

# Grand Master PHAN HOANG

## PROGRAM

### 1- KNOWLEDGE and FOUNDATION:

- CHI-KIEM CODE . Learn our Code and the distinct core values of CHI-KIEM Way vs other disciplines;
- Know about the Black Belt Intensive Program and its Evaluation Method ;
- Eight "DO" and "DON'T", avoiding "fatal errors";
- Stories, Tradition, and History;
- CHI-KIEM METHOD OF SITTING MEDITATION.

### 2- TECHNICAL TRAINING:

- Five basic drawing/sheathing methods;
- Five basic returning and unsheathing methods;
- Five basic cutting methods;
- Five basic moving methods;
- CHI-KIEM METHOD OF BREATHING.

### 3- SHARPENING WORK OUT:

- How to "forge" your hands (both side);
- How to know what is correct training and what is incorrect (or stupid) training;
- Why and How to make 108 times "Sharpe Training";
- Training, training, and training.

### 4- FORMS:

- Nhat Luyen Kiem;
- Dao Ma Kiem;
- Dai Nguyen Kiem;
- Training, training, and training.

### 5- APPLICATIONS:

- Applications;
- More Applications;
- Much more applications.

### 6- CLOSING CEREMONY and CERTIFICATES

5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup>  
DECEMBER

## BRIEFING

5 December (19.00h - 24.00h)  
arrival, reception, meal and night trainings

6 December (09.00h - 24.00h)  
trainings in the morning,  
afternoon and possibly at night

7 December (09.00h - 12.00h)  
trainings, closing ceremony and certificates

Price 60€



# CHI-KIEM

## PEACE SWORD

Intermediate school Alexander Herculano - Porto  
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registrations can be made through: <http://www.pt.transqvoviet.com/index.php?pageid=inscricaoes>