



ANNIVERSARY STAGE WITH GRAND MASTER PHAN HOANG

**VIET CHI – TRAINING SESSIONS “STAGE”
AND BIRTHDAY GALA OF GRAND MASTER
17 – 18 OCT. 2009 in PISA, ITALY**

IMPORTANT LEARNING ON THIS PROGRAM :

VIETTAICHI

- TUYEN-SINH
- TUYEN KHAC
(The Opposite of Tuyen Sinh)
- DAI-LAO:
- LOI-HO
- TIEP-XUAN

TEACHERS SCHOOL

- Quyen KY MON
(Exceptional Gate Form)
- NHAT LUYEN METHODS

CHI-KIEM PEACE SWORD

- DAO-MA-KIEM
- Bai NHAT LUYEN LUOC
(The Flowing Form)

SEE DETAILS OF PROGRAM BELOW

Info: Email to: vovietmailbox@vovietjournal.org

Mob. +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 body-and-mind 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 many countries. Thanks to its diversified techniques, VIETTAICHI is for everybody. Seniors practise Soft Forms as an art of good health while active people find out in the Dynamic Forms captivating exercises and a surprising source of high 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.

WHY SHOULD YOU LEARN VIET TAI CHI?

VIET TAI CHI is a set of harmonious movements synchronizing breathing with a series of postures and internal techniques. These movements develop individual equilibrium and energetic power. The result is an improved circulation, a strong body, and a calm mind. A deeper experience of the self becomes possible.. 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 !



What Is Chi-Kiem "Peace-Sword"?



CHI-KIEM (Viet-Chi-Kiem) is a peaceful way of the sword; a highly valuable discipline adapted to modern life from the ancient Vietnamese “Kiem-Phap”, or the Vietnamese Gentleman Swordsmen’s (Trang-si) art of sword. Chi-Kiem is not a school of the sword. Rather, Chi-Kiem is a school of human development that follows the beautiful way of sword.

For centuries, the sword has been a weapon, a tool for killing, although the beauty of its art is highly attractive. The world today needs more peaceful and thoughtful people than belligerent ones. Master Phan Hoang has wanted to contribute in making a new Way of Peace in this field of art. Many years ago, he put his deep knowledge of the ancient Vietnamese art of sword together with his profound understanding of dynamic people’s desire for high achievement, to give birth to Peace-Sword 'CHI-KIEM'. CHI-KIEM is made of wood, which is the opposite of steel. Wood is a symbol of peace:

peaceful mind and peaceful life are the aims of Chi-Kiem.

In this discipline, physical development, self-defense skills, strategy building, inner energy training, and mental training, all are guided by a peaceful spirit.

The motto of Chi-Kiem is: **HONOR and VISION**



ABOUT SU-LO (Teachers' Way)

SU means teacher, or master. LO is road, way, or path.

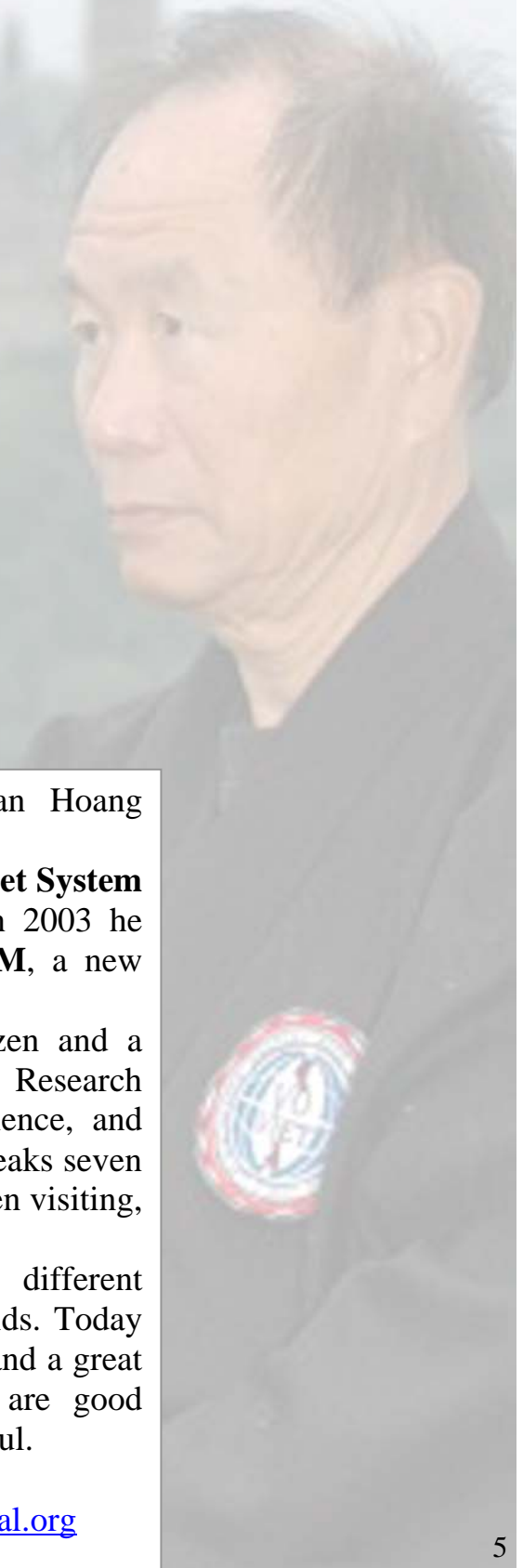
SU-LO = The Way for Teachers and Masters. In our context, it stands for:

"THE TEACHING AND TRAINING FOR THOSE WHO ARE TEACHERS AND MASTERS". Therefore, SU-LO program aims specifically to train those who are sincerely seeking a high way of learning and training for becoming a noble and successful teacher in modern and global time while keeping deep roots to ancient traditions. The structure of SU-LO program consists of three pillars. The first is Technical Training (Quyên-Thuat) ; the second is Methodology (Phuong-Phap), and the third stands for What



teachers must know (Thong Lo).The Technical Training starts with an exceptional Quyên called KY-MON. This Quyên KY-MON opens up a broad view to those who, for years, have been trained in one of the eight VIET-CHI disciplines such as Vietvodoa, Viettaichi, Chi-Kiem, and in the same time offers a rare occasion to new comers —who have already acquired a high level of knowledge and skill but from an outside discipline— to catch up and become part of a great family of teachers without distinction of discipline.

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 Economics, Cognitive Science, and Social Sciences (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 martial-art masters from different disciplines 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.

(Autumn 2008) Please visit www.vovietjournal.org

Program -"Stage" PISA 17-18 Oct. 2009

VIETTAICHI PROGRAM

Open to all people:

- GROUP A: Advanced
 - o People who have already seen the quyen Tuyen Sinh, Bai Di Xa
- GROUP B: Basic
 - o People who haven't done VTC before or started recently
- Sometimes the two group can work together.

TEACHERS SCHOOL

is for teachers and masters from any background and disciplines.
Assistant-teacher, of good level, from any disciplines, can also be accepted.

CHI-KIEM /PEACE SWORD SESSIONS

are open to everyone.



<p>VIETTAICHI PROGRAM SATURDAY 17, Oct. 2009</p>	<p>TEACHERS SCHOOL presents: SU-LO PROGRAM (reserved to teachers and masters, from any background and disciplines. Assistant-teacher, of good level, from any disciplines, can also be accepted.) SATURDAY 17, Oct. 2009</p>
<p>(8:30-9:30) Session 1 - (BOTH GROUPS) TUYEN KHAC (The Opposite of Tuyen Sinh) PART ONE: HINH (9:30-10:30) - (GROUP A) Advanced TUYEN-SINH: TINH & KHI - (GROUP B) Basic TUYEN-SINH: HINH</p>	<p>10:00-10:30 Preparation and self-warming-up</p>
<p>10:30-11:15 Session 2 (BOTH GROUPS) TUYEN KHAC, PART ONE: THUAN 11:15-12:00 - (GROUP A) Advanced TuyenSinh: THUAN - (GROUP B) DAI-LAO: HINH</p>	<p>10:30-11:15 –Session 1 Quyên KY MON (Exceptional Gate Form) (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 divulge without permission. PART ONE-Technique and Focus: HINH (Form)</p> <p>11:30-12:00 –Session 2 WHAT TEACHERS TODAY MUST KNOW 12:00- 12: 30 Session 3 NHAT LUYEN METHODS: 12 Fists Method; 4 Breathing Method – Technique and Focus: HINH (Form), Y (Meaning)</p>
<p>Break</p>	
<p>(13:00-14:00) Session 3 (BOTH GROUPS) TUYEN KHAC, PART TWO: Y (14:00-15:00) (GROUP A) Advanced Bai DI XA: THUAN & KHI (GROUP B) DAI-LAO: HINH & Y</p>	<p>13:00-15:00 Optional: -Tour of Pisa or -Revision, self-learning , networking</p>
<p>(15:30- 18:30) Optional: - Tour of Pisa or - Revision, self-learning, networking</p>	<p>(15:00-16:00) Session 4 Quyên KY MON Exceptional Gate PART TWO- Technique and Focus: TINH (Essence), and Y (Meaning)</p> <p>(16:00-17:00) Session 5 SU-LO: Methodology, Code, Numbers -QUESTIONS, ANSWERS, ORGANIZATION</p> <p>(17:00-18:00) Session 6 -REVISION: KY-MON, NHAT-LUYEN -MEDITATION: Practice & Method Ceremony, Certificate</p>

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



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

17 – 18 October 2009

15, Via S. Marco,
tel +39 050 47050
56121 Pisa (Italy)

Schedule and Cost:

Saturday sessions (VietTaiChi/SU-LO) (17 October 2009, 8:30 – 18:80): 50 €

Sunday sessions (VietTaiChi/CHI-KIEM) (18 October 2009, 8:30 – 13:00): 30 €

- Special – **only 70 € (instead of 80 €) for registration to all sessions before 7 October 2009**

ATTENDANCE CERTIFICATE AVAILABLE FOR EACH DISCIPLINE (no charge)

Registration:

Please, contact vovietmailbox@vovietjournal.org (or call +39 339 6938443) and send us your name, email address or fax number and your intention.

Anniversary Gala
Dinner 17 Oct. 2009 at 20:30
Happy Birthday Master Phan Hoang
(Some pictures from the past years)



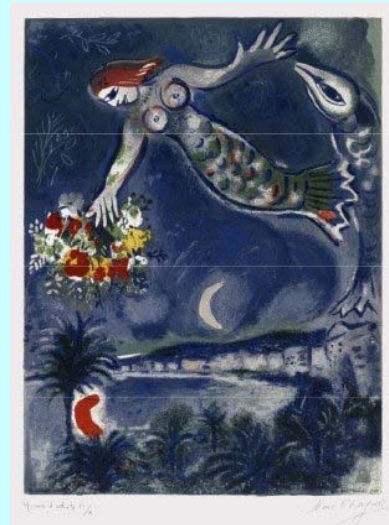
Don't miss it !!!!!
*(supposedly some friends or former
disciples like to come and see G.M)*

Visit Pisa

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.



CHAGALL at PISA



Pisa remembers the genius of Chagall with a major exhibition from 9 October to 17 January at Palazzo Blue, 150 works.

