

<b>Vol. 08, No. 07</b> <b>EVERY FRIDAY</b> <b>The VIET-CHI Post</b> <b>HONOR - VISION</b>	<b>Friday/08 AUGUST 2008</b> <b>NO 07</b> <b>The VIET-CHI Post</b>
<a href="http://www.vietchiworld.org">www.vietchiworld.org</a> <a href="http://www.vovietjournal.org">www.vovietjournal.org</a>	<b>VOVIET/VIETVODAO, VIET-TAI-CHI, VIET-KHI-PHAP,  CHI-BONG, CHI-CUOC, CHI-KIEM, CHI-LUC, CHI-VAT  INTERNAL COMMUNICATION</b>

<b>IN THIS ISSUE:</b>  . FRIENDS AND MEXICANS FRIENDS . DESCRIPTION OF PEACE-SWORDS CHI-KIEM . PRACTICAL WAY TO MAKE A HANH-KIEM SWORD	<b>WHAT'S ON YOUR CALENDAR?</b> Do not forget sending us the coming calendar of your activities.
<b>PICTURES</b>  . WHO'S WHO? . TRAINING SESSIONS "STAGE" AT: OFIR BEACH, PORTUGAL WARSAW, POLAND LES SABLES D'OLONNE, France PEACE BLACK BELTS TRAINING	<b>PLEASE NOTE :</b> <b>OCTOBER and NOVEMBER:</b> <b>many activities and Stages</b> - PEACE SWORD CHI-KIEM SESSIONS - VIETTAICHI - CHI-VAT <b>Next year: Last week of July 2009</b> <b>SUMMER SESSIONs at Ofir Beach, PORTUGAL.</b>

The VIET-CHI Post is a Vietnamese Martial Arts and Culture web posting for internal communication. Related to VOVJETJOURNAL and VIETTAICHI CHRONICLE  
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## **There are Friends and there are Mexican Friends!!**

I first met Professor Jorge Morelos in October 2000 at the TEC DE MONTECERRAY, campus ITESM, just outside of Mexico City. He is a graduate from Georgia TECH and teaches Finance. We became quickly close friends and he helped me discover many aspects of the wonderful Mexican society.

Recently I received an email from him with a very nice humorous text. I thought I should share it with you. Here it is, enjoy. (phan-hoang)

***FRIENDS: Never ask for food.***

***MEXICAN FRIENDS: Are the reason you have food.***

...

***FRIENDS: Call your parents Mr. and Mrs.***

***MEXICAN FRIENDS: Call your parents mom and dad.***

..

***FRIENDS: Have never seen you cry.***

***MEXICAN FRIENDS: Cry with you.***

..

***FRIENDS: Will eat at your dinner table and leave.***

***MEXICAN FRIENDS: Will spend hours there, talking, laughing and just being together and then take a plate to go.***

...

***FRIENDS: Borrow your stuff for a few days then give it back.***

***MEXICAN FRIENDS: Keep your stuff so long they forget it's yours.***

...

***FRIENDS: Will leave you behind if that's what the crowd is doing.***

***MEXICAN FRIENDS: Will kick the whole crowds' ass that left you.***

...

***FRIENDS: Are for a while.***

***MEXICAN FRIENDS: Are for life.***

...

***FRIENDS: Pretend it is OK when you are being a pest.***

***MEXICAN FRIENDS: Tell you, 'Ay, como chingas!!!!'***

...

***FRIENDS: Will ignore this.***

***MEXICAN FRIENDS: Will forward this to their other Mexican friends!!***

(continued) **CHI-KIEM**

**DESCRIPTION OF PEACE-SWORDS CHI-KIEM**

There are three types of swords in CHI-KIEM for different purposes.

**Type 1.** HANH-KIEM (Hành-Kiếm) - Wooden sword for all practices, inner energy and combat training. This is the most usual form of Peace-sword for many occasions.

For advanced practitioners there are two other categories to consider, as follows.

**Type 2.** TAM-KIEM (Tâm-Kiếm) - Wooden sword of advanced practitioners for training in meditation, self healing, advanced techniques.

**Type 3.** TUONG-KIEM (Tuợng-Kiếm) – Sword made of steel as a symbol and not for use, for leaders and masters.

All these three types of Chi-Kiem observe the following description:

**The length of the blade** depending on the height of the user; it is about the length from the first joint of the fingers -holding the shield of Chi-Kiem while the tip touching the armpit-, to the end of the arm. The standard is of 60 centimeters.

**The length of the handle** is equal to two times of the fist of the user.

**The shield** between blade and handle is in oval form (like a flower, the best is with 8 petals)

**The knob** is rounded and its length is about 25 milimeters.

**The wooden training sword HANH-KIEM** (type1) is the easiest to be made with less formal requirement. However standard for solidity, simplicity, and beauty should be respected.

**The wooden sword TAM-KIEM** should be made with a wood of excellent quality. In Vietnam, there is a wood named the Mun, western visitors in the 17<sup>th</sup> century once named it the *iron wood*. Another good wood well known in South Vietnam is named Cam-Lai. That is the reason why, in our jargon, we also call our good wooden Chi-Kiem Sword the “Cam-Lai-Kiem”. In Western countries, the wood of oak is recommended among others of high quality.

**PRACTICAL WAY TO MAKE A HANH-KIEM**

**The wooden training sword HANH-KIEM** is the easiest to be made with less formal requirement. However standard for solidity, simplicity, and beauty should be respected. Follow step by step the indications on the pictures below to make your own Training Hanh-Kiem (Type 1), the most usual.





**It's a pride to make yourself your Training-Sword Hanh-Kiem.  
Do it with Love and Peace in mind.**

# VIET-CHI POST – No 07 WHO'S WHO / QUI EST-CE?

If you know who is, please send your answer to us at:  
vovietmailbox@vovietjournal.org



001

002 Early morning, Les Sables d'O



003



004



005



# VOVIET ON TELEVISION IN PORTUGAL

SATURDAY 27 JULY 2008, 13:45 PM

Email: [vovietblackbelt@yahoo.com](mailto:vovietblackbelt@yahoo.com)



## CHI-VAT in Poland

CHI-VAT is the newest sport taking roots from the oldest Vietnamese martial art. CHI-VAT is the modernized version of the traditional DAU-VAT.





WHERE ARE YOU GOING?...



**HOW AND WHERE COULD WE HOLD A REALLY INTENSIVE TRAINING PROGRAM FOR A NEW GENERATION OF PEACE BLACK BELTS ?**

**Be Strong and Peaceful**



We want them to be strong technically and have a high level of knowledge in martial arts theories. They are Peace Black Belts. A new generation of TEACHERS.

## NEW BLACK BELTS IN POLAND



Finally we have discovered an ideal place for holding our intensive sessions last April (2008). During three days we eat there, sleep there and work there, day and night, for a very low cost which everyone of us can afford . We will come back for this October (2008) session of CHI-KIEM



## VIETTAICHI LES SABLES D'OLONNE

MAY 2008





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In Portugal we have found an ideal place with a large gym, right at the ocean. We will come back there in October (2008)





PEACE BLACK BELT, we are proud of our :  
**Commitment to Excellence**



In the world of martial arts, with so much schools, there are many different kinds of Black Belts.

With Master Phan-Hoang we are PEACE BLACK-BELTS.  
That means: **Be Strong, Be Peaceful, Be Helpful.**