

DEAR FRIENDS

On behalf of Master Charles Phan Hoang we are pleased to send you the **front page** of VIET-CHI Post, **No 11 SEPT 05, 2008**. To see the contents of this issues or to check on previous issues please visit our web sites [www.vietchiworld.org](http://www.vietchiworld.org) ; [www.vovietjournal.org](http://www.vovietjournal.org) THANK YOU

Send us your ideas, club information, stories, pictures : [vovietmailbox@vovietjournal.org](mailto:vovietmailbox@vovietjournal.org)

<b>Vol. 08, No.11</b> EVERY FRIDAY The VIET-CHI Post <b>HONOR - VISION</b>	<b>No 11 SEPTEMBER 05, 2008</b> <b>VIET-CHI POST</b>
<a href="http://www.vietchiworld.org">www.vietchiworld.org</a> <a href="http://www.vovietjournal.org">www.vovietjournal.org</a> Email: <a href="mailto:vovietmailbox@vovietjournal.org">vovietmailbox@vovietjournal.org</a>	VOVIET/VIETVODAO, VIET-TAI-CHI, VIET-KHI-PHAP, CHI-BONG, CHI-CUOC, CHI-KIEM, CHI-LUC, CHI-VAT INTERNAL COMMUNICATION

<b>IN THIS ISSUE:</b> .WHY do we emphasize the role of Research & Development? <b>PICTURES</b> . Research & Development on "NHAO LAN" -Rolling, falling, jumping- techniques.	<b>DON'T</b> forget to exercise <b>15 minutes</b> everyday; walk and smile. People can help in making you unhappier, no one can help you to be yourself happy (MPH)
<b>JUST FOR LAUGH</b> .What did the Leaning Tower of Pisa say to Big Ben? –If you've got the time, I got the inclination. . Atheism is a non-prophet organization . Trust in God – but lock your car . Never mind the dog – Beware of owner!	<b>PLEASE NOTE :</b> October 25-26, 2008 VIETTAICHI International Training (Open to all) at: La Spezia (near Pisa), ITALY <b>MESSAGE:</b> Visit the Leaning Tower of Pisa

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## WHY DO WE EMPHASIZE THE ROLE OF RESEARCH AND DEVELOPMENT?

Research and development are works directed towards the deep understanding of things, the improvement and innovation to the practice. Hence, at any discipline and organization, progresses are made thanks to research and development activities.

Research starts with identifying an issue or a problem which is often unnoticed by others and then raising a number of questions in order to discover solutions. For example, Front Leg Kick which is a popular and most simple technique at any martial art school could be an issue when researchers raise questions on its real effectiveness and its side effects that could harm students in long term. The next step is to find out how the current practice is, how many different techniques there are (this is called "literature review"). Following steps are setting appropriate method of investigation, collecting unbiased information and analyzing the obtained data. Expected outcome could show a number of situations (in the case of Front Leg Kick, a variety of techniques so far unknown by each others) and bring truth or answer to the questions (e.g. what is the correct method for training Front Leg Kick).

Development is a dynamic application of the knowledge obtained from research outcome. This help, on the one hand avoid past errors, and, on the other hand, improve the practice, create new way of doing and training, reaching higher performance with less effort.

Regarding our own activities, first we identify a number of subjects related to our fields of interest, regarding our eight disciplines such as Viettaichi, Voviet, Chi-Kiem, Chi –Vat, then put it on our agenda. In practice, we cannot just rank these subjects by priority because we have to wait until the moment we have someone volunteer for taking the subject of his or her interest and call for creating a small group of black belts who want to train themselves of these techniques. We must start with modest program, find practical outcome and quickly develop our expertise. Frequent communication between members is crucial; fortunately nowadays there is Internet and Email easily available everywhere we are.

Currently we are building a team for **"NHAO LAN" -Rolling, falling, jumping- techniques**. Send me a few words through email ([vovietmailbox@vovietjournal.org](mailto:vovietmailbox@vovietjournal.org)) if you are interested to being part of this team. Don't ask me what you have to do, just tell me you want to do something then I'll tell you what is the best you can do.

I would never ask lazy people to show up, I prefer to encourage busy people to engage in. Busy people are motivated by success, lazy people are busy to cause failure.

Be Strong, Be Helpful

Phan-Hoang (VIETCHI Post, 05 September 2008)

**No 11 VIET-CHI POST – RESEARCH & DEVELOPMENT  
NHAO LAN METHODS AND TECHNIQUES**



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