



# Chi Chat with Grandmaster

Issue 05

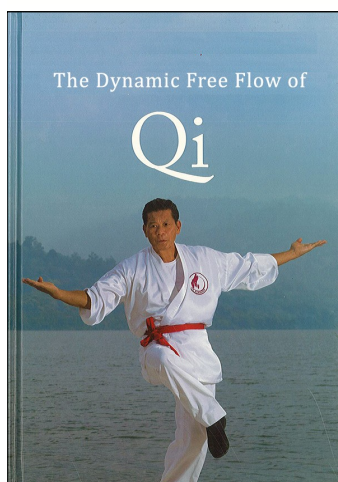
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*This personal message from Grandmaster Anthony Wee is for internal distribution to CDI members only.*

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*If you have any interesting Qigong anecdotes and experiences to share, please email them to [sifuanthonywee@gmail.com](mailto:sifuanthonywee@gmail.com). We also welcome your feedback to help make this publication more informative, entertaining and relevant.*



**The Dynamic Free Flow of Qi**  
by Grandmaster Anthony Wee  
**Price: S\$40**

To purchase a copy, please contact your Centre Instructor.

## From the Grandmaster's Desk

Reflecting on the year that is coming to a close, I am heartened by the progress we have made in 2013.

Apart from our membership growing steadily, I am glad to see the CD Art of Qigong helping many members to improve and manage their health. As this would not be possible if not for the many people assisting me, I would like to take this opportunity to thank everyone who in one way or other committed their time, effort and resources to promote the CD brand of Qigong. In particular, I would like to single out the following for their invaluable services and loyalty: **Sifu Roland Hong**, **Sifu Michael Kang**, Senior Instructors **SJ Chiang** and **Lawrence Chong**, Instructor **Royston Tan**, Assistant Instructor **Michael Koe** and not forgetting **Ronald Lim** who ensures the administrative aspects of CD International are in proper order.

My wish is to cast the net wider to promote Qigong to as many people as possible, regardless of their age, gender, race or creed. In this connection, I am currently collaborating with several renowned Qigong Masters in the region to organise a 2-day conference to spread the Art of Qigong

further. I believe this conference will be the first of its kind in Singapore that focuses on how Qigong can help participants to achieve a healthy and stress-free lifestyle.

Some have argued the necessity of such a conference when standards of living and life expectancy have already risen significantly, and considering that more Singaporeans are now engaging in healthy pursuits such as cycling, sports and proper diet. While I cannot deny this, I am also aware that many for various reasons are still not mindful about how to stay healthy and more importantly, how to prepare for their golden years. Furthermore, it is evident that many people are finding it an uphill task coping with stress, which has become a 'silent killer' in our competitive society. Hence, I am confident that a conference that informs and demonstrates how the practice of Qigong can help participants to de-stress and stay healthy will be welcomed.

Topics for the conference will focus on a number of health issues facing our modern society such as stress, hypertension, osteoporosis and dementia. Participants will not only learn how Qigong can help alleviate these problems at

lectures, but also learn the exercises at workshops. A series of attention-grabbing events will lead up to the conference; these will include social media/print exposure, charity drives, demonstrations by well-known Qigong exponents and visits to old folks' homes. All these plans are indeed ambitious. However, I am confident that with your help, we can accomplish this project successfully.

To start the ball rolling, I have assigned **Lawrence Chong** to look into the feasibility of the project. At the same time, I will scout for volunteers to form the organising committee for the conference. Please stay tuned to this newsletter for more updates and developments on the conference.

*Meanwhile, if you wish to volunteer your time and energy to this worthy project, please email me as soon as possible at [sifuanthonywee@gmail.com](mailto:sifuanthonywee@gmail.com) and indicate the areas where you are able to assist in. I also welcome your feedback and suggestions to bring the project to fruition.*

Thank you.  
Grandmaster Anthony Wee

## MICHAEL KANG—*passionate about serving!*

*Sifu Michael Kang (63) is a humanitarian volunteer who is passionate about serving the community. His interest in community work dates back to his school days when he used to participate in Interact Club activities such as visiting old folks' homes and doing laundry at Little Sisters of the Poor (now known as St Theresa's Home).*

*A former bank employee, Michael is married with two grown up children. Since his retirement in 2007, he has devoted much of his time to the Chi Dynamics training centres at the Church of the Holy Spirit and the Church of the Immaculate Heart of Mary, both of which he has been involved with since 2004 and 2005 respectively. In addition, he is involved in community projects in Singapore as well as around the region.*

*We had a chat with the affable Michael recently and here's what transpired.*

**Chi Chat:** Michael, please tell us how did Chi Dynamics (CD) come into your life?

**Michael:** I was introduced to CD by my classmate, Nicholas in 2001 but did not do anything about it until I enrolled as a trainee after CD's first introductory seminar in 2002. I progressed on and eventually signed up for the first instructor course in 2004. On reflection now, it seems crazy to drive from Upper Thomson to the Chinese Garden in Jurong twice a week to attend the classes, but it was fun those days and the camaraderie was strong.

**Chi Chat:** Why and how are you involved in the HS and IHM centres?

**Michael:** Up to 2004, CD activities were focused more on the western part of the island. Following the graduation of the first batch of instructors in 2004, we started a centre in central/north Singapore at the Church of the Holy Spirit (HS), Upper Thomson Road to cater to demand. We began with five instructors then, but due to work commitment and health/other reasons, the number has



*Sifu Michael Kang*

*"Michael Kang strikes me as someone like General Kuan Yu, one of the heroes of the ancient Chinese Three Kingdoms who stood by his principles of loyalty and integrity and was unstained by greed." – Grandmaster*

dwindled down and I have been running this centre by myself for the past three years.

Following the success of the HS centre, we then opened another at the Church of the Immaculate Heart of Mary (IHM), Highland Road in 2005 to cater to trainees in the Serangoon/Hougang area.

We began with four instructors but here again, it soon ended up with me alone! Fortunately, two of the instructors (Cecilia and Florence) have returned recently and I now have more breathing space.

**Chi Chat:** It is interesting that the churches were chosen as the training venues. How did this come about?

**Michael:** Considering that CD is non-racial, non-religious and non-political, it is indeed interesting. By coincidence, major-

ity of the first batch of instructors, including me, are Catholics and being active in church, it availed us the usage of church premises. So long as we do not clash with church timings, the premises are ideal choices because of the ample free parking facilities. The churches do not charge us for the usage of their premises but we make donations to cover utilities. The concept is complementary for the church takes care of the soul of a person while CD looks after the health and well-being of the body.

To me the HS and IHM centres are more of a community project with the health of the residents there in mind. The instructors are always encouraged when their trainees thank them for improving their health.

**Chi Chat:** You apparently enjoy what you are doing at the centre. Are there any highlights you would like to share with our readers?

**Michael:** Yes, there are several highlights but the most memorable one was when I was instrumental in arranging an invitation for Grandmaster Anthony Wee to demonstrate the CD Art of Qigong to Minister Mentor Lee Kuan Yew at the Istana in June 2010. Although I was not present at the demonstration, I was told that it went very well as the allocated time of 30 minutes for the demonstration stretched on to an hour and 20 minutes! Subsequently, MM requested for Grandmaster's book, *"The Dynamic Free Flow of Qi"*, which I delivered.

**Chi Chat:** From your own experience, how has CD influenced your life?

**Michael:** I always aim to live an active and healthy life. Before I was introduced to CD, I kept fit by exercising, trekking and participating in community work; I even completed the Second International Marathon back in 1978 when marathons were then not an in-thing yet!

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*"What impresses me most about the soft spoken Michael is his strong internal strength. I have witnessed him standing up gently against an abusive bully in his fight for what he stands for, and yet made no big fuss about it. There are very few like him around in this present day and age." – Grandmaster Anthony Wee*

Today, CD is another form of exercise for me to maintain my health. It is ideal because it can be done independently anywhere and anytime, no bulky or expensive equipment is required, and it is safe and injury-free. CD has certainly kept me in good shape and made it possible for me to successfully scale the 4,095 metre Mount Kinabalu (*South East Asia's highest mountain*) last year; furthermore, I also completed the SAFRA half marathon recently in September. Both these feats are quite creditable for someone past 62, even if I may say so myself!

Finally, I must add that I get to meet interesting people from all walks of life through CD, and made many good friends.

**Chi Chat:** Please tell us more about your community work in the region.



*Michael 'conquering' Mount Kinabalu!*

**Michael:** With more time on my hands since my retirement, I participated in a project with a private group which adopted an orphanage, some homes run by the Sisters of Charity and a few villages in Cambodia. During our recent trip in September this year, we raised over USD 18,000 and carried 398 kg of donated items such as foodstuff, clothing, vitamins and medicines to Pailin (7 hours by coach from Phnom Penh); we also constructed two deep water wells and adopted a teen-

age girl to provide for her tertiary education.

I serve as a Communion Minister in Church of the Holy Spirit, and am also involved in some fund raising projects and raising humanitarian aid awareness via CHARIS. Also in the pipeline is a feasibility study to fund a roofing project for a church in Nigeria.

In all our community outreach projects, we prefer a hands-on approach without going through intermediaries so that maximum benefits are received by end-users. However, this also means much more time and effort on our part in the process.

**Chi Chat:** How do you see the Chi Dynamics Art of Qigong moving forward in your centres? Do you foresee any challenges?

**Michael:** I see the biggest challenge is recruiting qualified instructors who are passionate enough to contribute time and effort in a sustainable period to promote the CD Art of Qigong. For the HS and IHM centres, I am treating these as community projects, which explains how it can continue for so many years.

**Chi Chat:** Good luck to you, Michael. We wish you all the very best for the fine work you are doing for communities in Singapore and around the region.

**Michael:** Thank you., and Merry Christmas and a Happy and Healthy New Year to all!



*Michael helping to distribute necessity items in Pailin, Cambodia.*

## Ask Grandmaster

**Question:** Can Qigong help me to de-stress?

**Answer:** Stress comes in different forms and individuals react to it in various ways. Whether it results in a 'fight or flight' response, it affects the body negatively as muscles tense up, blood pressure rises, digestive and immune systems slow down and anxiety sets in; it also causes acidity which does not help in self-healing and recovery.

**To de-stress, one must learn how to relax.** Qigong's deep breathing techniques are highly recommended as it has been proven to help cope with stress by slowing down your system and helping you to attain a state of relaxation.

Research have shown that besides providing the organs more oxygen, deep breathing techniques do help to stimulate the brain waves to the Alpha rhythm frequency of 8-13 Hertz per second which scientists claim is the optimal state when the mind is 'anxiety free'.

*"Chi Dynamics' unique deep breathing technique is a stress-breaker. It is a simple exercise and you can practice it anywhere. Just breathe in slowly into your lower abdomen while curling your tongue."*  
- Grandmaster Anthony Wee



## Life goes on, thanks to **BLOCK BREATHING!**

Dear Sifu,

I was in a stressed out situation for several months now as my old de facto John passed away suddenly leaving me with unpaid bills.

I had to sell our little cottage by the river and moved to a two-room unit without a garden, no views, noisy neighbors, etc.

However, life went on as insomnia set in and I experienced frequent headaches, incontinence and sleepless nights.

Then I remembered your block breathing with "pursed lip" exhalation method, and I spent 45 minutes two times a day, some days more, doing it. The effect was almost instant. I felt calmer and breathing became

more rhythmic and deeper without much effort. Most importantly I could fall asleep not the whole night, but 3 to 4 hours at a go which is a luxury to me. This enabled me to wake up fresh in the morning, thanks to your coaching in Qigong!

Mary Pickett  
Bunbury, Western Australia

## Regaining balance with **QIGONG!**

Dear Sifu,

Never thought I would be so stressed out like this ... emotional upheavals come in series, never in a single event!

Suffice to say, my life took a tumble and I was caught holding the short end of the stick. Life sucked badly. Those years of easy living vanished real fast as I had to take up a job (never had to work before), I lost and gained weight like a yo-yo, and experienced heaps of pain and discomfort all over. I had to visit the doctors regularly and took lots of pills which I disliked being

dependent on. However, I would not have seen the light had I not been trained in Qigong breathing and meditation. Spending an hour of deep breathing and meditation every night before bedtime helped me tremendously as somehow I managed to regain my balance.

Although, I still break down emotionally every now and then, I am comforted by the fact that a Qigong breathing and meditation session will help me to recover quickly. This has given me confidence in

myself, thanks to you for the training in Chi Dynamics!

Jennifer Clark  
Perth, Western Australia

*If you wish to have soft copies of Grandmaster Anthony Wee's exhalation techniques and block breathing method display charts, please email your requests to [gmasteranthony@gmail.com](mailto:gmasteranthony@gmail.com)*