

# INTEGRAL VOVINAM BELT EXAMINATION Programme



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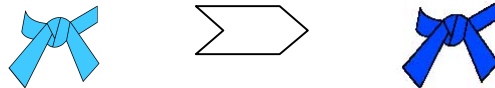
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## Integral Vovinam Teaching Program

This program is based on the purely martial side of Vovinam, following the principles of the Founder Master Nguyễn Lộc. The amount and the level of the techniques is much higher than in the modern "sports" Vovinam of Vietnam, and the difficulty of success for the belt examination is obvious, we are aware of that, but it produces good Vo Sinh's and teachers

**Each National Leader is free to follow this entire program for the examination session or to adapt it to the pedagogical and technical needs of each country.**



**Beginners course: "Clear Blue" Belt, Same color of the Võ Phục**

**To obtain the Dark Blue belt (adults or more than 14 years old)**  
(From 3 to 8 months, with 3 training session per week)

### Basic Techniques

**4 chém - 4 chopping hands**

**4 chỗ - 4 elbow strikes** hitting on the focus gloves

**4 gạt cạnh tay - 4 chopping hand blockings**

**Đấm - Punches:** đấm thẳng, đấm móc, đấm lao, đấm móc, đấm thấp, đấm bặt đấm ngược, đấm phạt ngang

**Đá - kicks:** đá thẳng, đá tạt, đá cạnh, đá đạp, đá lái, đá đạp lái

**Tấn (stances):** trung bình tấn, đỉnh tấn, tam giác tấn

+ **Steps** and moves towards the 4 directions for the fight

+ Rotative and lateral **dodges** (on site)

### Basic Applications

**Phản Đòn Đấm Móc lối tự do + xiết cổ nằm xuống**

**Khóa Gỡ Tự Vệ (Self-defense techniques):** bóp cổ trước lối 1 & 2, bóp cổ sau, nắm ngực áo lối 1 & 2, ôm trước không tay, ôm trước có tay, ôm ngang, ôm sau không tay, ôm sau có tay.

**Khóa tay dắt (Arm-lock):** khóa tay dắt lối 1 & 2.

**Chiến lược - Fighting strategies:** from 1 to 5 with focus gloves, with a partner + gloves, and with punching bag

**Vật (Wrestling):** number 1 and 2 + counter-attacks

**Ground fight techniques:** trên trong & trên ngoài defenses

**Knife threatening:** Peak of the knife to the throat in front

**Knife attacks:** Traditional N.1 Against right & left user + Knife attacks street type N.1 (direct) Against right & left user

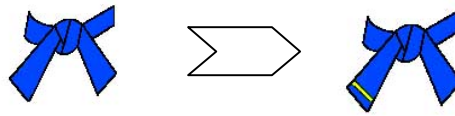
**Vật wrestling fight: NO**

**Kick boxing fight: NO**

**Ground fight: Initiation**

**Mixed Kickboxing and Ground fight: NO**

**Dark Blue Belt course**  
(Course for confirmed Vo Sinh's)



**To obtain the Dark blue Belt 1st stripe (adults or more than 14 years old)**  
(3 to 6 months are generally asked, with 3 trainings per week)

Basic Techniques

Reviewing of the items previously learned +

**4 gôi (4 Knee strikes)** with Paos

**Jumping** (high)

**Stances:** trảo mã tấn, đỉnh tấn thấp, độc cước tấn, hồi tấn...

[must know how to apply them, with punching techniques and blocking]

**Dodges** (rotative and lateral with movings)

Basic Applications

**12 defenses against punches** (level 1) **Phản Đòn Tay**

(Inverting the right & the left):

đấm thẳng, đấm móc, đấm lao, đấm móc, đấm thấp, đấm tự do 1 & 2.

**Chiến lược - Fighting strategies:** Chiến lược from 6 to 10, with focus gloves or Paos, with a partner + gloves, and with punching bag.

**Series of kicks:** demonstration of a series of 3 or 4 different kicks, fluids, fast and powerful, with the Remlis (Mitts).

**Vật (Wrestling):** number 3 and 4 + counter-attacks

**Ground fight techniques:** application of Khóa thập tự, defense on top inside with Khóa Chân Tam giác, defense on top outside + application of lapel strangulations (dưới, trên, hai bên, một bên trong)

**Knife threatening:** knife edge on the throat from the front, against right & left user

**Knife attacks:** Traditional N.2 against right & left user + Knife attack street type N.2 (to the outside) against right & left user

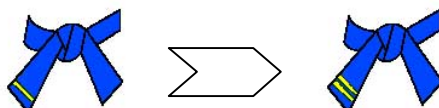
**Vật wrestling fight: NO**

**Kick boxing fight: NO**

**Ground fight: 1 round of 3 minutes**

**Mixed Kickboxing and Ground fight: NO**

## Dark Blue Belt 1st cấp Course (adults or more than 14 years old)



**To obtain the 2nd stripe (adults only or from 14 years old)**  
(6 to 8 months are generally asked, with 3 trainings per week)

### Basic Techniques

Reviewing of the items previously learned +

#### **Té ngã - Fallings**

**4 Chỗ từ 5 đến 8 - The 4 Elbow strikes** from 5 to 8 alone, and with the Paos  
+ Applications and parrying of all the chiến lược learned

### Basic Applications

**Khóa Gỡ Tự Vệ - Self-defense techniques:** nắm tóc trước lối 1 & 2, nắm tóc sau lối 1 & 2, nắm tay cùng bên, khác bên, 2 tay nắm 1 tay, 2 tay nắm 2 tay trước, 2 tay nắm 2 tay sau, khóa sau vòng gáy.

**Khóa tay dắt - Arm-locks:** khóa tay dắt lối 3 & 4.

**Phản Đòn Chân - Trình độ một Kicking Counter-attacks - Level 1, right & left:**  
đá thẳng, đá cạnh, đá tạt, đá đập.

**Vật (Wrestling):** number 5 and 6 + counter-attacks

#### **Ground fight techniques:**

against Khoá Chân Tam Giác, before it is locked  
against Khoá Chân Tam Giác, once it is locked  
against Xiết cổ Ngang,  
+ Ankle lock

**Knife threatening:** Edge of the knife to the throat from the back

#### **Knife attacks:**

Traditional N.3 against right & left user  
+ Knife attacks street type N.3 (inside) Against right & left user

#### **Đòn Chân Tấn Công - Offensive Leg Techniques**

Đòn Chân Tấn Công number: 1, 2, 3, and 4, against right user & left user.

**Chiến lược:** from 11 to 15 with Paos, with partner + gloves and with punching bag.

#### **Quyền:**

Thập Tự Quyền

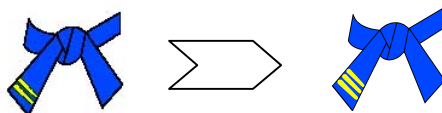
**Vật wrestling fight: NO**

**Kickboxing fight: Initiation**

**Ground fight: 2 rounds of 3 minutes**

**Mixed Kickboxing and Ground fight: NO**

## Course for Dark Blue Belt 2nd stripe



**To obtain the 3e stripe (adults only or from 14 years old)**  
(6 months to 1 year are generally asked, with 3 trainings per week)

### Basic Techniques

Reviewing of the items previously learned +

**Series of kicks:** demonstration of several series of 4 or 5 different kicks, fluid, fast and powerful, with Remlis (Mitts).

**Punching series:** demonstration of several series of 4 or 5 different punches, fluid, fast and powerful, with the Remlis (Mitts) ou with Paos.

### Basic Applications

**Xô ấn đập bụng - Throwings with pressure on the stomach:** số 1 & 2 with submission on the ground (lapel of the Võ phục, neck)

**Khóa tay dắt - Arm-locks:** khóa tay dắt lối 5 & 6.

**Đòn Chân Tấn Công - Offensives Leg Techniques** 5 and 6, Right & Left user

**Chiến lược - Fighting strategies:** from 16 to 20 with Paos, with a partner + gloves, with punching bag.

**Knife threatening:** peak to the throat (front)

### **Knife attacks**

N.4 against right & left user

+ Knife attack street type N.4 (direct to the face) against right & left user

**Vật (Wrestling):** number 7 and 8 + counter-attacks

### **Ground fight techniques:**

3 defenses against Khóa tam giác in various phases of the technique

3 defenses against Xiết cổ ngang,

Arm-lock (trên + dưới) in application on the ground

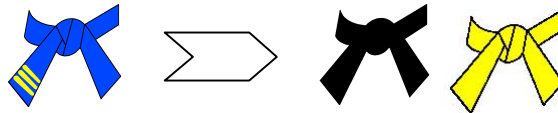
**Vật wrestling fight: NO**

**Kickboxing fight: 1 round of 2 minutes**

**Ground fight: 2 rounds of 3 minutes**

**Mixed Kickboxing and Ground fight: initiation**

## Blue Belt 3 cấp course



### To obtain the Black Belt or Yellow Belt (Without stripe) (Adults only or from 16 years old)

(6 months of practice minimum, 1 year generally asked, with 3 trainings per week)

#### Basic Techniques

Reviewing of the items previously learned +

#### **Phản đòn tay - trình độ 1: Counter-attacks - level 1:**

Working under pressure (one or two stress training systems only) against *Đám thẳng*, *Đám móc*, *Đám lao*, as well as *Đám hai tay số 1 & 2*

=> Inserting "*Long hổ tay*" (covers) and "*Hai tay đỡ*"

=> Inverting the right and left sides

=> Defending 360 degrees against several training partners (slow speed)

#### **Phản đòn chân - Trình độ hai Kicking Counter-attacks - level 2 "Integral":**

Against *Đá tạt vào chân* (Low-kick), *Đá đập lái*, *Đá lái*, *Đá móc* (hook-kick) right & left sides

#### **Knife threatening:**

Edge of the knife to the throat front & behind

Peak to the throat front & behind

#### **Knife attacks**

Traditionals N.1 - 4 against right & left user

+ all the knife attacks, street type, against right & left user

=> Working 360 degrees with several training partners (slow speed)

#### **Ground fight techniques:**

3 defenses against *Khóa thập tự*,

Applications of the *Khóa chân (trên + dưới)*,

*Nắm hai tay (trên + dưới + 2 bên)*.

**Dòn chân:** 7, 8, 9 both right & left

#### **Vật (wrestling):**

- 10 Basic Techniques from 1 to 10, all executed on the left and on the right

- Counter attacks and defense against Vật

**Song Luyện:** Song Luyện Vật 1, also called Bài Vật 1.

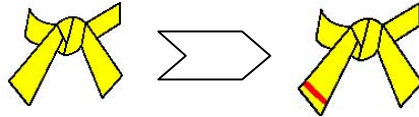
**Vật Vovinam wrestling fight:** 1 round of 3 minutes with following on the ground. There is no need to win the fight, but the applicant must demonstrate the ability to apply a variety of learned techniques.

**Kick boxing fight:** 3 x 2 minutes

**Ground fight:** 2 x 3 minutes

**Mixed Kickboxing and Ground fight:** 1 x 3 minutes

## Black Belt or Yellow Belt (Without stripe) Course



### For the examination of the Yellow Belt 1st Stripe (Adults – from 18 years old only)

(From 12 to 24 months with 3 training sessions per week)

#### Basic Techniques

Reviewing of the items previously learned +

#### **Series of de kicks and punches:**

Demonstration of several series of 4 or 5 kicks and punches mixed, fluid, fast and powerful, with Remlis (Mitts) or with Paos.

#### **Series of elbow strikes:**

Demonstration of several series of 4 or 5 different elbow strikes, fluid, fast and powerful, with focus gloves ou with Paos.

#### **Phản đòn tay + chân (level 1)**

ALL the Counter-attacks (punches and kicks) against several opponents, 360 degrees (at a slow speed)

#### **Chiến lược - Fighting strategies:**

Being able to apply ALL the *Chiến lược* from 1 to 20, at full power, in any order according to the indications of the persons who are holding the Paos (360 degrees working area).

#### **Knife Attacks:**

4 techniques of Traditional defenses against knife, Right User & Left User

+ All the knife attacks, street type, against right & left user

=> Defending 360 degrees against several training partners (slow speed)

#### Knife Threatening:

Peak of the knife to the neck from one side

+ All previous kinds of threatening, against right & left user

#### **Ground fight techniques:**

2 ways to enter in the ground guard from the standing position

2 ways to defend against the entry in the ground guard from the standing position

Grabbing the opponent's legs + getting him to the ground

#### **Quyền:** Ngũ Môn Quyền (with the modifications of the guard)

#### **Song Luyện:** Song Luyện 1 "Integral way of working" (*not compulsory for the moment*)

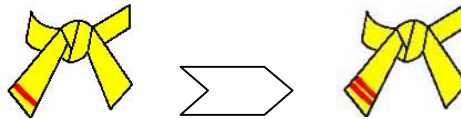
**Vovinam Vật fight:** 2 x 3 mn

**Kickboxing fight:** 3 x 2 minutes

**Ground fight:** 2 x 3 minutes

**Mixed Kickboxing and Ground fight:** 2 x 3 minutes

## Yellow Belt 1st cấp Course



**(Adults over 18 years old only)**

To obtain the Yellow Belt 2nd Stripe (minimum 24 months with 3 sessions per week)

### Basic Techniques

Reviewing of the items previously learned +

#### **Jumping Kicks:**

*đá tạt lái bay, đá đập lái bay, đá móc lái bay* hitting on remlis (Mitts)

**Punches:** *Đám búa lái* (Spinning back fist) and punches series with it.

#### **Vũ Khí:**

15 *Thế Kiếm Cơ Bản*, the 15 applications of the sword techniques

#### **Khoá gỡ tự vệ:** self-defense techniques:

Mastering the *Long hổ tay* (cover)

Being able to apply "*Hai tay đỡ*" (Buffalo stoppings) to any "striking" attack

+ *Khóa nghệt thờ trước & sau, khóa cổ ngang, khóa sau vòng gáy lối 2, bóp cổ sau lối 2, bóp cổ trước lối 3*, all the forms of grabbing the hand type 2 same side, opposite side, 2 tay nắm 1 tay, nắm 2 tay trước, nắm 2 tay sau.

**Knife threatening:** to the stomach from the front (Right user & Left user)

#### **Knife Attacks:**

ALL randomly, against several opponents, 360 degrees, at a - not too fast - speed (right & left user)

#### **Gun threatening:**

Street threatening to the stomach in front, to the face in front, (Right & Left user)

#### **Short Stick attacks:**

Vertical or diagonal + Attack to the leg

#### **Ground fight techniques**

Defenses against lapel strangulations (*dưới, trên, hai bên, một bên trong*)

Application of the inverted *Khóa Tam Giác* (north - south)

Working several "open guards" (while having the back on the floor)

#### **Quyền:**

Tinh Hoa Lưỡng Nghi Kiếm Pháp (sword)

(Nhu Khí Công Quyền 2 - Inner energy Quyền number 2, is not asked for the examination).

**Song Luyện:** Song Luyện Chiến Lược (Chiến Lược 1 to 10) *Not compulsory for the moment*

**Vật fights Vovinam: 3 X 3 minutes**

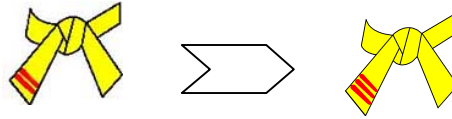
**Kickboxing fight: 3 x 2 minutes**

**Ground fight: 3 x 3 minutes**

**Mixed Kickboxing and Ground fight: 3 x 3 minutes**



## Yellow Belt 2nd cấp Course



(Adults over 18 years old only)

To obtain the Yellow Belt 3rd stripe (between 24 and 36 months with 3 trainings per week)

### Basic Techniques

Reviewing of the items previously learned+

**Vật:** the 10 techniques level 2 + Counter attacks,  
Performed to both sides

**Vũ Khí:** 12 *Thế Tay Thuộc & Phân Thế*,

The 12 techniques of wooden ruler & all the applications

ALL randomly, against several opponents, 360 degrees, at a - not too fast - speed (right & left attackers)

#### **Knife Attacks:**

ALL randomly, 360 degrees against several opponents at a regular - to real - speed (Right & Left user)

#### **Short Staff Attacks:**

To the inside

To the outside

+ Techniques catching the attacker's weapon, using it for submission and armlock.

**Knife Threatening:** Edge of the blade inverted to the throat in front (Right & Left user)

**Gun Threatening:** street type, in the back and behind the head (Right & Left user)

#### **Ground fighting techniques**

Application of the *Một trăm ký* with the different ways of using *Khóa thập tự*.

3 defenses against "*cóc vàng*"

Applying the half guard in defense

**Quyền:** two *Quyền*'s chosen RANDOMLY by the jury (*Long Hồ, Thập Tự, Ngũ Môn, Tinh Hoa*)

#### **Song Luyện:**

*Song Luyện Kiếm* (sword)

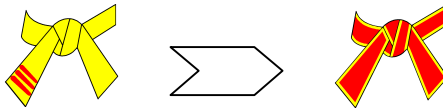
**Vovinam Vật fight:** 3 X 3 minutes

**Kickboxing fight:** 3 x 2 minutes

**Ground fight:** 3 x 3 minutes

**Mixed Kickboxing and Ground fight:** 3 x 3 minutes

## Yellow Belt 3rd cấp course



### To obtain the Red and Yellow Belt (Adults only, obligation to have ones own Integral Vovinam club)

48 months minimum, with 3 trainings per week, but this time is generally from 5 to 15 years. There is the obligation of running an Integral Vovinam Center and participate in a very active way to the spreading of Integral Vovinam. Generally, an authorization of the applicant's teacher is necessary.

Reviewing of the items previously learned +

#### Basic Techniques

**Long Staff:** 12 *Thế Côn & Phân Thế*,

The 12 Long Staff techniques & the applications with a partner

**Rifle with bayonet:** the 9 techniques of defense against rifle with bayonet and the applications with a partner

**Attacks with Short Stick:** ALL randomly, 360 degrees against several opponents at a high speed Right & Left user

**Threatening with knife:** with the edge of the inverted knife to the throat from front (Right & Left user)

**Threatening with gun:** street type, from the side at the neck

**Test with all threatening with knife & gun:** ALL randomly, 360 degrees against several opponents under stress "North axed", fast rhythm. Right & Left user (right & left user)

#### **Ground fighting techniques:**

Applications of *Cóc vàng* from the back and in defense

Defenses against *Xiết Thờ Trước*

Hands control + *Thủ Hộ Điệp*

#### **Quyền:**

*Mộc Bán Pháp* (wooden ruler)

*Việt Võ Đạo Quyền* also called Bat Quay Quyen (*with modification of the fighting guard*)

*Tứ Tượng Côn Pháp* (Long Staff Quyền)

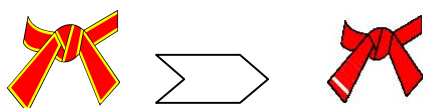
**Vovinam Vật fight:** 4 x 3 minutes (under 45 years old)

**Kickboxing fight:** 3 x 2 minutes (for the applicants under 45 years old)

**Ground fight:** 3 x 3 minutes (for the applicants under 60 years old)

**Mixed Kickboxing and Ground fight:** 3 x 3 minutes (for the applicants under 45 years old)

**Red and Yellow Belt Course**  
**(Adults only, obligation to have ones own Integral Vovinam club)**



A theoretical minimum of 60 months with 3 training sessions per week is asked for the examination of the Red Belt 1st cấp. But this time is generally much longer (an average of 6 years, sometimes up to several decades) because a special work for the development of Vovinam is needed, as well as the presentation of a memoire.

**Temporary program!**

**Axe:**

12 techniques of defense against axe attacks

(Note: there are **huge differences** compared to the forms taught in Vietnam and the realistic forms.)

+ 1 anticipation technique

ALL randomly, against several opponents, 360 degrees, at a - not too fast - speed (right & left user)

**Rifle with bayonet:** 9 techniques of defense against various weapons using riffle with bayonet.

**Attacks with Short Stick:** ALL randomly, against several opponents, 360 degrees, at a - not too fast - speed (right & left user)

**Knife Threatening:** All, with band folded eyes, randomly, against several opponents, 360 degrees, at a - not too fast - speed (right & left user)

**Threatening with gun:** the 4 Traditional and the street types

+ **TEST: 12 to 15 attacks with Short Staff & Knife Threatening & Threatening with gun & knife attacks & Axe attacks**, ALL randomly, 360 degrees against several opponents at a regular – to real – speed. **NOTHING SHOULD BE PREPARED IN ADVANCE.**

It must be a test of reflexes and reaction, **not a pre-arranged demo!!**

**Ground fighting techniques:**

Presentation of ground techniques for the 8 major ground positions

2 different attacks

2 different defenses

**Quyền:**

Halberd *Nhật Nguyệt Đại Dao Pháp*, (not for women)

The Cup of Jade: *Ngọc Trán Quyền*

Rifle with bayonet *Thương Lê Pháp*.

FIGHTS (2 modalities to choose from)

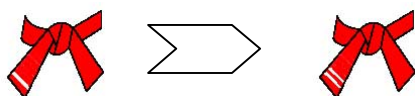
**Vovinam Vật fights: 5 x 3 minutes (under 45 years old)**

**Kickboxing fight: 1 x 2 minutes (under 45 years old)**

**Ground fight: 4 x 3 minutes (under 60 years old)**

**Mixed Kickboxing and Ground fight: 3 x 3 minutes (under 45 years old)**

**Red Belt 1st cấp Course**  
**(Adults only, obligation to have ones own Integral Vovinam club)**  
**(The applicant must teach Integral Vovinam nationwide as a minimum)**



**For the examination of the Red Belt 2nd cấp**

A theoretical minimum of 60 months with 3 training sessions per week is asked for the examination of the Red Belt 2nd cấp. But this time is generally much longer (an average of 7 to 10 years) as a very special work for the development of Vovinam and its organization must have been brought, as well as the presentation of a thesis or memoire.

**"Mã tấu" Knife hatchet:**

12 techniques of defense against *Mã tấu* Attacks

Note: there are **huge differences** compared to the forms taught in Vietnam and the realistic forms. ALL randomly, against several opponents, 360 degrees, at a regular speed (right & left user)

**Vật:** present 30 techniques of vật (third level) with Counter-attacks. The vật techniques will be presented according to the Integral Vovinam classification (not according to the Vovinam VVD numbering)

**Ground fighting techniques:**

-Presentation of ground techniques attacks for the 8 major ground positions, 3 different attacks

-Application of ground technique defenses for the 8 major ground positions, 3 different defenses with band folded eyes (the candidate's partner will not have band folded eyes) using ground techniques at a smooth speed, WITHOUT SPEAKING, and the candidate will defend with control showing his knowledge and his mastering of the techniques.

**TEST 1: Knife Threatening:** All, with band folded eyes, randomly, against several opponents, 360 degrees, at a - *not too fast* - speed (right & left user) It must be a test of reflexes, feeling by touching, reaction and control, not a pre-arranged demo!!

**TEST 2: Between 15 to 20 attacks with Short Staff & Knife Threatening & Threatening with gun & Knife attacks & Axe attacks & Hatchet Attacks,** ALL randomly, 360 degrees against several opponents at a regular - to real speed. NOTHING SHOULD BE PREPARED IN ADVANCE. It must be a test of reflexes and reaction, not a pre-arranged demo!!

**TEST 3: Between 15 to 20 grabbing attacks with band folded eyes,** ALL randomly, 360 degrees against several opponents at a regular speed. NOTHING SHOULD BE PREPARED IN ADVANCE.

**Quyền:**

Large Chinese sword: *Thái Cực Dao*,

FIGHTS (2 modalities to choose from)

**Vovinam Vật fight: 6 x 3 minutes (under 45 years old)**

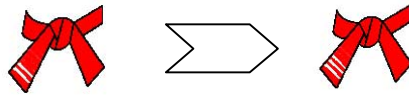
**Kickboxing fight: 1 x 2 minutes (under 45 years old)**

**Ground fight: 5 x 3 minutes (under 60 years old)**

**Mixed Kickboxing and Ground fight: 3 x 3 minutes (under 45 years old)**



**Red Belt 2nd cấp Course**  
**(Adults only, obligation to have ones own Integral Vovinam club)**  
**(The applicant must teach Integral Vovinam at an International level)**



**For the examination of the Red Belt 3 cấp**

There is also a theoretical minimum of 60 months for the examination of the Red Belt 3 cấp. But this time is, in fact, much longer (a very variable average of 7 to 15 years) as an exceptional help to the spreading and to the organization of Vovinam must have been shown. An written essay is also asked.

**Kỹ Thuật (Techniques):** to know the applications of all the techniques of all the Vovinam Quyen's (bare hand & with weapons...) The jury will choose some techniques from Vovinam Quyen's and will ask the candidate what are the applications of such techniques.

**TEST 1: Knife Threatening:** All, with band folded eyes, randomly, against several opponents, 360 degrees, at a - *not too fast* - speed (right & left user) It must be a test of reflexes, feeling by touching, reaction and control, not a pre-arranged demo!!

**TEST 2: Between 20 to 25 attacks with Short Staff & Knife Threatening & Threatening with gun & Knife attacks & Axe attacks & Hatchet Attacks,** ALL randomly, 360 degrees against several opponents at a regular - to real speed. **NOTHING SHOULD BE PREPARED IN ADVANCE.** It must be a test of reflexes and reaction, not a pre-arranged demo!!

**TEST 3: Between 20 to 25 grabbing attacks with band folded eyes,** ALL randomly, 360 degrees against several opponents at a regular speed. **NOTHING SHOULD BE PREPARED IN ADVANCE.**

**Ground fighting techniques:**

The candidate must explain the mechanisms of ground techniques defenses for the 8 major ground positions.

The candidate will be showing his knowledge and mastering of the techniques according to the diverse possibilities that might occur in a fight.

**Vật: present a hundred of techniques and the correspondent counter-attacks**

**Quyền:** be able to present 2 *Quyền* of the whole Integral Vovinam program, randomly chosen by the Jury!

FIGHTS (2 modalities to choose from)

**Vật fight Vovinam: 7 x 3 minutes (under 45 years old)**

**Kickboxing fight: 1 x 2 minutes (under 45 years old)**

**Ground fight: 5 x 3 minutes (under 60 years old)**

**Mixed Kickboxing and Ground fight: 3 x 3 minutes (under 45 years old)**

# Children Exam Program

## LEVEL 1

Light Blue	1 CẤP	2 CẤP	3 CẤP	Light Blue + Dark Blue borders
<b>Tấn</b> (Stances)	Trung Bình Tấn Đỉnh Tấn Chuẩn Bị	Trào Mã Tấn Độc Cước Tấn	Quy Tấn Đỉnh Tấn Thấp Hồi Tấn (Xa Tấn) Tọa Tấn	Xa Tấn (2) Bát Cước Tấn
<b>Chỏ</b> (Elbows)	Chỏ một	Chỏ hai	Chỏ ba	Chỏ bốn
<b>Gạt</b> (Blocks)	Gạt một	Gạt hai	Gạt ba	Gạt bốn
<b>Chém</b> (Chopping hands)	Chém một	Chém hai	Chém ba	Chém bốn
<b>Đấm</b> (Punches)	Đấm thẳng Đấm móc	Đấm lao Đấm bật ngược	Đấm mức Đấm búa	Hai Đấm thẳng Đấm thấp
<b>Đá</b> (Kicks)	Đá thẳng Đá đạp	Đá tạt Đá móc	Đá lái Đá đạp lái	Đá thẳng bay Đá đạp bay
<b>Chiến Lược</b> (Fighting Strategies)	1, 2, 3	4, 5	6, 7	8, 9
<b>Khóa Gỡ</b> (self-défense)	Ôm Trước (1,2) Ôm sau (1,2) Bóp Cổ Trước	Nắm Áo (gần) Ôm ngang	Bóp cổ trước (2) Nắm Áo (xa)	Nắm hai tay trước Nắm hai tay sau
<b>Vật</b> (lutte)			1	2
<b>Khóa tay dắt</b> (Arm-locks)			1	2
<b>Ground techniques</b>	Défence below (interior) Défence below (exterior)	Khóa Thập Tự	Defense applying a choke	Khóa Tam Giác
<b>Knife threatning</b>			Peak to the throat facing the victim	Edge to the throat facing the victim
<b>Quyền</b> (Optionnal)	Nhập Môn Quyền (Part 1)	Nhập Môn Quyền (Part 2)	Nhập Môn Quyền (whole)	Thập Tự Quyền (odd)
<b>Ground fight</b>	1 minute	1:30 minute	2 minutes	2:30 minutes
<b>Kick-boxing fights</b>	1 minute	1:30 minute	1:30 minute	1:30 minute
<b>Đòn Chân Tấn Công</b> (Scissors)			1	2
<b>Dao găm</b> (Knife)			1	2
<b>Song Luyện một</b> (optionnal)			1 to 3	4 to 6
<b>Falling + Gymnastic</b>	Falling forward	Falling backwards	Side falling Balance on hands	Weel

# Children Exam Program

## LEVEL 2

	<b>Light Blue + Dark Blue borders 1 CẤP</b>	<b>2 CẤP</b>	<b>3 CẤP</b>	<b>Dark Blue + Light Blue borders</b>
<b>Đấm</b> (Punches)	Đấm hai tay	Hai Đấm Múc	Đấm Búa Lái	
<b>Đá</b> (Kicks)	Đá tạt bay	Đá đập lái bay	Đá móc lái bay	Đá tạt lái bay
<b>Chiến Lược</b> (Fighting strategies)	10	11	12	13
<b>Khóa Gỡ</b> (self-défense)	Bóc cổ sau Hai tay nắm một tay	Nắm tóc trước Nắm tóc sau	Xiết cổ ngang Khóa sau vòng gáy	Xiết cổ ngang 2 Khóa sau vòng gáy 2
<b>Vật</b> (Wrestling)	3	4	5	6
<b>Khóa tay dắt</b> (Armlocks)	3	4	5	6
<b>Ground techniques</b>	1 defense against Khóa Thập Tự	1 defense against Xiết Cổ Ngang	1 defense against Khóa Tam Giác	Ankle lock
<b>Knife threatening</b>	Edge of the blade from the back		3 threatening learned against several opponents (Slow)	
<b>Quyền</b> (Optionnal)	Thập Tự Quyền (whole)	Long Hồ Quyền (1st part)		Long Hồ Quyền (2nd part)
<b>Ground fight</b>	2 X 2:00 minutes	2 X 2:30 minutes	3 X 2:30 minutes	2 X 3:00 minutes
<b>Kickboxing fight</b>	2 x 1:30 minutes	3 x 1:30 minutes	2 x 2:00 minutes	3 x 1:30 minutes
<b>Đòn Chân Tấn Công</b> (Scissors)	Đòn chân số 3	Đòn chân số 4	Đòn chân số 5	Đòn chân số 6
<b>Dao găm</b> (Knife)	số ba	số bốn	Numéro 1 (street)	Numéro 2 (street)
<b>Song Luyện một</b> (optional)	7 to 9	10 to 14	15 to 17	whole
<b>Falling + Gymnastic</b>	Weel (joint feet)	Weel (1 hand)	Flip-flap (forward)	Flip-flap (back)



# Children Exam Program

## LEVEL 3

	<b>Dark Blue + Light Blue borders 1 CẤP</b>	<b>2 CẤP</b>	<b>3 CẤP</b>
<b>Đấm</b> (Punches)	1 Boxing Series	2 Boxing Series	3 Boxing Series
<b>Đá</b> (Kicks)	1 Kicking Series	2 Kicking Series	3 Kicking Series
<b>Đanh Đấm Đá</b> (Punches and Kick series)	1 Series	2 Series	3 Series
<b>Chiến Lược</b> (Fighting strategies)	14	15	16
<b>Khóa Gỡ</b> (self-defense)	Nắm tóc trước 2 Nắm tóc sau 2	Nắm 1 tay cùng bên Nắm 1 tay khác bên	Nắm 1 tay cùng bên 2 Nắm 1 tay khác bên 2
<b>Vật</b> (Wrestling)	7	8	9
<b>Khóa tay dắt nằm xuống</b> (Armlocks in ground clinch)	1	2	3
<b>Ground techniques</b>	Leg locks 2 defense against Khóa Thập Tự	2 defense against Xiết Cổ Ngang	2 defense against Khóa Tam Giác
<b>Knife threatening</b>	Peak below the chin, facing the victim	Peak below the chin, from the back	Inverted knife facing the victim
<b>Dao găm</b> (Knife)	Number 3 (street)	Number 4 ( street )	Number 5 ( street )
<b>Đòn Chân Tấn Công</b> (Scissors)	Đòn chân số 6	Đòn chân số 7	Đòn chân số 8
<b>Ground fighting</b>	2 X 2:00 minutes	2 X 2:30 minutes	3 X 2:30 minutes
<b>Kick boxing fight</b>	2 x 1:30 minutes	3 x 1:30 minutes	2 x 2:00 minutes
<b>Vật Fight</b> ( Wrestling )	initiation	1 minute	1:30 minute
<b>Integral Fight</b>		Initiation	1:30 minute

## Exam Jury

The dates and places for each examination session up to the level of Black Belt (Yellow without stripe) will be determined yearly by the Regional Technical Director and will be then communicated to the National Technical Director.

The National Technical Director will plan the examination sessions from the Yellow belt 1st Stripe and up, in yearly sessions. The Sessions will be dispatched as follow:

- Children exams..... Club's level
- Teenagers exam (14 - 17 years old)..... Club's level
- Teenagers exam Yellow Belt with blue borders (14 - 16 years old)... National level
- Adult exams, 1 to 3 stripes (and Yellow w/no stripe)..... Club or Regional Level
- Yellow 1st to 3rd stripe..... National level
- Red belt exams ..... National or International Grades Committee

The jury will be composed of:

- Children exams: minimum 1 teacher
- Adults exams: minimum 3 teachers

jury for quyen

jury for song luyen

jury for Physical test/ Self-defense

- Adults exams, for Yellow belts with stripe): minimum 5 National Judges or 1 International Jury

jury for quyen

jury for song luyen

jury for Applications & Self defence

jury for Fights

jury for Weapons + Physical test

- Adults Red Belt Exams: minimum 2 National Judges or 1 International Judge

Each of the national jury will be composed of 2 to 5 judges of a superior grade than the one of the candidate(s). Absolutely no belt exam, whatever might be the level, could be held without having been previously authorized.

To apply for a Belt Examination Session outside the planned dates, a special application must be written and sent to the National Technical Direction, which has the right to proceed to only 1 session each year, as it is often done in most countries. However, extraordinary Belt examination sessions, authorized by the National Technical Direction, are not rare.

The Minutes of the examinations must be held to the corresponding authority in the limit of 7 working days after the date of the examination session, in order to officially register the results.

The Regional Technical Director, once in possession of the Minutes of the results, will have to send a copy to the National Technical Director.

Absolutely no grade or belt degree, whatever might be the Level, will be validated if the National Technical Direction has not registered it previously (except the grades **under** the Yellow Belt).

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