

# VIET-CHI POST No 39

October 01, 2009

## Report on

### SU-LO: KY-MON Quyen, The Exceptional Form

by *VCP Team and Khiem-Long*

*(continued from VIET-CHI POST No 38)*

#### *What is the quyen KY-MON, and why is it exceptional?*

KY-MON is a quyen (training form, kata in Japanese, and chuan in Chinese) reserved to teachers. Therefore; if you want to learn it you have to be a teacher, from any discipline inside or outside of Viet-Chi 8 disciplines. This is not a privilege, rather a hard job to do; a good choice to make. Since this special training form Ky-Mon is only for teachers, we do not report on how it is performed; we simply present here some information on it. The term KY means in Vietnamese, for the context of our purpose, exceptional, extraordinary, mysterious, unusual, excellent, and MON means the gate. So you can expect that it is not like any usual gate at the beginning of a normal path. This exceptional gate Ky-Mon is open only from time to time and the path behind is a climbing up path.

As any quyen from the system of Viet-Chi 8 disciplines does, Ky-Mon must also meet the methodological requirement of Bat-Nguyen —the 8 principles for Vietnamese quyen—, and has to demonstrate the 9 aspects of training which are formally prescribed by Cuu-Doan teaching method. Usually a quyen (kata in Japanese, chuan in Chinese) of any group of schools could be classified under one of the three following categories: Slow, Soft, and Hard, or under the two training goals: Internal and External. But Ky-Mon is an exception; it integrates all



The Photo you see on the text from left to right: TUE-TINH Loc MAI (the reviewer for Political Corectness), G.M , and Tue-Viet HA (the Acupunturer in charge for reviewing issues on inner energy and meridians) Photo taken Sept. 2009.

the above three categories and the two training goals through its 18 sequences. The number 18 has been chosen for building sequences upon because it is a good mathematical structure that provide multiple possibilities of mutation during learning and training processes. Then each sequence has its name, its meaning and its technical purpose. Moreover breathing method and connection to physiological coherence must be also integrated. Depending on the capacity and background of the learner, several lessons can be taught in each sequence. For example the first sequence, bearing the name of “*Be A Teacher*”, teaches us the Correct technique to open any quyen of Viet-Chi System, the Common method of breathing, the Symbolism of Su-Lo An (the Seal of Teacher), the Three guidelines for teachers, and how the correct opening stance and movement agree with good physiological function of our body. After the opening movement, successive sequences dealing with internal training (noi-cong) and external techniques (ngoai-cong) will open many learning avenues to new comers who could then discover solid

answers to some questions they had often asked to themselves.

It's now easy to understand why the training of Ky-Mon is only for teachers. If you like to be a good teachers, Ky-Mon is for you to learn. If you have good friends who are teaching some disciplines of body-and-mind or martial art you can sponsor them for attending our workshop Stage with Grand Master but don't present people who want to obtain everything without any efforts.

*VCP Team and Khiem-Long, September 2009*