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IN THIS ISSUE: - Letter from Master Phan-Hoang: THE COLORS OF OCTOBER -PICTURES * Nature: Trees in Autumn * Technique: Images of NGU TUYEN	DON'T MISS: 06,07 December 2008 Peace SWORD- CHI-KIEM International Training (Open to all). Near PORTO, Portugal
APPENDIX : Programme Stage VIETTAICHI LA SPEZIA, ITALY, 25-26 OCTOBER 2008	INFO for details on "Stage La Spezia 25,26 October 2008: vovietmailbox@vovietjournal.org

THE COLORS OF OCTOBER - Charles Phan-Hoang

The most asked question to me is **You have known fifty four countries so what is the best place?** Although it was a very clear question, I thought, for a many reasons, we cannot offer a clear answer because we would have to deal with a great number of criteria. So in some degree my answers may vary, but I must find a way to make it consistent to my own experience. I said there is ... **(Please open the attachment or visit our web to continue)**

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VIET-CHI POST – No 16 LETTER FROM MASTER PHAN-HOANG

THE COLORS OF OCTOBER Charles Phan-Hoang

(This is a draft, we greatly appreciate if someone could help for an edited version, or in translating into another language)



The most asked question to me is **You have known fifty four countries so what is the best place?** Although it was a very clear question, I thought, for a number of reasons, we cannot offer a clear answer because we would have to deal with a great number of criteria. So in some degree my answers may vary, but I must find a way to make it consistent to my own experience.

I said there is no best country; each country does have its own best time. So for each month of the year I got at least one place I'm still keeping good memories of my stay. January is for Butare in Rwanda; February with Mexico, March in South California, and so on. Now I am writing this in October; guess what is the best place in the world I would say for October?

My answer is Canada, and precisely, Ontario and Quebec. But possibly Finland could be chosen too. The nature of Canada is exceptionally beautiful in October. You should see it before you die! I am not going to describe anything with phrases but I am attaching to this letter some pictures for your view because we all know that a few pictures worth tens of millions of words. Please look at it.

Do you see these trees with a wide range of colors? Red, pink, yellow, green... in a wonderful arrangement of branches and leaves under the blue sky. You would ask how can these trees have been changing their clothes in



so many wonderful colors like all these beautiful girls making up their attires for a T.V contest of fashion. But put that subject aside, and imagine that you can join me for a walk. We can go to a nearby park and feel how the Autumn fresh air is stimulating; how the wide and quiet landscape reflects the spirit of Canadian people, and how we are far from the turmoil of big cities although we are less than ten minutes from the downtown of Ottawa. Under this nice weather, around 20 degrees Celsius, we can go to the Ottawa river by bicycle or drive thirty minutes to visit the unique Lake Pink in Quebec. This lake is unique because thousands years ago it was in the ocean. When the ocean went away the lake stayed alone with salt water. Because there are high hills surrounding the lake like an army

encircling an enemy camp, not much wind can come on the surface of the water, the Lake Pink took over three thousand years to change its salt water into fresh water so a special kind of marine fish survived and adapted progressively to its new environment. At its bottom, 25 meters deep, there are no oxygen, no life and that explains why the lake Pink has its special color. But Pink is not its color, it is the family name of a man who made history here. The color of this lake is emerald, a really beautiful emerald that contrasts with the blue sky and the multicolor of trees around the lake. I invite you to come down to the small path that goes around the lake and enjoy our journey. The lake is so quiet, the sky is so blue, and the colors of trees here are unrealistic. We hold a Chi-Kiem/wooden Peace Sword at hand and from time to time we can find a place to rest for a few moments then we perform some routine training. At such a place you will quickly discover all the beauty of this art of Peace Sword. You feel happy.



Back to the downtown of Ottawa, we are now a bit hungry. There are a lot of good restaurants here, but you can't resist to stop at one corner of Spark street when your nostrils detected the exciting smoke of grilled sausages from a small booth set on the side walk. For three dollars we get much of pleasure on eating a delicious Polish sausage with bread while standing against a



wall seeing nice people who quietly pass by. I know the man who sells these fabulous sausages. A few years ago when I first bought my sausage there, while waiting to be served I heard he said something to one of his colleague, and that made him more sympathetic to me. When I paid him and left I said "*do widzenia*" to him. He smiled, we got a small talk , and since then we became friends. He is from Poland and what I said is "goodbye" in Polish.

(Phan-Hoang, 10 October 2008)



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, Master Phan Hoang can create a piece of Tue-Tu brushing art for you)

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-CHI POST – No 16 -TECHNIQUES
POSTURES EXTRACTED FROM
NGU-TUYEN CHIEU/The Five Selection

HOA



THO



KIM



THUY



MOC

