

CHI CHAT with Grandmaster

Issue 23

21 October 2014

From the Grandmaster's Desk

THE MEDAN RETREAT—A HUGE SUCCESS!

Words cannot express how pleased I am with the outcome of the Medan Retreat. From start to end, everything ran so smoothly without any hiccups.

In all, 44 Chi Dynamics members from various Singapore, Malaysia and Thailand centres participated in the Retreat at The Hill Resort Sibolangit, Medan. We could not ask for a better venue as the hotel is set in an idyllic forested estate filled with exotic fauna and flora, which is perfect for the harnessing of Qi from nature. Just take a look at the photograph below which bears testimony to this ... the combined Qi power of the Three Masters and the participants must have been simply **AWESOME!**

Based on feedback from the participants, the Retreat was undeniably a resounding success. Besides upgrading their Qigong knowledge and skills to a higher level, they enjoyed the opportunity to interact with other members and get to know them better.

Some of the members have benefitted so much from their participation that they are already enquiring when the next retreat will take place!

I am very grateful to everyone who contributed in one way or other to the Retreat's success.

In particular, I would like to place on record my special thanks to the organising committee led by Co-Chairmen, **Lawrence Chong** and **Michael Kang**, for the professional way they organised and executed the programme.

Special thanks also go to **Tan Kee Wee** who worked so hard behind the scenes to provide the superb photographs you see in this issue of Chi Chat.

We are indeed very blessed to have such capable and dedicated volunteers who are ever



willing to go the extra mile to ensure whatever event we stage is completed successfully.

I would also like to thank the two other Masters who were a great hit with the participants. **Master Dennis Wang** was magnanimous in sharing the *Art of Han Yang Ru Yi Qigong* whilst the charisma of **Shaolin Master Shi De Hong** captivated all the participants.

For more on the Retreat highlights, please turn to pages 2 to 4.

Grandmaster Anthony Wee



In this Issue

<i>From the Grandmaster's Desk</i>	1
<i>An Enlightening & Enjoyable Medan Retreat</i>	2
<i>Ask Grandmaster</i>	5
<i>Wu Mei Kungfu Fitness Programme</i>	5

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.

FREE WORKSHOP by GRANDMASTER ANTHONY WEE!

Topic: *The Prevention and Management of DIABETES*

Date: Monday, 03 November 2014

Time: 7pm to 9pm

Venue: Alexandra Centre, 30 Leng Kee Road (Level 4)

ALL ARE WELCOME!

Please bring along your friends too!

Click and stay connected

INTERNET

YouTube

facebook

EMAIL : gmasteranthony@gmail.com

AN ENLIGHTENING & ENJOYABLE RETREAT—by John Tee

The 44 participants from Singapore, Malaysia and Thailand at the recent retreat held at The Hill Resort Sibolangit, Medan gave the organising committee the thumbs up for the well planned and executed event, which they found most enlightening and enjoyable.

Although we faced some inclement weather on the first day, we were blessed with beautiful weather and clean, crisp air for the rest of our stay.

As you will gather from the photographs on this and following pages, the activity-filled event was very successful. In fact, some members are already asking when the next retreat will take place!



Photographs courtesy of Tan Kee Wee



Grandmaster Anthony Wee took the participants through the finer points of Qigong. He dealt with topics such as harnessing Qi from the rising sun, the Five Elements Qi breathing, the inner power of Wu Mei's Five Animal Forms and activating the 'thrust' channel.



continued on page 3

Medan Retreat continued from page 2



Shaolin Master Shi De Hong expounded on Shaolin's 'BaDuanJin' exercises and Zen Meditation. He emphasised the importance of stretching the tendons and meridians and taught the participants how to stretch them to promote well-being, blood and Qi circulation.



Photographs courtesy of Tan Kee Wee

Master Dennis Wang shared the concept of Han Yang Ru Yi Qigong to enhance and circulate both the body's Yin and Yang Qi, and led the participants through its unique set of exercises to stretch the Yin and Yang meridians.



(Above) **The Three Masters** teaching the participants how to develop and use protective Qi to guard themselves in time of need.

continued on page 4

Medan Retreat continued from page 3

The Retreat was an excellent platform for members to bond and interact. As these photographs here suggest, they seem to enjoy every moment of it .



Co-Chairmen, **Lawrence Chong** (back row, 4th from left) and **Michael Kang** (back row, 4th from right) with Instructors

Photographs courtesy of Tan Kee Wee

Ask Grandmaster

Question: I read **Ms Yu Mei Lan's** testimony "**Given a New Lease of Life**" in Chi Chat (*Issue 16*) and am amazed that she managed to overcome her Stage 4 breast cancer in spite of her doctor's prognosis that she has only six months to live. How do you explain her remarkable recovery?

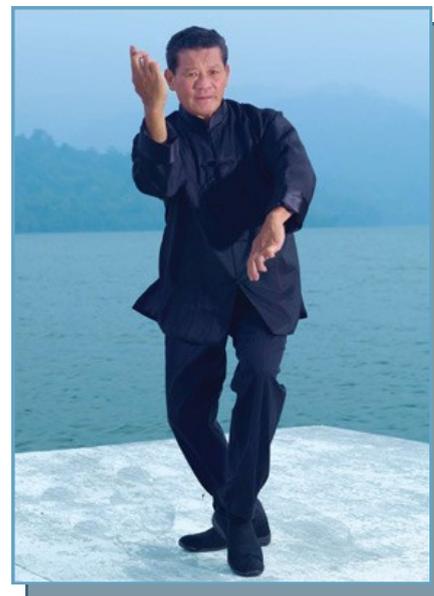
Answer: Nature has provided our bodies with an immune system. Comprising a collection of special cells, tissues and organs (*bone marrow, thymus, spleen and lymph nodes*), they work together to ward off germs, bacteria, parasites, viruses, infections and some diseases.

When the immune system is not functioning properly, its ability to protect the body

also weakens, and this will result in infections and illnesses. On the other hand, if the immune system is working well, good health will prevail.

In Mei Lan's case, her immune system had malfunctioned and this led to the growth of cancer cells in her body. Her healing journey started with Qigong breathing and meditation which helped her to relax, as well as provide her body with more oxygen, better blood and Qi flow.

With time, her immune system was eventually restored to its normal working condition to play its part in combating infection and illnesses.



Wu Mei Kungfu Fitness Classes

As announced in the previous issue, we have introduced a fitness and self-defence programme at the Alexandra Centre based on traditional Shaolin Wu Mei Kungfu techniques.

Held on every Wednesday from 7pm to 9pm, the programme is specially designed for women and smaller built men as it focuses on swift, sharp, whipping techniques with the fingers and hands without the need for brute strength and physical power.

Each training session will include:

- ◆ 15 minutes of Warming-up & Stretching animal form exercises (e.g. crane, tiger, eagle)
- ◆ 20 minutes of Strikes and Counter Blocks drills (e.g. "whip" concept)
- ◆ 20 minutes of Four Directional Patterns Drills
- ◆ 15 minutes of Inner Power "Iron Shirt" Drill 3 battles

- ◆ 20 minutes of Fixed Sparring using the techniques of Wu Mei to attack and counter attack
- ◆ 20 minutes of Warm Down and Standing Meditation

We already have a regular small group practising Wu Mei Kungfu every Wednesday.

If you wish to join them, please register with Michael Koe (*Mobile: 9836-7151*) or just drop by at the Centre to register.



Grandmaster Anthony Wee showing how to apply effective swift and whipping techniques with the fingers and hands.



Mervyn Beins in full concentration sparring with a partner



Members of the Wu Mei Kungfu class posing with **Grandmaster Anthony Wee**.

Photographs courtesy of Tan Kee Wee

Click and stay connected

INTERNET

YouTube

facebook

EMAIL: gmasteranthony@gmail.com