



January 1, 2019

No.: 2019-03b/TB-VP HĐVSTTHN

## BELT EXAMINATION REQUIREMENTS

The Overseas Vovinam Việt Võ Đạo Management Council will hold a belt examination during the 5th General Assembly Paris France on July 6, 2019. Following process and requirements will be applied.

### The process

1. Complete Belt Examination Application
2. A copy of your current teaching masters or Instructors or or current belt certificate
3. List your Vovinam participation chronology and any contributions to the discipline
4. Pay Belt Examination fee: 50 USD (44 Euros) bank cheque or bank transfer to HDVSTTHN bank details
5. All candidates must acquire and show their appropriate sports injuries & travel insurances. This will be required for participating in the Belt Examination.

**Important:** The Overseas Vovinam Việt Võ Đạo Management Council and/or the Board of Assessment and Examination Judges will accept NO responsibilities if accident or injuries occur.

### Criteria and requirements

#### Requirements for Red Belt level II

- 1) Active in current belt level 5 years, with at least 4 contiguous years until now
- 2) Technical requirements:
  - a) Hạc quyền (Crane form)
  - b) Thái Cực đơn đao pháp (Tai-Chi Sword form)
  - c) Nhu khí công quyền 3 (Soft form 3)
  - d) Presentation and analysis of scientific principles applied and proposing effective training methods for one of the following:
    - i) Wrestling attacking techniques 19-28
    - ii) Vovinam lock and escape techniques (standing or laying down)
    - iii) 8 Machete Counter Attack Techniques
- 3) Complete a Martial Art Thesis on a subject that has been pre-approved by the Board of Assessment and Examination

#### Requirements for Red Belt level I

- 1) Active in current belt level 4 years, with at least 3 contiguous years until now
- 2) Technical requirements:
  - a) 12 techniques for disarming attacking hatchet with bare hands
  - b) 9 techniques of attack using a rifle
  - c) Ngọc Trản quyền (Jade Cup form)
  - d) Xà quyền (Snake form)

- e) Nhật Nguyệt Đại Dao (Asian Halberd Weapon form)
  - f) Thương Lê Pháp (Rifle form)
  - g) Dual combat with attacking axe
- 3) Complete a Martial Art Thesis on a subject that has been pre-approved by the Board of Assessment and Examination

#### **Requirements for Preliminary Red Belt level (Chuẩn Hồng Đại)**

- 1) Active in current belt level 3 years, with at least 2 contiguous years until now
- 2) Technical requirements:
  - a) 12 defense techniques with long staff
  - b) 9 techniques for disarming attacking rifle with bare hands
  - c) Việt Võ Đạo quyền
  - d) Tứ Tượng Côn Pháp or Long Staff form
  - e) 4th Dual Training Sequence
  - f) Dual Training with Long Staff
- 3) Complete a Martial Art Thesis on a subject that has been pre-approved by the Board of Assessment and Examination

#### **Requirements for Yellow Belt Level III (Hàng Đại III)**

- 1) 36 months continuous learning & assisting in teaching
- 2) Technical requirements:
  - a) 12 Ruler defense techniques
  - b) Ten Principles & Eight Methods form (Thập thể bát thức)
  - c) Old Mai form (Lão Mai Quyền)
  - d) Wrestling techniques 11-18
  - e) Scissor leg techniques 15-21 (for safety, mature candidates only focus on theory)
  - f) Sword dual drill (Song luyện kiếm)
  - g) Wrestling drill 2 (Bài vật 2)

#### **Requirements for Yellow Belt Level II (Hàng Đại II)**

- 1) 24 months continuous learning & assisting in teaching
- 2) Technical requirements:
  - a) Combo Striking Techniques 26-30 (chiến lược 26-30)
  - b) Ying Yang Sword Form (Tinh hoa lưỡng nghi kiếm pháp)
  - c) 15 sword techniques (15 phân thể kiếm)
  - d) Dual drill 3 (Song luyện 3)
  - e) Leg attack techniques 11-14 (for safety, mature candidates only focus on theory)

#### **Requirements for Yellow Belt Level I (Hàng Đại I)**

- 1) 12 months continuous learning
- 2) Technical requirements:
  - a) Combo Striking Techniques 21-25 (chiến lược 21-25)
  - b) Five Gates form (Ngũ môn quyền)
  - c) Bare hand self defense techniques 3-7 (phản đòn tay căn bản 3-7)
  - d) Knife dual drill (Song luyện đao)
  - e) 12 double knife techniques (12 thể đao song đao pháp)

#### **Requirements for Yellow Belt Level (Hàng Đại)**

- 1) 6 months continuous learning
- 2) Technical requirements:
  - a) 16 bare hand self defense techniques level 2 (punches and kicks)

- b) Leg attack techniques 7, 8, and 9
- c) 10 basic wrestling techniques (10 thế vật căn bản, 1 đến 10)
- d) Four pillar form (Tứ trụ quyền)
- e) Wrestling dual drill (Song luyện vật #1) or Soft dual drill #2 (Liên hoàn đối luyện 2)
- f) Nhu khí công quyền 1 (Soft form 1)