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**EMINENT SHAOLIN GRANDMASTER BRINGS THE ART OF *CHI KUNG* TO NEW YORK CITY'S CHINATOWN**

**NEW YORK, NY – October 3, 2005** – Shaolin grandmaster and bestselling author, Wong Kiew Kit visits Chinatown New York City to impart knowledge on the art of *chi kung* (also spelled as *qigong*) in a series of free seminars and intensive classes. Master Wong, a Malaysian is in New York City as part of his North American tour to promote *chi kung*, an ancient Chinese art of cultivating individual's energy through total relaxation and gentle dynamic movements. *Chi kung* is believed to increase one's ability to stay healthy and stress-free and experience increased vitality.

Events scheduled for Chinatown include:

- ? Press Conference with Grandmaster Wong (October 12 from 5:00 p.m. – 6:30 p.m. at Penang Restaurant, 41 Elizabeth Street) – Master Wong will showcase a presentation on the Shaolin arts and conduct a *chi kung* demonstration for the audience. A Q&A session with Master Wong will also be available after the demonstration. Light food and drinks will be served. The press conference is sponsored by the Malaysian Tourism Board.
- ? “The Wonders of Shaolin Arts” (October 19 from 3:00 p.m. – 5:00 p.m. at the Chatham Square Branch Library, 33 East Broadway near Catherine Street) – At this free seminar, Master Wong will present the benefits of the Shaolin arts in the modern society and showcase the art of *chi kung* in a special demonstration. A Q&A session with Master Wong will take place after the demonstration.
- ? Book Signing and Shaolin Kung Fu Demonstration (October 20 from 5:00pm – 6:30pm at BLT Supplies, 77 Mulberry Street, Chinatown) – Master Wong will sign his best-selling “The Complete Book of Shaolin” followed by a Kung Fu demonstration and a Q&A session.
- ? “The Marvelous Shaolin Arts” (October 21 from 6:00 p.m. – 8:30 p.m. at the Chinatown YMCA, IS 131, 100 Hester Street) – In the last series of free seminars in New York City, Master Wong will showcase his knowledge on the Shaolin arts and his philosophy on the practice of *chi kung*. Master Wong will also conduct a *chi kung* demonstration and a Q&A session.

Wong's tour of North America is sponsored by Cosmos Publishing, Malaysian Tourism Board, Shaolin Wahnam West and Shaolin Wahnam Canada. **For more information on Grandmaster Wong's seminars and intensive classes please visit [www.SifuWongNYC.com](http://www.SifuWongNYC.com)**

**EDITOR'S NOTE:** Master Wong speaks excellent English. Interviews or *chi kung demonstrations* available upon request

### **About Chi Kung**

*Chi kung* was once a secretive practice that was only taught to, and closely held by, the elite of China, including scholars, generals, and even emperors. Grandmaster Wong was one of the first Shaolin masters to make *chi kung* available to the public.

Master Wong's form of *chi kung* that has been passed down from the Shaolin temple itself through generations of masters and pupils. In China, *Shaolin chi kung* has long been famous for its ability to cure practitioners of "incurable" diseases, to enable them to perform remarkable feats of kung fu, and give them a robust and healthy disposition: physically, mentally, psychologically, and spiritually.

In terms of practice, *chi kung* has myriad forms where some appear very dynamic, involving a great deal of movement, while others may seem to be in a seated or standing meditation. The practice itself consists of simple-yet-effective *chi kung* exercises that enable practitioners to enhance their health and mental freshness, to experience great joy, and to overcome so-called "incurable" and chronic diseases. Through the practice of *chi kung*, many of Wong's students have been able to overcome conditions such as hypertension, asthma, rheumatism, arthritis, diabetes, migraines, gastritis, gall stones, kidney failure, depression, anxiety and even cancer.

### **About Grandmaster Wong Kiew Kit**

Grandmaster Wong Kiew Kit is the fourth generation successor from the famous Shaolin Monastery of China, and a grandmaster of *Shaolin kungfu* and *chi kung*. He received the prestigious "Qigong Master of the Year" award at the Second World Congress on Qigong held in San Francisco in November 1997. He also holds an honors degree in humanity, and is one of the very few masters who speaks excellent English. His books, *Introduction to Shaolin Kungfu*, *The Art of Chi Kung*, *The Art of Shaolin Kung Fu*, *The Complete Book of Tai Chi Chua*, *Chi Kung for Health and Vitality* and *The Complete Book of Zen* have been highly acclaimed internationally. *The Art of Chi Kung* is a best-seller and has been translated into Spanish, German, Russian, and Hebrew.

Grandmaster Wong, born in 1944, started his life-long training of the Shaolin arts in 1954 when he learned *Shaolin Kungfu* and lion dance from the famous Shaolin master, Grandmaster Lai Chin Wah, who was popularly known as "Uncle Righteousness." Wong became his best disciple and helped "Uncle Righteousness" to teach kungfu. To further his kungfu training, Wong later studied under Grandmaster Ho Fatt Nam, the third generation successor directly descended from the southern Shaolin Monastery which was destroyed by the Manchurian army in China. Sifu Wong also learned *Wuzu Kungfu* from Grandmaster Chee Kim Thong, and *Wing Choon Kungfu* from Grandmaster Choe Hoong Choy, who were patriarchs of their respective kungfu styles.

Master Wong has taught kungfu and *chi kung* for more than twenty five years, to more than twenty organizations. Regretting that many masters were withholding "secrets" of kungfu and

*chi kung* with the result that these arts might lose their essence, in 1982 he founded the *Shaolin Wahnam School of Kungfu and Chi Kung*, naming the school after his two teachers who had influenced him most, Lai Chin Wah and Ho Fatt Nam, with the aim of transmitting genuine *Shaolin Kungfu*, *Shaolin Chi Kung* and Shaolin philosophy. Having won championships himself, Grandmaster Wong has trained many champions in kungfu (demonstrations as well as all styles sparring) and lion dance competitions. But he has always insisted that while Shaolin Kungfu is an exceedingly effective martial art, its greatness lies in enriching our daily life and in spiritual development. He was also the founder-secretary and later the Deputy President of the Federation of Kungfu and Lion Dance Organizations of his home state in Malaysia.

Since 1987, Master Wong has spent more time teaching *chi kung* than kungfu, because he says that while kungfu serves as an interesting hobby, *chi kung* serves an urgent public need, particularly in overcoming degenerative and psychiatric illness. Wong is one of the few masters who have generously introduced the once secretive Shaolin Chi Kung to the public, and has helped literally hundreds of people to be relieved of their so-called “incurable” diseases like hypertension, asthma, rheumatism, arthritis, diabetics, migraine, gastritis, gall stones, kidney failure, depression, anxiety and even cancer. Now he has devoted more time on writing and teaching overseas, having taught in Europe, Canada, Australia, Africa, South America and will teach in the United States in October 2005. He stresses the Shaolin philosophy of sharing goodness with all humanity, and is now dedicated to spreading the wonders and benefits of the Shaolin arts to more people irrespective of race, culture and religion.

### **About Chinatown New York City**

Chinatown New York City, combines Asian-American culture with the energy and influence of the most exciting city in the world. With over 200 restaurants, numerous Asian bakeries and tea houses, jewelry shops, arts and antique stores, an active nightlife and dozens of cultural attractions and landmarks, Chinatown stands as a world within a city. Whether dining, shopping, or strolling down the charming, narrow streets, visitors to Chinatown New York City, will find virtually limitless opportunities for new experiences and added insight.

Located on the east side of Lower Manhattan, Chinatown New York City, is the largest in the United States. The neighborhood has been growing steadily since the mid-1800s, and today stands as a vibrant community offering the opportunity to enjoy and explore Asian-American culture. Chinatown New York City is easily accessible via many New York City MTA subways and buses, as well as several convenient area parking garages. For more information, visit [www.ExploreChinatown.com](http://www.ExploreChinatown.com).

Note to editors: NYC & Company, the city's official tourism marketing organization, is a private, membership-based non-profit dedicated to building New York City's economy and positive image through tourism and convention development, major events and the marketing of the city on a worldwide basis.