
METHOD CONG-VAN**for DAILY TRAINING OF INTERNAL ENERGY (NHAT LUYEN KHI-CONG)****ENTRAINEMENT JOURNALIER DE L'ENERGIE INTERNE**

Winter in Canada is often very cold and long. It is not unusual that the temperature could drop to minus 20 to minus 30 degrees Celsius during the months of February and March. Living in such a place, daily practices of good exercises are important to maintain the strength of our body and to elevate the mood of our mind. I find it is excellent if you could go out and do something at a park, whenever you can. The dynamic breathing method CONG-VAN could help you fast regaining and strengthening your inner power.



Having a Canadian discipline, such as a hockey discipline, is much more important than the weather itself. Only four to five minutes everyday you can normally achieve up to 18 times of this Viet-Chi Breathing Exercise. Do it accordingly with

the capacity of your body, for two or three times daily. The following series of pictures will clearly guide you how to do this exercise, which have been shown to numerous participants attending our Stages/Training Sessions during the last five years in many places in the world such as Montreal, Florida, Warsaw, Paris, Les Sables d'Olonne, La Spezia, Porto, Pisa etc.

So the question is not How to do it, but it is How to have a strong will to do it regularly, in Canada or elsewhere. You have to decide who you want to be; that I cannot help.

BEST WISHES

G.M. Phan Hoang

Ontario, January 2010 gmpphanhoang@vovietjournal.org

www.vovietjournal.org www.vietchiworld.org



Picture 01- Start (quiet mind)



Picture 02- Inhale (open the legs for a firm stance)



Picture 03- Inhale (slowly raise your arms; body upright)



Picture 04- Maximum inhalation (Arms open widely)



Picture 05- Exhale slowly (form a mountain posture)



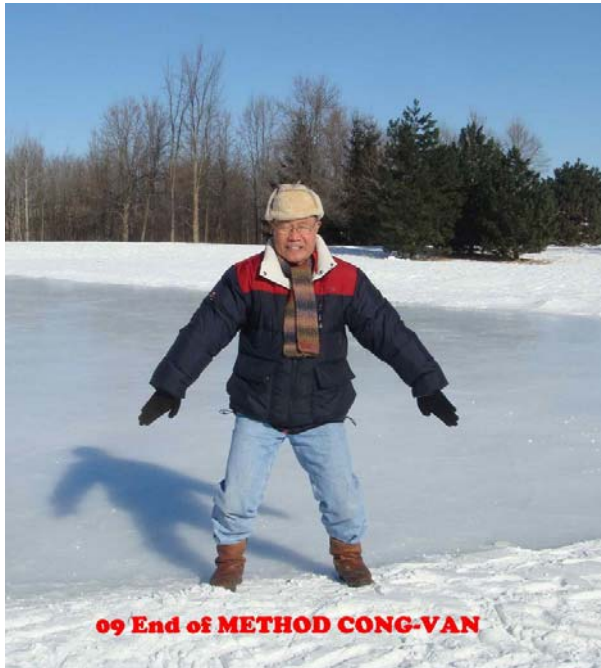
Picture 06- Holding the breath to forge Internal Power



Picture 07- Lock the whole body, then exhale



Picture 08- Exhale, Thet! (Kiai at the end)










Picture 09- Relax (for an internal massage)
Thinking: THE POWER OF MIND



**BE STRONG, BE HELPFUL
NO FEAR**

METHOD CONG-VAN (CÔNG-VẬN)

04A CÔNG-VẬN	04B CÔNG-VẬN	04 C CÔNG-VẬN	04D CÔNG-VẬN
			

04E CÔNG-VẬN	04F CÔNG-VẬN		END OF SESSION- LỄ
	 Thét (Kiai)	CONTINUE YOUR TRAINING....	

CÔNG-VẬN Thiệu Diễn - Poem for Movements description- (a quick translation)

Thở vô làm thể chữ Sơn

Inhale and Make the Mountain Posture (see 4C)

Vận công cứng vững chột ào thở ra

Hold and Forge the Internal Power (see 4D), then Exhale!

CÔNG VẬN Thiệu Tâm - Poem for Mind remembering- (a quick translation)

Giữa trời hung vĩ đứng vận công

Up between Sky and Earth for Inner Training

Tâm ý như tiên, sức mạnh rồng

Attaining Dragon Force with free Heart and Mind

Nội công tựa núi cao vòi vọi

Like Mountain, Internal Power growing extensively high

Thần công ngời sáng tỏa muôn nơi

To all Space and Time, Mind Power spontaneously sparkling

(Phan-Hoàng)