

DEAR FRIENDS

On behalf of Master Charles Phan Hoang we are pleased to send you the **front page** of VIET-CHI Post, **No 10 AUG.29 , 2008**. To see the contents of this issues or to check on previous issues please visit our web sites www.vietchiworld.org ; www.vovietjournal.org **THANK YOU**

Send us your ideas, club information, stories, pictures : vovietmailbox@vovietjournal.org

Vol. 08, No.10 EVERY FRIDAY The VIET-CHI Post HONOR - VISION	No 10 AUGUST 29, 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

IN THIS ISSUE: THE BIRTH OF VIETNAMESE MODERNIZED GRAPPLING SPORT CHI-VAT PICTURES . CHI-VAT TRAINING	DON'T MISS: October 25-26, 2008 VIETTAICHI International Training (Open to all) at: La Spezia (near Pisa), ITALY MESSAGE: Visit the Pisa Tower
JUST FOR LAUGH What do you call a lawyer gone bad? -Senator! ITALIAN PROVERB: Once the game is over, the king and the pawn go back into the same box (Vietnamese similar idea): Giang hồ lãng miếu trời đôi ngã Bị gậy cân đai đất một hòn.	PLEASE NOTE : OCTOBER and NOVEMBER: many International Training "Stages" -PEACE SWORD CHI-KIEM SESSIONS IN PORTUGAL, FRANCE, POLAND - VIETTAICHI, ITALY, POLAND - CHI-VAT IN WARSAW

VIET-CHI Post is a Vietnamese Martial Arts and Culture web posting for internal communication. Related to VOVJETJOURNAL and VIETTAICHI CHRONICLE
EVERY FRIDAY – TOUS LES VENDREDIS – THU SAU MOI TUAN
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THE BIRTH OF VIETNAMESE MODERNIZED GRAPPLING SPORT **CHI-VAT**

When we observe children playing at school or on a playground we quickly notice that they love pushing, grasping, turning, running back and forth, and making noise. That is the natural way of children playing. Unfortunately there are few sport disciplines that could fill the need of children. The best discipline we know could be Judo. However Judo, although excellent, has its own limits.

For many years I have been searching to create some discipline that could help children, and also adult people, more willing to practice. One evening, in Warsaw, during an intensive training of Leading Black Belts I ordered that everyone spontaneously present something without hesitation. When it came to his turn, my senior disciple, master Ryszard Dung-Tien showed us some moves of Vat, a well-known Vietnamese discipline. Although aged over fifty, he still did it so well and so fast that all of us were surprised and felt young like children willing to play against each others. So, that evening we turned the planned training into a Vat analyzing session. The Vietnamese traditional Vat has a long history and great value, however it needs to be modernized if one wants

to offer something new, helpful and attractive to our modern society. Since that evening, four years ago, I feel fortunate having master Ryszard working closely with me. He has the most needed background to support creating a new martial art discipline with Vietnamese roots and modern approaches. After several years of hard work and serious research, last October 2006 we reached the goal set for our efforts. All Leading Black Belts who attended my training in Warsaw last October worked very late that night to practice the new discipline we call CHI-VAT. Before these Leading Black Belts, I established the foundation of CHI-VAT, pronounced its ethics code, provided guidelines to its development, and declared the rules and the ceremony for Competition. Around midnight, the birth of CHI-VAT was declared and then I appointed master Ryszard to the highest position of DAI-DO.

Now it belongs to all others to contribute to the development of this newest discipline of martial arts. The future of CHI-VAT is exciting!

Phan-Hoang, March 2007
www.vovietjournal.org

CHI-VAT IS THE VIETNAMESE MODERNIZED GRAPPLING SPORT.

Our mission is transforming the oldest Vietnamese grappling art of VAT into the newest modern sport named CHI-VAT : The Dynamic Change.



HISTORICAL PICTURES



No 10 VIET-CHI POST – CHI-VAT TRAINING



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