

<p><b>VIETTAICHI PROGRAM</b>  <b>SATURDAY 17, Oct. 2009</b></p>	<p><b>TEACHERS SCHOOL</b> presents:  <b>SU-LO PROGRAM</b>  (reserved to teachers and masters, from any background and disciplines)  <b>SATURDAY 17, Oct. 2009</b></p>
<p><b>(8:30-9:30) Session 1</b>  - (BOTH GROUPS)  <b>TUYEN KHAC (The Counter of Tuyen Sinh)</b>  <b>PART ONE: HINH</b>  <b>(9:30-10:30)</b>  - (GROUP A)  Advanced <b>TUYEN-SINH: TINH &amp; KHI</b>  - (GROUP B)  Basic <b>TUYEN-SINH: HINH</b></p>	<p><b>10:00-10:30 Preparation and self-warming-up</b></p>
<p><b>10:30-11:15 Session 2</b>  (BOTH GROUPS)  <b>TUYEN KHAC, PART ONE: THUAN</b>  <b>11:15-12:00</b>  - (GROUP A) Advanced <b>TuyenSinh: THUAN</b>  - (GROUP B) <b>DAI-LAO: HINH</b></p>	<p><b>10:30-11:15 –Session 1</b>  <b>Quyên KY MON (Exceptional Gate Form)</b>  (Full name: Su Lo Ky Mon Quyên / Exceptional Gate to the Way of Masters)  <i>Notice:</i> This quyên is only for teachers personal training. It is not to be divulged without permission.  <b>PART ONE-Technique and Focus: HINH (Form)</b></p> <p><b>11:30-12:00 –Session 2</b>  WHAT TEACHERS TODAY MUST KNOW  <b>12:00- 12: 30 Session 3</b>  <b>NHAT LUYEN METHODS: 12 Fists Method; 4 Breathing Method</b>  – <b>Technique and Focus: HINH (Form), Y (Meaning)</b></p>
<p><b>Break</b></p>	
<p><b>(13:00-14:00) Session 3</b>  (BOTH GROUPS)  <b>TUYEN KHAC, PART TWO: Y</b>  <b>(14:00-15:00)</b>  (GROUP A) Advanced Bai <b>DI XA: THUAN &amp; KHI</b>  (GROUP B) <b>DAI-LAO: HINH &amp; Y</b></p>	<p><b>13:00-15:00</b>  Optional:  -Tour of Pisa or  -Revision, self-learning , networking</p>
<p><b>(15:30- 18:30) Optional:</b>  - Tour of Pisa or  - Revision, self-learning, networking</p>	<p><b>(15:00-16:00) Session 4</b>  <b>Quyên KY MON Exceptional Gate</b>  <b>PART TWO- Technique and Focus:</b>  <b>TINH (Essence), and Y (Meaning)</b></p> <p><b>(16:00-17:00) Session 5</b>  <b>SU-LO: Methodology, Code, Numbers</b>  -QUESTIONS, ANSWERS, ORGANIZATION</p> <p><b>(17:00-18:00) Session 6</b>  -REVISION: <b>KY-MON, NHAT-LUYEN</b>  -MEDITATION: <b>Practice &amp; Method</b>  <b>Ceremony, Certificate</b></p>

<p><b>VIETTAICHI</b>  <b>SUNDAY 18 Oct. 2009</b>  <b>(9:00 – 9:30) Preparation, self-warming-up</b></p> <p><b>(9:30 – 10:45) Session 4</b>          (BOTH GROUPS)  <b>LOI-HO: HINH &amp; THUAN</b></p> <p><b>11:00 – 11:30) Session 5</b>          (BOTH GROUPS):  <b>-TIEP-XUAN : HINH &amp; Y</b></p> <p><b>11:30-12:45) Session 6</b>  <b>REVISION and Official Video:</b>  <b>-Tiep-Xuan , Tuyen-Sinh, Tuyen-Khac</b></p>	<p><b>CHI-KIEM /PEACE SWORD</b>  <b>SUNDAY 18, 2009</b>  <b>(8:30 – 9:30 ) Session 1</b>  <b>-Foundation. Warm-up Method</b>  <b>-Four Breathing Methods: 1, 2,3, 4</b>  <b>-DAO-MA-KIEM. Part One: HINH</b>  <b>(9:30-10:15) Session 2</b>  <b>-Four Drawing Methods :1, 2, 3, 4; Application</b>  <b>-Four Sheathing Methods: 1, 2, 3, 4</b>  <b>-Four Slashing Methods: Thang, Ngang, Xeo, Nguoc</b>  <b>(10:15-11:00) Session 3</b>  <b>DAO-MA-KIEM. Part Two: THUAN &amp; Y</b></p> <p><b>11:-11:45) Session 4</b>  <b>REVISION : Team and Self-Training</b>  <b>11:45-12:45) Session 5</b>  <b>- Song Luyen: Application of DAO-MA-KIEM</b>  <b>- Bai NHAT LUYEN CHEM (The Slashing Form)</b></p> <p>-</p>
<p><b>(12:45 –13) Ceremony, Certificate</b></p>	<p><b>(12:45 –13) Ceremony, Certificate</b></p>