

DEAR FRIENDS

On behalf of Grand Master Phan Hoang we are pleased to send you the **front page** of VIET-CHI Post, **No 09 , 2008**. To see the contents of this issues or to check on previous issues please visit our web sites www.vovietjournal.org www.vietchiworld.org. To send us your ideas, club information, stories, pictures: vovietmailbox@vovietjournal.org. THANK YOU

Vol. 08, No 9 EVERY FRIDAY The VIET-CHI Post HONOR - VISION	No 09 AUGUST 22, 2008 VIET-CHI Post
www.vietchiworld.org www.vovietjournal.org Email: vovietmailbox@vovietjournal.org	VOVIET/VIETVODAO, VIET-TAI-CHI, VIET-KHI-PHAP, CHI-BONG, CHI-CUOC, CHI-KIEM, CHI-LUC, CHI-VAT INTERNAL COMMUNICATION

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JUST FOR LAUGH BIGGEST LIES: <ul style="list-style-type: none">-Relax, this won't hurt.-You know, my wife doesn't understand me.-I love you for the rest of my life.-One size fits all. (Please help in translating this Vietnamese humour into other languages): -Không có thiếu nữ xấu mà chỉ có.. thiếu nữ này đẹp hơn thiếu nữ kia mà thôi <ul style="list-style-type: none">- Muốn giữ lời hứa với một ai đó thì cách tốt nhất là...đừng bao giờ hứa	PLEASE NOTE : OCTOBER and NOVEMBER: many international Training Sessions with Grand Master <ul style="list-style-type: none">-PEACE SWORD CHI-KIEM (in France, Portugal, Poland, Canada)- VIETTAICHI (25-26 October, At La Spezia, near Pisa, Italy)- CHI-VAT (in Poland, with Dai-Do Ryszard Dung-Tien)

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EVERY FRIDAY – TOUS LES VENDREDIS – THU SAU MOI TUAN
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Gold medal for Carol HUYNH

Soon after the good news that Carol Huynh, a Vietnamese Canadian, brings the first Olympic Gold Medal in Wrestling to Canada on 16th August at the 2008 Olympic Games we received several email communications. We greatly applaud Carol Huynh and encourage friends to send her their congratulating messages (her email address in the message we received: carol.huynh@hotmail.com). Following is except of one of these email messages:

“...Carol, a boat people's child giving back to Canada in a big way, by adding another a great page to the history of Canada...”

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BEIJING - AUGUST 16: Carol Huynh of Canada celebrates after winning the gold medal in the women's 48kg freestyle wrestling final held at the China Agriculture University Gymnasium on Day 8 of the Beijing 2008 Olympic Games on August 16, 2008 in Beijing, China. (Photo by Jeff Gross/Getty Images)



CHI-VAT *A Unique School of Strong Body-Mind Training*

What is Chi-Vat? Chi-Vat is a modernized Vietnamese grappling art. It is a new discipline of martial art, a self-defense method and a sport. It is a way of training for a Strong Body-Mind with high moral value principle.

Origine

The root of this modernized discipline is from a thousand year old method of **vo-vat** in Vietnam. This oldest discipline has been recently restructured and modernized by the Grand Master Charles Phan Hoang who founded the discipline of CHI-VAT with the help of his accomplished disciple Master Ryszard Jozwiak (Dung Tien) who is a famous master of Vietnamese martial arts in Poland. Grand Master Charles Phan-Hoang is a Canadian citizen and a prestigious university professor in the USA.

Goal

The practice of CHI-VAT is for cultivating physical and mental strength, developing equilibrium and happiness in life.

Particularity

Unlike the majority of martial arts disciplines, the method of CHI-VAT does not imply fist strike and leg kick. The sport of CHI-VAT uses many techniques of grasping, pushing, pressing, turning, locking, and with different scissors to put the opponent down on the ground and out of combat.

Vision

Thank to its new approach to combat, its attractive training methods, this sport of CHI-VAT will be rapidly adopted in many martial arts centers, sports centers, elementary and secondary schools throughout the world.

Teacher training

With International Leading Black Belt Organization, CHI-VAT Teacher Training Program offers various possibilities to those who wish to become teacher of CHI-VAT.

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No 9 VIET-CHI POST – Championship in POLAND, May 2008



No 9 VIET-CHI POST- Children Learning CHI-VAT, Ottawa, Canada



No 9 VIET-CHI POST – ALMATY, KAZAKHSTAN 2007







№ 9 VIET-CHI POST – CHI-VAT BELARUS, MAY 2007



