

VIETTAICHI – TRAINING SESSIONS “STAGE”

With Grand Master PHAN HOANG

25 – 26 OCT. 2008 at LA SPEZIA, ITALY

(Recommendation: Visit the famed Leaning Tower of Pisa and Cinque Terres)

IMPORTANT LEARNING ON THIS PROGRAM :

*Meridians and Breathing techniques in Dai Lao.

*Movements of "NGU TUYEN CHIEU MOT"/ Five Elements through different Quyens of VTC.

*Five Meridians, Five Sounds and the exploration of Personality and Self-Development by Tue-Tu brushing art. **(Do not miss this unique experience. Ask Master Phan Hoang for your personal Tue-Tu brushing art work)**

*KHAI-MON Quyen and the Y-Kinh

SEE DETAILS OF PROGRAM BELOW

Info: Email to: laspezia@viettaichi.org

Or Fax to: +39 011 9085596 (Italy) or call +39 339 6938443

What is Viet Tai Chi ?

VIETTAICHI (VTC) is a realisation of the best ancient techniques combined with advanced knowledge in the field of modern mind-body practice. Through a variety of beautiful forms VIETTAICHI techniques synchronize movements and breathing with internal energy flows for cultivating lasting Physical Strength, Healthy Mind, and Self-confidence. VIETTAICHI brings Quietness and Happiness to people who practice it. Discovering VIETTAICHI could positively change your life.

Today VIETTAICHI is present in two dozen countries. Thanks to its diversified techniques, VIETTAICHI is for everybody. Seniors practice Soft Forms as an art of good health while active people find out in the Dynamic Forms captivating exercises and a surprising source of energy and optimism. Alternatively, any martial arts styles could use VTC forms for their pre-training session. Teachers and Black belts of all disciplines may find out the deep spirit of martial arts inside the soul of VTC. Medical doctors can recommend VIETTAICHI as exercises for good health.

Master Charles Phan Hoang, Ph.D

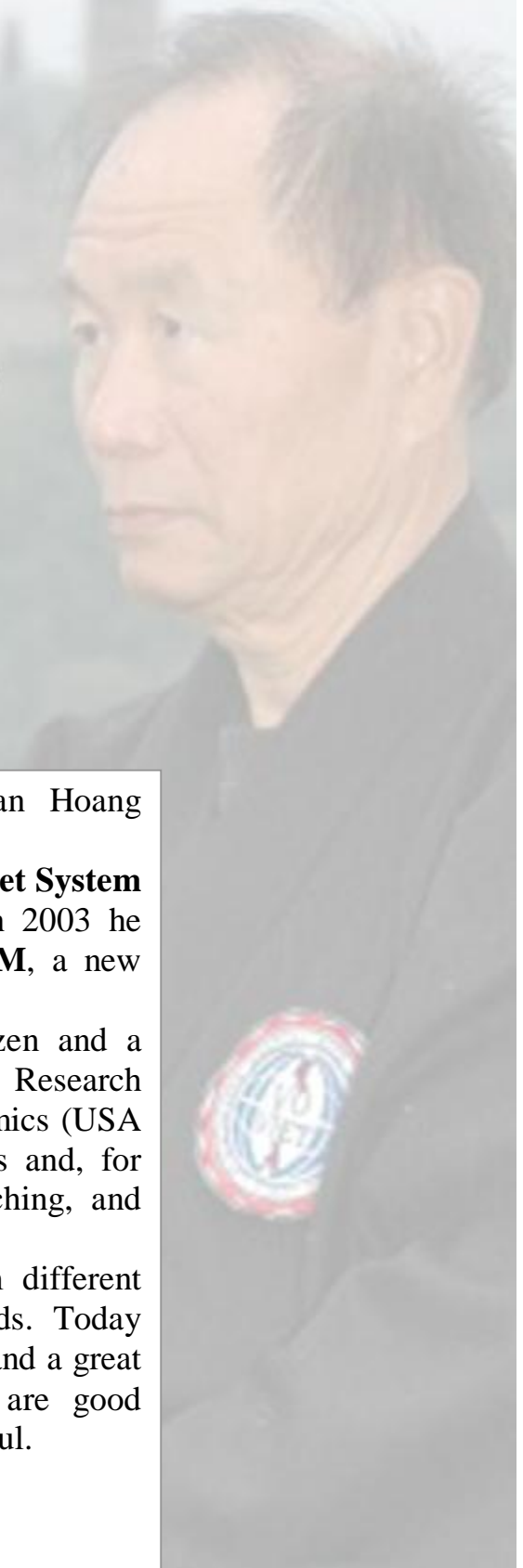
WHY SHOULD YOU LEARN VIET TAI CHI ?

VIET TAI CHI is a set of harmonious movements and internal techniques, highly effective, to develop individual equilibrium and energetic power. It is a unique discipline, a Way of well being, an Art of Beauty and Happiness.

VIETTAICHI is not a martial art nor another version of Taiji Quan, but a very interesting discipline that could change your life.

YOU WILL LOVE IT !

Who is Grand Master Phan Hoang



Born in Vietnam, Master Charles Phan Hoang arrived in France in the 1960s.

He is the founder of **Viettaichi** (1990); **Vo-Viet System and Viet Vo Dao International** (1972). In 2003 he created the Art of **Peace Sword/CHI KIEM**, a new way of the art of sword.

Master Phan Hoang is a Canadian citizen and a distinguished university professor of Research Methodology for Social Sciences and Economics (USA and CANADA). He speaks seven languages and, for thirty five years, he has been visiting, teaching, and training people in 54 countries.

A number of masters of martial arts from different schools and countries are among his friends. Today eighteen of his disciples are leading masters and a great number of black belts around the world are good teachers under the motto: Be Strong, Be Helpful.

Please visit www.vietchiworld.org www.vovietjournal.org

Program -"Stage" La Spezia 25-26 Oct. 2008

I-FISRT SESSION (Saturday morning 9:00 – 12:30)

PART ONE (9:00-10:00) : REVISION important forms and knowledge.

PART TWO (10:00-10:45): DEVELOPMENT: Meridians and Breathing techniques in Dai Lao.

PART THREE (11:00-12:30) Teaching and training Movements of "NGU TUYEN CHIEU MOT"/ Five Elements through different Quyens of VTC.

- 1- Chieu Hoa (Sequence Fire) 2- Chieu Tho (Sequence Earth)
- 3- Chieu Kim (Sequence Metal) 4- Chieu Thuy (Sequence Water)
- 5- Chieu Moc (Sequence Wood).

II-SECOND SESSION (Saturday afternoon 14:00-16:45)

PART ONE (14:00-15:15): NGU TUYEN CHIEU MOT: Meridians, Five Sound and the exploration of Personality and Self-Development by Tue-Tu brushing art.

(Do not miss this unique experience; you can ask Master Phan Hoang to perform a Tue-Tu brushing art work for you personally)

PART TWO (15:30-16:45): KHAI-MON Quyen – "Opening the Way" form-

CONFERENCE (Saturday evening 17:15 - 19:00):

- How to take advantage of the ancient THEORY OF FIVE ELEMENTS to modern life and to improve our day to day activities. **Practice of Tue-Tu brushing art.**

ANNIVERSARY GALA (optional) Dinner at 20:30. Happy Birthday!

III-THIRD SESSION (Sunday morning 9:00-12:30)

PART ONE (9:00 –10:00): Development of KHAI-MON Quyen and the Y-Kinh

PART TWO (10:15– 12:00): Development of the Four Breathing Methods
NHAT LUYEN THO and BAI DI-XA

PART THREE (12:00-12:30) Remarks, Certificates of attendance, Closing Ceremony



Viet Tai Chi World Organization

in cooperation with
COMITATO PROVINCIALE ADO-UISP
Asd Scuola Ki – La Spezia
organize



Viettaichi International TRAINING SESSION in ITALY with Grand Master PHAN-HOANG

25 – 26 October 2008
c/o Pal. Sport di La Spezia
Via FEDERICI
Via della Pianta (parking)
La Spezia

Schedule and Cost

First session (Saturday 9:00 – 12:30): 25 €

Second session (Saturday 14:00 – 19:30): 30 €

Third session (Sunday 9:00 – 13:00): 25 €

- Special – **For all 3 sessions 60 €**

ATTENDANCE CERTIFICATE AVAILABLE FOR EACH SESSION (no charge)

REGISTRATION:

Do not send any money for now, just send us your name, email address or fax number/ and your intention to: laspezia@viettaichi.org

Or Fax to: +30 011 9085596 (Italy) or call +39 339 6938443

Anniversary Gala

Dinner at 20:30 – Happy Birthday Master Phan Hoang

(Some pictures from the last year)



Don't miss it !!!!!

How to get to La Spezia

By CAR - motorway A12: exit Santo Stefano di Magra, follow signs for La Spezia in connection motorway. Once you reached the town, turn right at first traffic-light. After 100 meters on the lefts where there is the gymnasium (Palazzetto) .

By TRAIN: railway station La Spezia Centrale; take bus n° 1, and get off at the terminus (Palazzetto).

By PLANE: PISA is the nearest Airport

Accommodation

Please contact directly hotels:

near railway station : VENEZIA – tel. 0187733465 ; MARY – tel. 0187743254 ; PARMA – tel. 0187743010.

center: GENOVA : tel. 0187732972 ;

ASTORIA : tel. 0187714655 ;

My one Hotel: Via XX settembre, 81, 19122 La Spezia - 0187 738 848;

La Spezia: Via Bartolomeo, 89, 19121 La Spezia, - 0187 739625 ;

B&B: Via Bartolomeo, 74, 19121 La Spezia, - 392 2350815.

Some B&B in very beautiful place: (about 35 €)

Località San Terenzo (available also at Riomaggiore for people interested to visit 5 Terre)
n. telefonico 3497216411 answer Roberta
email michele.zeni@alice.it

Località Solaro di Lerici - Golfo dei Poeti
- Via Militare, 64
n. telefonico 3398907720 - 0187971083
email musettiriccardo@libero.it

Località Pugliola
B&B Il Chez le coq - Via Gazzoli, 14
Telefono 0187-972562 Cell: 335-6381859

Località Solaro
B&B Casa del Sole - Via vassale, 16
Telefono 0187-972992

Località Tre strade
B&B Al Lizzo -, 5
Telefono 0187-970308



Visit Pisa

Pisa is less than 90 km far from La Spezia.
You can go by car or by train, less than 1 hour.

Standing in a large green expanse, Piazza del Duomo houses a group of monuments known the world over. These four masterpieces of medieval architecture – the cathedral, the baptistry, the campanile (the 'Leaning Tower') and the cemetery – had a great influence on monumental art in Italy from the 11th to the 14th century.



Visit Cinque terre

Five miles of rocky coast in eastern Liguria, two promontories lie at each extremity, thousands of kilometres of dry walling, cultivated into vineyards, five southerly villages castled up on spurs of stone or disposed in clusters of very small inlets. These are the co-ordinates of the Cinque Terre (Five lands).



Recognized finally as a National Park in 1999 and UNESCO protected territory since 1997 as a system of naturalistic environmental interest. This zone is characterized by the presence of precipitous slopes which have been cultivated into vineyards by means of fatiguing system of terracing the only evidence of transformation operated by the laborious human activity on the territory.

The suggestive type of coastal projections on the sea with sheer cliffs that often overtake the verticality alternated with bays, winding paths and enchanting small beaches between cliffs with a profound back drop, a rich variety of ichthyic (fishing) all of which make this district an authentic natural "opera of art".



Stage La Spezia 2007 Some pictures



