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### MKT84I - BARNETT SHANNON

#### TECHNIQUES - Vovinam Viet-vo-dao Fontenay-sous-bois

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Võ-Thuật-Việt-Nam is the art of techniques. This is the part most people think of when speaking about Kung Fu. It is important to first become familiar with the basics, which are predefined stands, defences, punches, kicks, etc. Partner techniques are a short series of defences and re-attacks following an attack of the training partner.

Spécificité du VOVINAM VIET VO DAO, saisies sur plusieurs niveaux du corps, taille, cou... Les Song Luyen. Enchaînement de combat codifié avec un ou plusieurs partenaires, à main nue ou armée. Les armes traditionnelles Le sabre, le bâton, le couteau, la hache, la hallebarde...

The training technique Vovinam Viet VO Dao adopts was designed by our master, Hicham Ramli (Thai Binh), to train disciples to have practical techniques for self-defense and just causes, while helping them build solid body and strong endurance against obstacles and diseases.

O nome viet vo dao (em vietnamita: Việt Võ Đạo; 越南武術) é recente e refere-se a todos os estilos de artes marciais vietnamitas e sino-vietnamitas. No Vietnã, o nome viet vo dao é atribuído somente ao estilo vovinam do mestre Nguyen Loc. Antigamente, o viet vo dao era conhecido como vo thuat, vo co truyen, vo bihn dihn, vo tay son ...

Le Vovinam viet vo dao est un art martial vietnamien. Karate Female Team Kata Bronze Medal - Serbia vs Italy - WKF World Championships Belgrade 2010 (1/2) - Duration: 7:01. World Karate Federation ...

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#### La Martiathèque: Arts martiaux vietnamiens

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### **Vovinam Vietvodao Occitan: Les techniques**

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