

**Participation in an  
5-th International Stage of Vietnamese Martial Arts**

**Zyrardow: 11-13 October 2024**

**REGISTRATION DEADLINE: 30.09.2024 by mail to: [bonikow@gmail.com](mailto:bonikow@gmail.com)**

Surname	
Name	
Club	
Address	
E-mail	

I subscribe the follow stages:	cost	yes/no	amount			
<b>11.10 Friday</b>	From 20:30 to 22:00		<b>15 €</b>	CHI VAT		
				APM		
<b>12.10 Saturday</b>	From 10:00 to 18:00		<b>40 €</b>	CHI VAT		
				VIETCHI DAO		
				CHI BONG		
<b>13.10 Sunday 13.10</b>	From 10:00 to 13:00		<b>20 €</b>	CHI VAT		
				VIETCHI DAO		
				CHI BONG		
<b>Total euro</b>						

Pay method - cash on site

Dinner on Saturday 12.10 (cost 25 €)			
Normal food	Vegetarian	Alergic	Special needs

**Disclaimer:** As in any sport activity or other exercise regimen, consult your doctor if you have health questions before attending or practicing. Neither the organizers nor the teachers are, and will be responsible, in any way whatsoever, for accident, injury or damage resulting from the attendance to this workshop "Stage".

ALL PARTECIPANT MUST HAVE REGULAR MEDICAL CERTIFICATE FOR THE PRACTICE OF SPORT. THIS CERTIFICATE SHALL BE VALID DURING THE PERIOD OF THE STAGE

Signature \_\_\_\_\_

Info: [bonikow@gmail.com](mailto:bonikow@gmail.com)

**Dear Friends,**

with great pleasure I would like to invite You for 5-th International Stage of Vietnamese Arts. This year we have big program to learn. Everyone can find something for himself.

Program of teaching:

**Friday**

we start in evening with special training of Chi Vat. During this training we want's show 18 takedowns with final techniques.

In this some time we have another subject – APM (Anti Pain Method). In this part of stage You can learn various methods of pain relief (techniques of osteopathy, kinesiotaping and natural medicine).

**Saturday**

is a work with advanced techniques of Chi Vat. From this occasion we present You new ideas of fighting rules, intended only for adults.

Next part is Viet Chi Dao, with beautiful Quyen – Tap Bat Dieu, discussed in all details. It is also an explanation of the message of Viet Chi Dao.

Last part is Chi Bong – art of stick. During this stage we would like to explain completely program of Chi Bong school with theory of five elements and new forms (Bai). In program we will be teach first and second form: Binh Dinh Bong Bai and Lien Son Bong Bai.

After program we have special dinner – start 19:30

**Sunday**

In this day You repeat all materials and learn next techniques of Chi Vat, Viet Chi Dao and Chi Bong.

See You soon

Piotr Tue Chuong