

**NO. 03, Vol. 08**

**Friday 11 JULY 2008**

**EVERY FRIDAY**

**VIET-CHI POST**

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**BE STRONG**

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**BAT-NHA QUYEN-MON**

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**LA THU PHAN-HOANG LETTER**



# The VIET-CHI Post

**Vietnamese Martial Arts and Culture web posting for internal communication.**

**Related to VOVIETJOURNAL and VIETTAICHI CHRONICLE**

**EVERY FRIDAY – TOUS LES VENDREDIS – THU SAU MOI TUAN**

Please see at [www.vovietjournal.org](http://www.vovietjournal.org) [www.vietchiworld.org](http://www.vietchiworld.org)

Please *open the attachment or visit our web sites* to see in this issue:

**- WHY IS THAT? TINH-MAT, 28 PERFECT NUMBER MOVEMENTS (Letter from Master CPH)**

**-INNER ENERGY – THIRD METHOD (Cont.)**

**-PICTURES: CANADA DAY, PEACE SWORD /CHI-KIEM**

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## QUOTATION

**The value of a man, however, should be seen in what he gives and not in what he is able to receive** (*Albert Einstein, OUT OF MY LATER YEAR, p.33*).

### REMINDER:

**Training with Grand Master**

**Stage de CHI-KIEM – Special Session of PEACE SWORD-**

**Friday 25 through Sunday 27 July 2008 at the beautiful beach of Ofir, near PORTO (Oporto), PORTUGAL**

**Contact: Filipe Leite de Sousa at**

**[filipe.leite.sousa@gmail.com](mailto:filipe.leite.sousa@gmail.com)**

**CONTINUED: BAI THU BA LUYEN NOI KHI  
ENERGIE INTERNE: TROISIEME METHODE  
INNER ENERGY – THIRD METHOD**

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**DO NOT MISS THE NEXT ISSUE – FRIDAY 18 JULY 2008- Best wishes**

## WHY IS THAT?

### TINH-MAT, 28 PERFECT NUMBER MOVEMENTS

One of the most important form (Quyên, kata) of VIETTAICHI is the TINH-MAT. Its full title is NHI THAP BAT TINH MAT CHIEU/ 28 Secret Perfect Movements. This Quyên teaches us many techniques, vital points, acupuncture meridians, martial arts strategies etcetera. One important question is **Why the number of 28?**

**28** is a "perfect number". In term of philosophy it is a concept of beauty, a secret of heaven, and a mystical number that appears in old cultures of many different people in Asia and in the Middle East.

In Mathematics, precisely in the field of Number Theory, a perfect number is a positive integer that is equal to the sum of its integral factors, including 1 but excluding itself. Six is the simplest example of a perfect number. We notice that the numbers that can divide **6** without remainder is 3, 2, and 1. Six is a perfect number because:

$$6=3 \times 2 \times 1 \text{ and } 6= 3+ 2 + 1$$

This make us think to another Quyên of Viettaichi: The Six Wonderful Movements "LUC-DIEU". But for now, let us come back to the number **28**.

This is a "perfect number" because the numbers that can divide 28 (without remainder) are 1, 2, 4, 7, and 14, and we note that also:

$$28= 14+7++4 +2+1.$$

The concept of numerical perfection is well known from the time of Pythagoras (fl. sixth century B.C. ). Perfection depends on a number's divisors, numbers that will divide perfectly into the original one. For instance, the divisors of 12 are 1, 2, 3, 4, and 6. But 12 is not a "perfect number" because the sum of the divisors ( $1+ 2+3+4+6 = 16$ ), is greater than the 12. It is called an "excessive" number, not a perfect number.

In the Quyên TINH-MAT there are 28 movements, each movement is a lesson which deal, in the same time, with several issues from health improvement method, martial art technique, acupuncture vital points to social relationship and wisdom. Like the moon that orbits the earth every 28 days, **Viettaichi practitioners execute the 28 movements in the same way:**

**Being in perfect harmony with oneself and with the Nature.**

This is a secret for a Healthy and Happy Life

*Master Charles Phan Hoang (founder of VIETTAICHI)*

# CANADA DAY 01 JULY 2008 - OTTAWA





# PEACE SWORD \* CHI-KIEM \*





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# NHAT LUYEN KHI-CONG – *DAILY TRAINING OF INTERNAL ENERGY*

## (CONTINUED) 03 – THIRD METHOD -PHE-ĐAN

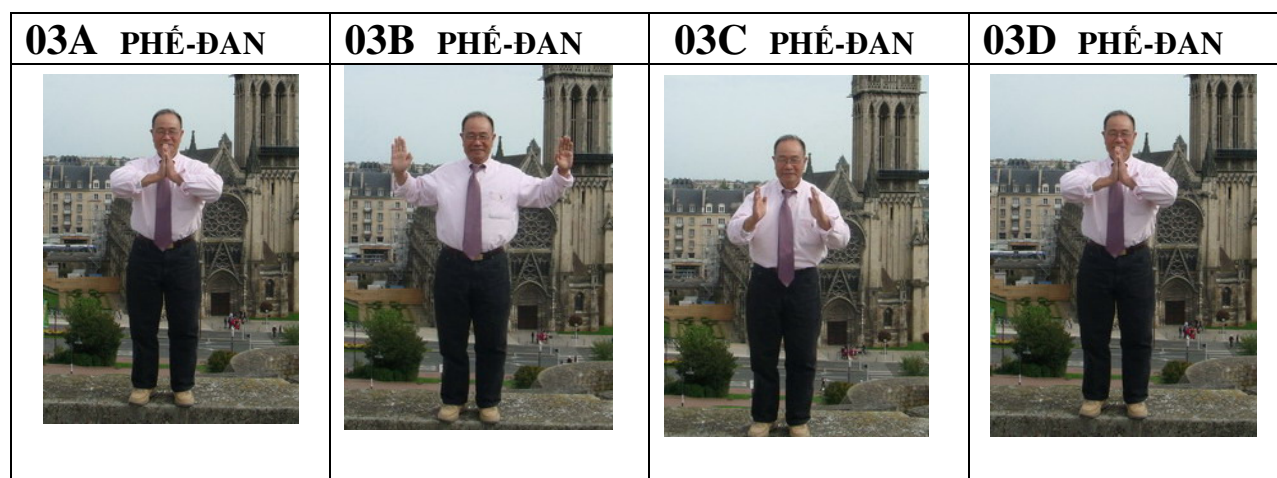
ENTRAÎNEMENT JOURNALIER DE L'ÉNERGIE INTERNE

BON PHEP THO CAN BAN (TU DIEU VIET KHI)

FOUR BASIC METHODS OF BREATHING

QUATRE METHODES FONDAMENTALES

## 03 – THIRD METHOD -PHE-ĐAN



### PHẾ-ĐAN Thiệu Dẫn

Vươn vai, uốn ngực, nở đan

Hít vô rồi ép cho làn khí ra

### Poem for Movements description- (a quick translation)

Shoulders, chest, belly all open up when breathing in

Compress then, all air out

### PHẾ-ĐAN Thiệu Tâm

Thanh khí lan tràn khắp phế đan

Khai thông huyết mạch sống an toàn

Trượng phu thanh nữ thân cường tráng

Hào kiệt anh hùng nở phế đan

(Phan-Hoàng)

### Poem for Mind remembering- (a quick translation)

Bringing pure energy in lungs and belly

Cleaning vital points, clearing meridians is way for good health

Successful women and men care about having good shape

Great women and men have great Phe-dan support