deep into the diaphragm and simultaneously curl up by raising head, shoulder and legs. As you curl up, bring knees towards the abdomen until they are close to the chest and the arms resting on the knee (*see Fig 3 & Fig 4*)



Fig 03: Knees close to chest and arms to the knee. (*top view*)



Fig 04: Knees close to chest and arms to the knee. (*side view*)



Step 3 (Fig 05): Slowly exhale using the 'Tu' breathing method and simultaneously stretch out both the arms and legs back towards the ground. On completion of exhalation, both hands and feet return back to the starting rest position (*see Fig 01*).

Repeat this exercise 30 times a day each morning and before going to bed. Besides strengthening the pelvic floor and surrounding muscle for better control of the bladder and urinary function, it will stimulate the lymph nodes to help remove toxins and waste from the body as well as strengthen the arms, legs and lower back. Remember, optimise, not maximize. Do not overstrain and injure yourselves.

Note: [Click here](#) to view the exercise on our YouTube channel.

What is Urinary Incontinence?

Urinary Incontinence is a condition when the loss of bladder control causes the involuntary discharge of urine. Among women, the common cause is the loss of support for the urethra as a result of damage to the pelvic area during child birth. Among men, the most common cause is enlarged prostate.