

**“MASTER PHAN HOANG AND YOUR CLUB”**

is a series of letters from our Master to be addressed to your Club

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Letter 2010/March

**THE LAKE OF WONDER**

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Mexico, Thursday 2010-02-25

This lake is mysterious. The people here call it by the name of the Virgin, in Spanish. In my writing , I have reason to give this surprising lake the name of “Ky-Ho”, the Lake of Wonder.

The more I know this lake the more mysterious it is to me. Not only the lake can suddenly change its color but also its surface, even its form among many other curious phenomena. The origin of its legend too is a mystery.

Last week I came back here in the morning for my training and by the time I finished executing nine times the form BAI DI-XA the mysterious lake has changed its face from an indefinite dark aspect when I arrived to a nice light blue-green. From here I cannot see the famous volcano Popocatepetl but the surface of the lake reflected to me another majestic mountain. The scenery of a still mountain and its moving image on the water was so beautiful that I sat down admiring this landscape for a while. The majestic mountain, being a mountain, cannot move but its image, being the art work of the water, can dance with the wind and change with the mood of the water. The lake cannot rise high by itself at the level of the mountain, but it can embrace the mountain and hide its deepness. One cannot see the bottom of the lake by looking at the mountain but it is easy to see the top of the mountain by looking on to the lake.

This observation caught my thought. It seemed that the lake has sent me a message: *Be strong like the mountain and be flexible like the lake.* Sitting in front of this lake, I thought that I should now devote some amount of my time to write to our clubs, I means for the students at all ages who regularly come to their local club to do our arts -Vo-Viet VVD, Viettaichi, Chi-Kiem, Chi-Bong, Chi-Luc, Chi-Vat etc- in many countries. Most of them have not met me but they are not unknown to me, they are integral members of our international family. During this year of Tiger, each month I will write a letter to your club. So please feel free, when you get this letter, to bring it to your club. Please volunteer in translating this letter into the language of your country for the benefit of your colleagues, by doing so I am sure that you will feel happier.

I will come back to the mystery of this lake later. Let me now show you a training technique related to the lesson from this lake. This is your training lesson of the month, its name is Ha-Co/ The Lower Part. Ha-Co is one of the eight movements of the well known form BAI DI-XA. You can visit the following web site for more information: [www.vovietjournal.org](http://www.vovietjournal.org)

Briefly, the technical training of Ha-Co is as follows:

-OPENING- Stand up in Posture No1 (Lap-Tan, Than-Tru, The Pillar,), execute the Salutation.

-MOVEMENT- Make the same posture a bit larger. Both hands at the level of your hips (inhale), then pushing forward (exhale, legs slightly bent)

-BREATHING- It is the method THO-BUNG (Belly breathing). Inhale: abdomen out, then hold your breath for three seconds. Exhale: abdomen in.  
-BODY WORK- Inhale: body open up largely, relaxing. Exhale: strong contraction; at the end of movement: hold the strong contraction for two seconds then relax.  
-MIND- Imagine that your body is like the mountain: strong, and proud. Your Dan-Dien (belly) is like the lake: deep and moving. Your motto: READY AND HAPPY TO HELP.  
-QUANTITY- Basic training: doing Ha-Co 9 times. Advanced training: by a multiple of 9 (18, 27, 36 etc). The excellent level is for 108 times. One can plan to do Ha-Co several times in a day.  
-DISCIPLINE - Everyday when you get out of your bed, immediately execute Ha-Co 7 times (so there are at least 2 times left for you to do during the day).

Let's go back to the mystery of the Lake of Wonder. We are in a region of high altitude in this part of Mexico where there are many volcanoes. I know that I could never know how deep this intriguing lake could be. Possibly it could be connected to a sleeping volcano, like the one in France, near Clermont-Ferrand, I had known almost 40 years ago when I was teaching Economics in this special city of Michelin. In that case the lake could be very deep. However I thought I could more or less explore to know how large this lake could be. To me, assessing the boundary's length of this lake was likely engaging into a challenge, a kind of game, and I was excited thinking of doing it. Yes, "assessing" is a key of success for many things in life: buying, selling, getting a job, going for vacations, engaging in a martial art competition. Even in love, the act of "assessing" is frequently present although many people do not notice it. Would any one, girl or boy, go to a date party without previously assess the risk of danger and the chance of success? So I was attracted by the game of assessing the length of the boundary of this lake. I did not know that was the beginning of an unexpected adventure I would never forget. In my next letter, I will tell you about this unforgettable experience.

Now what I want you to do is: Execute the Ha-Co movement 9 times. Do it right away, please.  
*Knowledge without action often has no value.*

You have read this letter, I hope. Please know that it would be a great pleasure for me to receive a picture of you or of your group doing the Ha-Co, at any place, with any attire. Send it to any of my following email addresses:

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[vovietblackbelt@yahoo.com](mailto:vovietblackbelt@yahoo.com) or [vcpost@vovietjournal.org](mailto:vcpost@vovietjournal.org)

Upon receiving your picture, I will send back to you one of my special picture along with an exceptional document on Ha-Co. The first one who will send me a picture doing Ha-Co will receive a special gift.

Best wishes,  
Mexico 25 Feb. 2010

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