

<b>Vol. 08, n° 38</b> SEMIMONTHLY <b>VIET-CHI POST</b> <b>HONOR - VISION</b>	<b>Vol. 08 No 38 September 15, 2009</b>  <b>VIET- CHI POST</b>
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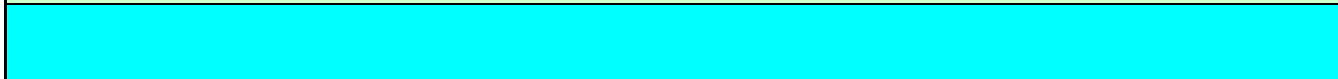
The opening of the program SU-LO, “THE WAY FOR TEACHERS”,  
by MASTER PHAN HOANG

## 2-REPORT ON

SU-LO - Being a true teacher

## 3-PROGRAM STAGE PISA

17,18 Oct. 2009



English	Italiano
<p style="color: red; margin: 0;"><b>1-IMPORTANT ANNOUNCEMENT</b></p> <p style="color: blue; margin: 0;">The opening of the program SU-LO, “THE WAY FOR TEACHERS”, by MASTER PHAN HOANG</p> <p style="margin: 0;">The training of SU-LO, “THE WAY FOR TEACHERS” by Grand Master PHAN HOANG, — the founder of several Vietnamese disciplines including VIETVODAO INTERNATIONAL,</p>	<p style="color: red; margin: 0;"><b>1-ANNUNCIO IMPORTANTE</b></p> <p style="color: blue; margin: 0;">Apertura del programma SU-LO, “LA VIA DEGLI ISTRUTTORI”, autore MAESTRO PHAN HOANG</p> <p style="margin: 0;">L’allenamento del SU-LO, “LA VIA DEGLI ISTRUTTORI” del Maestro PHAN HOANG – fondatore di molte discipline vietnamite, incluso il VIETVODAO INTERNATIONAL, il</p>

<p>VIETTAICHI, CHI-KIEM —, so far has been reserved only to a limited number of his close disciples. Today we are very pleased to announce that ... <a href="#">(to continue please see the attachment)</a></p> <p><b>2-REPORT ON</b> <b>SU-LO - Being a true teacher</b></p> <p>Given a number of diverse disciplines differing one from another such as Karate, T'ai-Ji-Quan, Tae Kwon Do, Viettaichi, Kendo, Vietvodoao, Qi-Kung, and so on, if we try to interview a number of students from each discipline on the question of how different or similar is their own discipline from the others, we can easily expect that the ... <a href="#">(to continue see the attachment)</a></p> <p><b>3-PROGRAM STAGE PISA</b> <a href="#">(click here)</a></p>	<p>VIETTAICHI e il CHI-KIEM – fino a questo momento era stato riservato solo ad un numero limitato di stretti discepoli. Oggi siamo molto lieti di annunciare che the Grand Master PHAN HOANG has open ... <a href="#">(per continuare leggi l'allegato)</a></p> <p><b>2-REPORT ON</b> <b>SU-LO - Being a true teacher</b></p> <p><i>(in preparazione)</i></p> <p><b>3-PROGRAMMA STAGE PISA</b> <a href="#">(clicca qui)</a></p>
<p style="text-align: center;"><b>Português</b></p> <p><b>1-IMPORTANT ANNOUNCEMENT</b> The opening of the program SU-LO, “THE WAY FOR TEACHERS”, by MASTER PHAN HOANG</p> <p><i>(preparação)</i></p> <p><b>2-REPORT ON</b> <b>SU-LO - Being a true teacher</b></p> <p><i>(preparação)</i></p> <p><i>(Português descarrega o ficheiro em anexo)</i></p>	<p style="text-align: center;"><b>Français</b></p> <p><b>1-AVIS IMPORTANT</b> Ouverture du programme SU-LO, “LA VOIE POUR LES ENSEIGNANTS ET LES MAÎTRES”, par MAÎTRE PHAN HOANG</p> <p>L'entraînement au SU-LO, “LA VOIE POUR LES ENSEIGNANTS ET LES MAÎTRES” par le Grand Maître PHAN HOANG, — le fondateur de plusieurs disciplines vietnamiennes incluant VIETVODOAO INTERNATIONAL, VIETTAICHI, CHI-KIEM —, jusqu'à ce jour a été réservée à un nombre limité de ses proches disciples. Aujourd'hui, nous avons le plaisir d'annoncer que le Grand Maître ... <a href="#">(continuer à lire la pièce jointe)</a></p> <p><b>2-REPORT ON</b> <b>SU-LO - Being a true teacher</b></p> <p><i>en préparation</i></p> <p><b>3-PROGRAMME STAGE PISA</b> <a href="#">(cliquez ici)</a></p>

Latine	Polski
<p><b>1- NUNTIAMUS VOBIS</b>  <b>Studiorum rationem SU-LO, i. e. MAGISTRORUM VIAM,</b>  Aperiri a <b>MAGISTRO PHAN HOANG</b></p> <p>SU-LO exercitatio, i. e. MAGISTRORUM VIA servata erat perpaucis suis fidelissimis discipulis, a Magno Magistro PHAN HOANG —multarum Vietnamiticarum disciplinarum, ut VIETVODAO INTERNATIONAL, VIETTAICHI, CHI-KIEM, conditore —. Hodie nuntiamus vobis magno cum gaudio Magnum ...  <u><a href="#">(si quaeris opera Latine reddita, sume adlegatum )</a></u></p> <p><b>2-REPORT ON</b>  <b>SU-LO - Being a true teacher</b></p> <p><i>(si quaeris opera Latine reddita, sume adlegatum )</i></p> <p><b>3-RATIO STAGE PISA</b> <a href="#">(click here)</a></p>	<p><b>1-IMPORTANT ANNOUNCEMENT</b>  The opening of the program SU-LO, "THE WAY FOR TEACHERS",  by <b>MASTER PHAN HOANG</b></p> <p><i>(przygotowania)</i></p> <p><b>2-REPORT ON</b>  <b>SU-LO - Being a true teacher</b></p> <p><i>(przygotowania)</i></p> <p><i>(nadal patrz załącznik)</i></p>

**ANNIVERSARY STAGE WITH G.M**  
**in Pisa, Italy, is scheduled on**  
**OCTOBER, 17-18, 2009**

**HOPE TO SEE ALL OF YOU THERE ☺**  
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**info:** [vovietmailbox@vovietjournal.org](mailto:vovietmailbox@vovietjournal.org)



Program of the stage: 

# ANNIVERSARY STAGE 2008

## some pictures





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# VIET-CHI POST - No 38, September 15, 2009

VIET-CHI POST Report on

## SU-LO - Being a true teacher

Given a number of diverse disciplines differing one from another such as Karate, T'ai-Ji-Quan, Tae Kwon Do, Viettaichi, Kendo, Vietvodao, Qi-Kung, and so on, if we try to interview a number of students from each discipline on the question of how different or similar is their own discipline from the others, we can easily expect that the outcome will be largely in favor of differences. It's true, but only from the student point of view; from a master perspective the situation can be seen quite differently.

Why is that? It is because teaching is different from learning. Serious teachers and masters in any discipline of our concern understand that they all are tied together by an invisible string which is their common factor, and this could be named as the "*Teachers' Way*", or simply: *Being a true teacher*. This Way is for all teachers, beyond their specific discipline. Grand Master PHAN HOANG named it by a Vietnamese term: SU-LO.

SU means teacher, or master. LO is road, way, or path.

**SU-LO** = The Way for Teachers and Masters. In our context, it stands for:

"THE TEACHING AND TRAINING FOR THOSE WHO ARE TEACHERS AND MASTERS".

Therefore, SU-LO program aims specifically to train those who are sincerely seeking a high way of learning and training for becoming a noble and successful teacher in modern and global time while keeping deep roots to ancient traditions. The teaching of SU-LO was reserved, during a long period, only to a limited number of disciples. Recently the Grand Master has decided to open, from now on, the gate to his highly desired teaching on SU-LO, to all teachers and masters, from any style, and discipline.

The structure of SU-LO program consists of three pillars. The first is **Technical Training** (Quyên Thuat) ; the second is **Methodology** (Phuong-Phap), and the third stands for **What teachers must know** (Thong Lo). Under this third pillar many practical learning could be treated while under the pillar of Methodology important theoretical subjects are explained. The Technical Training starts with an exceptional Quyên called

**KY-MON**. This Quyên KY-MON opens up a broad view to those who, for years, have been trained in one of the eight VIET-CHI disciplines such as Vietvodao, Viettaichi, Chi-Kiem, and in the same time offers a rare occasion to new comers —who have already acquired a high level of knowledge and skill but from an outside discipline— to catch up and become part of a great family of teachers without distinction of discipline. Also, masters who are disciples of the Grand Master are very welcome to attend the teaching of KY-MON because this could be for them a deep revision of the long path they have followed.

The first training and teaching session will be held in Pisa (Italy), **SATURDAY October 17, 2009 (10:00 am – 18:30 pm)**, along with the Anniversary Training “Stage” of VIETTAICHI and CHI-KIEM/ PEACE SWORD. In the evening of Saturday, at the Gala Dinner, we will celebrate the 73<sup>rd</sup> birthday of our Grand Master who at this advanced age is still going around the world to train Black Belts and Leading Black Belts, to teach Research Methodology to doctoral students at prestigious universities, and to be a mentor for some young professors. This gives us a sense of how the training with SU-LO method could keep teachers and masters in good shape and high spirit. *(to be continued on VIET-CHI POST No 39)*

VIET-CHI POST

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If you wish to be informed on the activities of SU-LO and TEACHERS SCHOOL please send us your email address with your name, country, and discipline affiliated.

## **IMPORTANT ANNOUNCEMENT**

### **The opening of the program SU-LO, “THE WAY FOR TEACHERS”, by MASTER PHAN HOANG**

The training of SU-LO, “THE WAY FOR TEACHERS” by Grand Master PHAN HOANG, — the founder of several Vietnamese disciplines including VIETVODAO INTERNATIONAL, VIETTAICHI, CHI-KIEM —, so far has been reserved only to a limited number of his close disciples.

Today we are very pleased to announce that the Grand Master PHAN HOANG has recently decided to open, from now on, the gate to his highly desired teaching on SU-LO “THE WAY FOR TEACHERS” to all teachers and masters, from any background and style, who are sincerely seeking a high way of training for becoming a noble and successful teacher in modern and global time while keeping deep roots to ancient traditions.

The first training and teaching session will be held in Pisa (Italy),

**SATURDAY 17, 2009 (10:00 am – 18:30 pm),**

along with the Anniversary Training “Stage” of VIETTAICHI and CHI-KIEM/ PEACE SWORD.

Number of places limited, first come first served; closing without notice.

To register please see the attached program, and visit

[www.vovietjournal.org](http://www.vovietjournal.org)

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If you wish to be informed on the activities of SU-LO and TEACHERS SCHOOL

Simply send us your email address with your name, country, and discipline affiliated

Sincerely yours,

VIET-CHI POST, September 12, 2009

## **AVIS IMPORTANT**

### **Ouverture du programme SU-LO, “LA VOIE POUR LES ENSEIGNANTS ET LES MAÎTRES”, par MAÎTRE PHAN HOANG**

L'entraînement au SU-LO, “LA VOIE POUR LES ENSEIGNANTS ET LES MAÎTRES” par le Grand Maître PHAN HOANG, — le fondateur de plusieurs disciplines vietnamiennes incluant VIETVODAO INTERNATIONAL, VIETTAICHI, CHI-KIEM —, jusqu'à ce jour a été réservée à un nombre limité de ses proches disciples.

Aujourd'hui, nous avons le plaisir d'annoncer que le Grand Maître PHAN HOANG a récemment décidé d'ouvrir la porte de son enseignement tant désiré sur le SU-LO “LA VOIE POUR LES ENSEIGNANTS ET LES MAÎTRES ” à tous les enseignants et les maîtres, de toutes origines et de tous styles, qui recherchent sincèrement un entraînement de haut niveau pour devenir un enseignant accompli en ces temps modernes et de changement tout en restant attaché profondément aux anciennes traditions.

La première session d'entraînement et d'enseignement aura lieu à **Pise** (Italie),

**SAMEDI 17 OCTOBRE 2009 (10:00 am – 18:30 pm),**

en même temps que le stage d'Anniversaire de VIETTAICHI et CHI-KIEM/ PEACE SWORD.

Nombre de places limité: premier arrivé premier servi; clôture sans préavis.

Pour vous inscrire, veuillez voir le programme ci-joint et visiter

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Si vous désirez être informé des activités du SU-LO et de TEACHERS SCHOOL envoyez-nous tout simplement votre adresse électronique avec votre nom, pays et la discipline pratiquée.

Sincèrement vôtre,

VIET-CHI POST, 12 septembre 2009

## **ANNUNCIO IMPORTANTE**

### **Apertura del programma SU-LO, “LA VIA DEGLI ISTRUTTORI”, autore MAESTRO PHAN HOANG**

L'allenamento del SU-LO, “LA VIA DEGLI ISTRUTTORI” del Maestro PHAN HOANG – fondatore di molte discipline vietnamite, incluso il VIETVODAO INTERNATIONAL, il VIETTAICHI e il CHI-KIEM – fino a questo momento era stato riservato solo ad un numero limitato di stretti discepoli.

Oggi siamo molto lieti di annunciare che il Grande Maestro PHAN HOANG ha recentemente deciso di aprire la porta a questo insegnamento così desiderato del SU-LO “LA VIA DEGLI ISTRUTTORI” a tutti gli istruttori ed i maestri, di ogni origine e stile, che stanno cercando con profonda sincerità un modo elevato di allenamento, al fine di diventare istruttori nobili e di successo in questi tempi moderni di globalizzazione, allo stesso tempo mantenendo, però, le radici profonde delle antiche tradizioni.

La prima sessione di allenamento e di insegnamento avrà luogo a Pisa (in Italia)

**SABATO 17 OTTOBRE 2009 (dalle 10:00 – alle 18:30)**

in occasione dello Stage annuale di VIETTAICHI e CHI-KIEM/PEACE SWORD (SPADA DELLA PACE)

Il numero di posti è limitato, quindi prima si arriva e meglio è, la chiusura delle iscrizioni non verrà annunciata.

Per iscriversi Vi preghiamo di leggere il programma allegato e di visitare il sito

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Se desiderate essere informati delle attività del SU-LO e della SCUOLA DEGLI INSEGNANTI, non esitate ad inviarci il Vostro indirizzo email, con il Vostro nome, paese e disciplina praticata.

Cordiali saluti

VIET-C

## **NUNTIAMUS VOBIS**

### **Studiorum rationem SU-LO, i. e. MAGISTRORUM VIAM, Aperiri a MAGISTRO PHAN HOANG**

SU-LO exercitatio, i. e. MAGISTRORUM VIA servata erat perpaucis suis fidelissimis discipulis, a Magno Magistro PHAN HOANG —multarum Vietnamitarum disciplinarum, ut VIETVODAO INTERNATIONAL, VIETTAICHI, CHI-KIEM, conditore —.

Hodie nuntiamus vobis magno cum gaudio Magnum Magistrum PHAN HOANG nuper voluisse ianuam huius studiorum rationis SU-LO, i. e. MAGISTRORUM VIAE, doctoribus et magistris omnium artium, sincere exquirentibus viam ut artium haerentium antiquis moribus, boni felicesque magistri fiant, aperire.

Primus conventus exercitatioque in Italica urbe Pisa erit,

**SABBATO 17, 2009 (10:00 am – 18:30 pm),**

Eodem tempore VIETTAICHI et CHI-KIEM/ PACIS GLADII anniversariae exercitationis.

Loci pauci sunt. Finem destinandi faciamus nulla significatione ante facta.

Ut te ascribas, vide, quaeso, tabulam additam et visita

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Email: vovietmailbox@vovietjournal.org

Si vis te certiore faciamus de SU-LO et MAGISTRORUM LUDO, ad nos email inscriptionem, nomen, domicilium, artem mitte

Valete,

VIET-CHI POST, mense Septembri 12, 2009



<p><b>VIETTAICHI PROGRAM</b>  <b>SATURDAY 17, Oct. 2009</b></p>	<p><b>TEACHERS SCHOOL</b> presents:  <b>SU-LO PROGRAM</b>  (reserved to teachers and masters,  from any background and disciplines)</p> <p><b>SATURDAY 17, Oct. 2009</b></p>
<p><b>(8:30-9:30) Session 1</b>  - (BOTH GROUPS)  <b>TUYEN KHAC (The Counter of Tuyen Sinh)</b>  <b>PART ONE: HINH</b>  <b>(9:30-10:30)</b>  - (GROUP A)  Advanced <b>TUYEN-SINH: TINH &amp; KHI</b>  - (GROUP B)  Basic <b>TUYEN-SINH: HINH</b></p>	<p><b>10:00-10:30 Preparation and self-warming-up</b></p>
<p><b>10:30-11:15 Session 2</b>  (BOTH GROUPS)  <b>TUYEN KHAC, PART ONE: THUAN</b>  <b>11:15-12:00</b>  - (GROUP A) Advanced <b>TuyenSinh: THUAN</b>  - (GROUP B) <b>DAI-LAO: HINH</b></p>	<p><b>10:30-11:15 –Session 1</b>  <b>Quyen KY MON (Exceptional Gate Form)</b>  (Full name: Su Lo Ky Mon Quyen / Exceptional Gate to the Way of Masters)  <i>Notice:</i> This quyen is only for teachers personal training. It is not to be divulge without permission.  <b>PART ONE-Technique and Focus: HINH (Form)</b></p> <p><b>11:30-12:00 –Session 2</b>  <b>WHAT TEACHERS TODAY MUST KNOW</b>  <b>12:00- 12: 30 Session 3</b>  <b>NHAT LUYEN METHODS: 12 Fists Method; 4 Breathing Method</b>  – <b>Technique and Focus: HINH (Form), Y (Meaning)</b></p>
<p><b>Break</b></p>	
<p><b>(13:00-14:00) Session 3</b>  (BOTH GROUPS)  <b>TUYEN KHAC, PART TWO: Y</b>  <b>(14:00-15:00)</b>  (GROUP A) Advanced Bai <b>DI XA: THUAN &amp; KHI</b>  (GROUP B) <b>DAI-LAO: HINH &amp; Y</b></p>	<p><b>13:00-15:00</b>  Optional:  -Tour of Pisa or  -Revision, self-learning , networking</p>
<p><b>(15:30- 18:30) Optional:</b>  - Tour of Pisa or  - Revision, self-learning, networking</p>	<p><b>(15:00-16:00) Session 4</b>  <b>Quyen KY MON Exceptional Gate</b>  <b>PART TWO- Technique and Focus:</b>  <b>TINH (Essence), and Y (Meaning)</b></p> <p><b>(16:00-17:00) Session 5</b>  <b>SU-LO: Methodology, Code, Numbers</b>  -QUESTIONS, ANSWERS, ORGANIZATION</p> <p><b>(17:00-18:00) Session 6</b>  -REVISION: <b>KY-MON, NHAT-LUYEN</b>  -MEDITATION: <b>Practice &amp; Method</b>  <b>Ceremony, Certificate</b></p>

<p><b>VIETTAICHI</b>  <b>SUNDAY 18 Oct. 2009</b>  <b>(9:00 – 9:30) Preparation, self-warming-up</b></p> <p><b>(9:30 – 10:45) Session 4</b>  (BOTH GROUPS)  <b>LOI-HO: HINH &amp; THUAN</b></p> <p><b>11:00 – 11:30) Session 5</b>  (BOTH GROUPS):  <b>-TIEP-XUAN : HINH &amp; Y</b></p> <p><b>11:30-12:45) Session 6</b>  <b>REVISION and Official Video:</b>  <b>-Tiep-Xuan , Tuyen-Sinh, Tuyen-Khac</b></p>	<p><b>CHI-KIEM /PEACE SWORD</b>  <b>SUNDAY 18, 2009</b>  <b>(8:30 – 9:30 ) Session 1</b>  <b>-Foundation. Warm-up Method</b>  <b>-Four Breathing Methods: 1, 2,3, 4</b>  <b>-DAO-MA-KIEM. Part One: HINH</b>  <b>(9:30-10:15) Session 2</b>  <b>-Four Drawing Methods :1, 2, 3, 4; Application</b>  <b>-Four Sheathing Methods: 1, 2, 3, 4</b>  <b>-Four Slashing Methods: Thang, Ngang, Xeo, Nguoc</b>  <b>(10:15-11:00) Session 3</b>  <b>DAO-MA-KIEM. Part Two: THUAN &amp; Y</b></p> <p><b>11:-11:45) Session 4</b>  <b>REVISION : Team and Self-Training</b>  <b>11:45-12:45) Session 5</b>  <b>- Song Luyen: Application of DAO-MA-KIEM</b>  <b>- Bai NHAT LUYEN CHEM (The Slashing Form)</b></p> <p>-</p>
<p><b>(12:45 –13) Ceremony, Certificate</b></p>	<p><b>(12:45 –13) Ceremony, Certificate</b></p>

<p><b>PROGRAMME VIETTAICHI</b>  <b>SAMEDI 17, 2009</b></p>	<p><b>TEACHERS SCHOOL</b> présente:  <b>PROGRAMME SU-LO</b>  (réservé aux enseignants et aux maîtres, de toutes origines et disciplines)  <b>SAMEDI 17, 2009</b></p>
<p><b>(8:30-9:30) Session 1</b>  - (LES DEUX GROUPES)  <b>TUYEN KHAC (L'opposé de Tuyen Sinh)</b>  <b>PREMIÈRE PARTIE : HINH</b>  <b>(9:30-10:30)</b>  - (GROUPE A)  <b>TUYEN-SINH avancé: TINH &amp; KHI</b>  - (GROUPE B)  <b>TUYEN-SINH basique: HINH</b></p>	<p><b>10:00-10:30 Préparation et échauffement personnel</b></p>
<p><b>10:30-11:15 Session 2</b>  (LES DEUX GROUPES)  <b>TUYEN KHAC, PREMIÈRE PARTIE: THUAN</b>  <b>11:15-12:00</b>  - (GROUPE A) <b>Tuyen Sinh</b> avancé: THUAN  - (GROUPE B) <b>DAI-LAO: HINH</b></p>	<p><b>10:30-11:15 –Session 1</b>  <b>Quyên KY MON</b>  (Nom complet: Su Lo Ky Mon Quyên  <i>Remarque:</i> Ce quyên est réservé à l'entraînement personnel des enseignants. Il ne doit pas être divulgué sans autorisation..  <b>PART ONE-Technique et Focus: HINH (Forme)</b></p> <p><b>11:30-12:00 –Session 2</b>  <b>CE QUE LES ENSEIGNANTS D'AUJOURD'HUI DOIVENT CONNAÎTRE</b></p> <p><b>12:00- 12: 30 Session 3</b>  <b>MÉTHODES NHAT LUYEN: Méthode des 12 poings; Quatre méthodes de respiration – Technique et Focus: HINH (Forme), Y (Signification)</b></p>
<p><b>Break</b></p>	
<p><b>(13:00-14:00) Session 3</b>  (LES DEUX GROUPES)  <b>TUYEN KHAC, DEUXIÈME PARTIE: Y</b>  <b>(13:00-15:00)</b>  (GROUP A) Bai <b>DI XA</b> avancé: THUAN &amp; KHI  (GROUP B) <b>DAI-LAO: HINH &amp; Y</b></p>	<p><b>13:00-15:00</b>  Facultatif:  -Tour de Pise ou  -Révision, auto-apprentissage, networking</p>
<p><b>(15:30- 18:30) Facultatif:</b>  -Tour de Pise ou  - Révision, auto-apprentissage, networking</p>	<p><b>(15:00-16:00) Session 4</b>  <b>Quyên KY MON</b>  <b>DEUXIÈME PARTIE - Technique et Focus: TINH (Essence), et Y (Signification)</b></p> <p><b>(16:00-17:00) Session 5</b>  <b>SU-LO: Méthodologie, Code, Nombres</b>  -QUESTIONS, RÉPONSES, ORGANISATION</p> <p><b>(17:00-18:00) Session 6</b>  -REVISION: <b>KY-MON, NHAT-LUYEN</b>  -MEDITATION: <b>Pratique &amp; Méthode</b></p>

	Cérémonie, Certificat
<p><b>VIETTAICHI</b>  <b>DIMANCHE 18 Oct. 2009</b>  <b>(9:00 – 9:30) Préparation, échauffement personnel</b></p> <p><b>(9:30 – 10:45) Session 4</b>  (LES DEUX GROUPES)  <b>LOI-HO: HINH &amp; THUAN</b></p> <p><b>11:00 – 11:30) Session 5</b>  (LES DEUX GROUPES):  <b>-TIEP-XUAN : HINH &amp; Y</b></p> <p><b>11:30-12:45) Session 6</b>  <b>REVISION et Vidéo officiel:</b>  <b>-Tiep-Xuan , Tuyen-Sinh, Tuyen-Khac</b></p>	<p><b>CHI-KIEM /PEACE SWORD</b>  <b>DIMANCHE 18, 2009</b>  <b>(8:30 – 9:30 ) Session 1</b>  - <b>Fondation. Méthode d'échauffement</b>  - <b>Quatre méthodes de respiration: 1, 2,3, 4</b>  -<b>DAO-MA-KIEM. Première partie: HINH</b>  <b>(9:30-10:15) Session 2</b>  -<b>Quatre méthodes de XUAT KIEM :1, 2, 3, 4;</b>  Application  -<b>Quatre méthodes de HOAN KIEM: 1, 2, 3, 4</b>  -<b>Quatre méthodes de CHEM: Thang, Ngang, Xeo, Nguoc</b>  <b>(10:15-11:00) Session 3</b>  <b>DAO-MA-KIEM. Deuxième Partie: THUAN &amp; Y</b></p> <p><b>11:-11:45) Session 4</b>  <b>REVISION : Equipe et entraînement personnel</b>  <b>11:45-12:45) Session 3</b>  - <b>Song Luyen: Application de DAO-MA-KIEM</b>  - <b>Bai NHAT LUYEN CHEM</b></p> <p>-</p>
<p><b>(12:45 –13) Cérémonie, Certificat</b></p>	<p><b>(12:45 –13) Cérémonie, Certificat</b></p>

<p><b>PROGRAMMA VIETTAICHI</b>  <b>SABATO 17 ottobre 2009</b></p>	<p><b>LA SCUOLA DEGLI INSEGNANTI</b> presenta:  <b>IL PROGRAMMA SU-LO</b>  (riservato agli insegnanti e ai maestri di ogni formazione e disciplina)  <b>SABATO 17 ottobre 2009</b></p>
<p><b>(8:30-9:30) Sessione 1</b>  - (ENTRAMBI I GRUPPI)  <b>TUYEN KHAC (The Counter of Tuyen Sinh)</b>  <b>PARTE PRIMA: HINH</b>  <b>(9:30-10:30)</b>  - (GRUPPO A)  Avanzato <b>TUYEN-SINH: TINH &amp; KHI</b>  - (GRUPPO B)  Base <b>TUYEN-SINH: HINH</b></p>	<p><b>10:00-10:30 Preparazione e riscaldamento individuale</b></p>
<p><b>10:30-11:15 Sessione 2</b>  (ENTRAMBI I GRUPPI)  <b>TUYEN KHAC, PARTE PRIMA: THUAN</b>  <b>11:15-12:00</b>  - (GRUPPO A) Avanzato <b>TuyenSinh: THUAN</b>  - (GRUPPO B) <b>DAI-LAO: HINH</b></p>	<p><b>10:30-11:15 –Sessione 1</b>  <b>Quyen KY MON (Exceptional Gate Form)</b>  (Nome completo: Su Lo Ky Mon Quyen / Exceptional Gate to the Way of Masters)  <i>Nota bene:</i> Questa forma è riservata all'allenamento personale degli istruttori. Non deve essere divulgata senza permesso.  <b>PARTE PRIMA-Tecnica e concentrazione: HINH (Forma)</b></p> <p><b>11:30-12:00 –Sessione 2</b>  <b>CHE COSA DEVONO SAPERE GLI ISTRUTTORI OGGIGIORNO</b></p> <p><b>12:00- 12: 30 Sessione 3</b>  <b>I METODI NHAT LUYEN: il metodo dei 12 pugni; il metodo delle 4 respirazioni</b>  – <b>Tecniche e concentrazione: HINH (Forma), Y (Significato)</b></p>
<p><b>Pausa</b></p>	
<p><b>(13:00-14:00) Sessione 3</b>  (ENTRAMBI I GRUPPI)  <b>TUYEN KHAC, PARTE SECONDA: Y</b>  <b>(14:00-15:00)</b>  (GRUPPO A) Avanzato Bai <b>DI XA: THUAN &amp; KHI</b>  (GRUPPO B) <b>DAI-LAO: HINH &amp; Y</b></p>	<p><b>13:00-15:00</b>  Optional:  -Tour di Pisa oppure  -Ripasso, allenamento individuale , networking</p>
<p><b>(15:30- 18:30) Optional:</b>  - Tour di Pisa oppure  - Ripasso, allenamento individuale, networking</p>	<p><b>(15:00-16:00) Sessione 4</b>  <b>Quyen KY MON Exceptional Gate</b>  <b>PART TWO- Tecnica e concentrazione: TINH (Essenza), e Y (Significato)</b></p> <p><b>(16:00-17:00) Sessione 5</b>  <b>SU-LO: Metodologia, Codici, Numeri</b>  -DOMANDE, RISPOSTE, ORGANIZZAZIONE</p> <p><b>(17:00-18:00) Sessione 6</b>  -RIPASSO: <b>KY-MON, NHAT-LUYEN</b></p>

	-MEDITAZIONE: <b>Pratica &amp; Metodo</b> <b>Cerimonia di chiusura, Attestati</b>
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<p><b>VIETTAICHI</b> DOMENICA 18 ottobre 2009 <b>(9:00 – 9:30)</b> Preparazione, riscaldamento <b>individuale</b></p> <p><b>(9:30 – 10:45)</b> <i>Sessione 4</i> (ENTRAMBI I GRUPPI) <b>LOI-HO: HINH &amp; THUAN</b></p> <p><b>11:00 – 11:30)</b> <i>Sessione 5</i> (ENTRAMBI I GRUPPI): <b>-TIEP-XUAN: HINH &amp; Y</b></p> <p><b>11:30-12:45</b> <i>Sessione 6</i> <b>RIPASSO e video ufficiale:</b> <b>-Tiep-Xuan , Tuyen-Sinh, Tuyen-Khac</b></p>	<p><b>CHI-KIEM /PEACE SWORD</b> DOMENICA 18 ottobre 2009 <b>(8:30 – 9:30 )</b> <i>Sessione 1</i> <b>-Fondamenta. Metodo di riscaldamento</b> <b>-Quattro metodi di respirazione : 1, 2,3, 4</b> <b>-DAO-MA-KIEM. Parte prima: HINH</b> <b>(9:30-10:15)</b> <i>Sessione 2</i> <b>-Quattro metodi di respirazione :1, 2, 3, 4;</b> <b>Applicazione</b> <b>-Quattro metodi di sfoderamento: 1, 2, 3, 4</b> <b>-Quattro metodi di taglio: Thang, Ngang, Xeo,</b> <b>Nguoc</b> <b>(10:15-11:00)</b> <i>Sessione 3</i> <b>DAO-MA-KIEM. Parte Seconda: THUAN &amp; Y</b></p> <p><b>11:-11:45)</b> <i>Sessione 4</i> <b>RIPASSO : Allenamento individuale e di squadra</b> <b>11:45-12:45)</b> <i>Sessione 5</i> <b>- Song Luyen: Applicazione del DAO-MA-KIEM</b> <b>- Bai NHAT LUYEN CHEM (La forma dei tagli)</b></p>
<b>(12:45 –13)</b> Cerimonia di chiusura, Attestato	<b>(12:45 –13)</b> Cerimonia di chiusura, Attestato

<p><b>VIETTAICHI RATIO</b>  <b>SABBATO 17, mense octobri. 2009</b></p>	<p><b>MAGISTRORUM SCHOLA</b> proponit:  <b>SU-LO RATIONEM</b>  (omnium artium doctoribus  magistrisque destinata)</p> <p><b>Sabbato 17, mense Oct. 2009</b></p>
<p><b>(8:30-9:30) Primus conventus</b>  - (UTERQUE COETUS)  <b>TUYEN KHAC (The Counter of Tuyen Sinh)</b>  <b>PARS PRIMA: HINH</b>  <b>(9:30-10:30)</b>  - (COETUS A)  Provectum <b>TUYEN-SINH: TINH &amp; KHI</b>  - (COETUS B)  Primum <b>TUYEN-SINH: HINH</b></p>	<p><b>10:00-10:30 Praeparatio –et exercitatio ut corpus refoveas</b></p>
<p><b>10:30-11:15 Secundus conventus</b>  (UTERQUE COETUS)  <b>TUYEN KHAC, PRIMA PARS: THUAN</b>  <b>11:15-12:00</b>  - (COETUS A) Provectum <b>TuyenSinh: THUAN</b>  - (COETUS B) <b>DAI-LAO: HINH</b></p>	<p><b>10:30-11:15 –Primus conventus</b>  <b>Quyen KY MON (Eximia Ianuae Forma)</b>  (Integrum nomen: Su Lo Ky Mon Quyen / Eximia ianua  ad magistrorum viam)  <i>Cavete, magistri: in hoc quyen vos exerceatis sed ne  vulgaveritis Magistri Phan Hoang iniussu.</i>  <b>PRIMA PARS –Peritia et definitio: HINH (Forma)</b></p> <p><b>11:30-12:00 –Secundus conventus</b>  <b>DE MAGISTRI SCIENTIA HOC TEMPORE</b>  <b>12:00- 12: 30 Tertius conventus</b>  <b>NHAT LUYEN VIAE: 12 Pugnorum Via; 4</b>  <b>Respirationum Via</b>  – <b>Peritia et definitio: HINH (Forma), Y</b>  (Significatio)</p>
<p><b>Intervallum</b></p>	
<p><b>(13:00-14:00) Tertius conventus</b>  (UTERQUE COETUS)  <b>TUYEN KHAC, PARS SECUNDA: Y</b>  <b>(14:00-15:00)</b>  (COETUS A) Provectum Bai <b>DI XA: THUAN &amp;</b>  <b>KHI</b>  (COETUS B) <b>DAI-LAO: HINH &amp; Y</b></p>	<p><b>13:00-15:00</b>  Si vis:  -urbem Pisam circumire vel  -te exercere, meditari</p>
<p><b>(15:30- 18:30) Si vis</b>  - Urbem Pisam circumire vel  - te exercere, meditari</p>	<p><b>(15:00-16:00) Quartus conventus</b>  <b>Quyen KY MON Eximia ianua</b>  <b>Secunda pars- Peritia et definitio:</b>  <b>TINH (Natura), et Y (Significatio)</b></p> <p><b>(16:00-17:00) Quintus conventus</b>  <b>SU-LO: Ratio, Codex, Numeri</b>  -INTERROGATIONES, RESPONSA,  TEMPERATIO</p> <p><b>(17:00-18:00) Sextus conventus</b>  -RECOGNITIO: <b>KY-MON, NHAT-LUYEN</b>  -MEDITATIO: <b>Exercitatio &amp; Methodus</b></p>

	Solemne, Testimonia
<p><b>VIETTAICHI</b>  <b>DOMINICA 18 mense Oct. 2009</b>  <b>(9:00 – 9:30) Preparatio, exercitatio ut corpus refoveas</b></p> <p><b>(9:30 – 10:45) Quartus conventus</b>  (UTERQUE COETUS)  <b>LOI-HO: HINH &amp; THUAN</b></p> <p><b>11:00 – 11:30) Quintus conventus</b>  (UTERQUE COETUS):  <b>-TIEP-XUAN : HINH &amp; Y</b></p> <p><b>11:30-12:45 Sextus conventus</b>  <b>RECOGNITIO et Publica Videoscriptio:</b>  <b>-Tiep-Xuan , Tuyen-Sinh, Tuyen-Khac</b></p>	<p><b>CHI-KIEM /PACIS GLADIUS</b>  <b>DOMINICA 18, 2009</b>  <b>(8:30 – 9:30 ) Primus conventus</b>  <b>-Fundamenta. Methodus ut corpus refoveas</b>  <b>-Quattor spirandi Viae: 1, 2,3, 4</b>  <b>-DAO-MA-KIEM. Prima pars: HINH</b>  <b>(9:30-10:15) Secundus conventus</b>  <b>-Quattor Trahendi Viae :1, 2, 3, 4; Usus</b>  <b>-Quattor in vaginam condendi Viae: 1, 2, 3, 4</b>  <b>-Quattor Secandi Viae: Thang, Ngang, Xeo, Nguoc</b>  <b>(10:15-11:00) Session 3</b>  <b>DAO-MA-KIEM. Pars secunda: THUAN &amp; Y</b></p> <p><b>11:-11:45) Quartus conventus</b>  <b>RECOGNITIO : Coetus et autoexercitatio</b>  <b>11:45-12:45) Quintus conventus</b>  <b>- Song Luyen: DAO-MA-KIEM usus</b>  <b>- Bai NHAT LUYEN CHEM (Secandi Forma)</b></p> <p>-</p>
<p><b>(12:45 –13) Solemne, Testimonia</b></p>	<p><b>(12:45 –13) Solemne, Testimonia</b></p>

# **Vietaichi International TRAINING SESSION in ITALY with Grand Master PHAN-HOANG**

17 – 18 October 2009

**c/o Pal. Mithos - Pisa**

Via San Marco, 15

Pisa (Italy)

## **Schedule and Cost:**

Saturday sessions (VietTaiChi/SU-LO) (17 October 2009, 8:30 – 18:80): 50 €

Sunday sessions (VietTaiChi/CHI-KIEM) (18 October 2009, 8:30 – 13:00): 30 €

- Special – **only 70 € (instead of 80 €) for registration to all sessions before 7 October 2009**

## **Registration:**

Please, contact [vovietmailbox@vovietjournal.org](mailto:vovietmailbox@vovietjournal.org) (or call +39 339 6938443) and send us your name, email address or fax number and your intention.