

VIET VU ĐAO

TRADITIONAL VIETNAMESE MARTIAL ART *ethics, way of wisdom, and spirit* A GREAT MARTIAL ARTS SCHOOLS

MEMBER OF THE WORLD FEDERATION WFVV

- WORLD FEDERATION OF VIETNAMESE TRADITIONAL MARTIAL ARTS -
WFVV IS BASED IN 72 COUNTRIES AROUND THE WORLD



a martial art - art of living

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Nowadays, *Việt Vũ Đạo* is the modern and peaceful form of a martial art "art of living" cultivated and transmitted by multiple generations heirs of a very old traditional Vietnamese family closely linked to the "vũ" (the ancient term for the word "võ" which refers to what is military, martial, warrior). The contemporary school, the one we know today, was born at the beginning of the 20th century. The specificity of this Vietnamese martial art lies in the choice of the oral transmission of knowledge closely combining combat techniques, strategic sense, moral values and social codes inherited from long Vietnamese ancestral cultural traditions. A specificity that has probably contributed greatly to the success and longevity of the *viet vu dao*.

the viet vu dao practitioner's first 5 commitments

- . viet vu dao practitioners consider themselves brothers-in-arms who have vowed respect, brotherhood, commitment, compassion and fidelity, to each other.
- . they will understand that true knowledge lies in the teachings learned from universal values and ancestral cultures.
 - . the viet vu dao practitioner promises to persevere in self-discovery and in achieving the best harmony between the physical and the spiritual.
 - . he also committed to respect for other men, and to consideration for what surrounds us.
 - . he will remember that the application of these resulted forces must serve the society in which we live.

Viet vu dao martial art art of living is built around traditional and legendary combat techniques ennobled with ancestral universal socio-cultural values. This beautiful discipline is practiced "individually" within a group of co-opted people fully committed to the goal of a harmonious physical and spiritual development, in the sense of an evolution specific to each individual and allowing everyone to flourish, physically and morally in a universal society that the "modern (and peaceful) warriors of the VVD" have promised to serve in the way of their school. , in all conscience and in the depths of their souls.

Viet Vu Dao around the world enjoys exceptional coaching (hundreds black belts have been formed in our clubs which have many vocotruyen world champions) - Animators, instructors, and teachers are surrounded by experts and WFVV certified Masters 6-7-8-9 and 10 dang.

VIỆT VŨ ĐẠO

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DIFFERENT WAYS TO PRACTICE VIET VU DAO FOR JUNIORS - ADULTS - SENIORS

TRADITIONAL TECHNIQUE PRACTICE - ARTISTIC - WEAPONS (STICKS, SWORD, NUNCH) BARE
HANDED FIGHTS - SELF-DEFENSE - RING FIGHTS - COMPETITIONS
SENIOR GYMNASTICS VU TAI CHI - JUNIORS VU DAO FROM 5 - 7 Yo*



eMail: contact@vietvudao.org
or directly contact your local
club in your country

