



## TRAINING PROGRAM

# CỔ VŨ ĐẠO

古武道



**XUÂN LONG PHÁI**  
VIETNAMESE KUNG-FU 中越武派

**春龍派**

**CỔ VÕ ĐẠO** is the ancient way of martial arts which is characterized by the use of bladed weapons.

If nowadays in martial arts the handling of traditional weapons has evolved towards modern and sporting forms, the **CỔ VÕ ĐẠO** reminds us of the very essence of martial arts: survival.

### **Definition of terms:**

古	CỔ	:	Ancient, antique.
武	VÕ	:	Military affair.
道	ĐẠO	:	Road, path, way; means, method, process, manner; doctrine, principle.

The term **CỔ VÕ ĐẠO** could be translated as: **Ancient military formation.**

### **Program:**

In line with the traditional Sino-Vietnamese martial arts schools, **XUÂN LONG PHAI** includes the practice of **CỔ VÕ ĐẠO** in its training program.

The martial arts practitioner will be able to choose their weapons according to the required conditions (Xuan Long Phai rank and/or evolution from one weapon to another).

### **14 weapons are divided into 3 categories:**

- LONG WEAPONS (4): DÀI VŨ KHÍ 長武器  
*Long stick, halberd, spear, pitchfork.*

- SHORT ARMS (7): NGẮN VŨ KHÍ 短武器  
*Short sticks, truncheons, hoop, butterfly knives, swallow knives, officer's saber, saber.*

- ARTICULATED WEAPONS (3): CỐ KHỚP NỐI VŨ KHÍ 鉸接式武器  
*2-branch flail, tri-stick, 9-section whisk*

### **An evolving training :**

In each of these three categories of weapons, there are "**initial**" weapons accessible to beginners and allowing access to the study of another weapon, as shown by the following successions:

1/ Long stick → halberd → spear → fork

2/ 2-pronged flail → Tri-stick → 9-section whisk

The initial weapons are: the long stick, the short sticks, the truncheons, the 2-pronged flail.

The study of the sword is compulsory from the level of black belt Xuan Long Phai.

### **Grades:**

From 1 to 3 levels of knowledge can be validated for each of the weapons.

- The So Cáp level is an initiation phase to weapon handling.
- The Trung Cáp level is a phase of perfecting weapon handling.
- The Thuong Cáp level is a phase of mastery of the weapon.

The **CỔ VÕ ĐẠO** graduations are organized by the Xuan Long Phái World.



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## DÀI VŨ KHÍ 長武器 LONG WEAPONS

➔ INITIAL WEAPON			
	<b>SO CẤP</b> (3 years of practice)	<b>TRUNG CẤP</b> (4 years of practice)	<b>THƯỢNG CẤP</b> (5 years of practice)
<b>Bông</b>  棒  Long stick	Single reel (front/rear)		
	- BÔNG PHÁP LIÊN HOANH MỘT (top-down attacks)	Double reel (front/rear) Triple reel (front / rear)	Advanced Reels
	- BÔNG PHÁP LIÊN HOANH HAI (Ascending Attacks)	-Fall -Wheel	- LUONG BÔNG ĐỘC LUYỀN - LUONG BÔNG SONG LUYỀN
	- BÔNG PHÁP LIÊN HOANH BA (spikes and side attacks)		Advanced Attacks (4)
	- BÔNG PHÁP LIÊN HOANH BỐN (circular attacks)	- BÔNG PHÁP ĐỘC LUYỀN HAI - BÔNG PHÁP SONG LUYỀN HAI	- BÔNG PHÁP MỘT MỘT BÔNG DỊCH NHI BÔNG
	- BÔNG PHÁP ĐỘC LUYỀN MỘT - BÔNG PHÁP SONG LUYỀN MỘT	- BÔNG PHÁP HAI - SÔNG BÔNG HAI	- HAU BÔNG PHÁP
	- BÔNG PHÁP MỘT - SÔNG BÔNG MỘT	- Defense vs. Quyên Pháp (5) - Defense vs. Seizure (5)	- LANG THANG BÔNG PHÁP
	Attack Techniques (5)		
SONG DAU Bông vs Bông 3 x 1min30	SONG DAU Bông vs Miscellaneous Wooden Weapons 3 x 1min30	SONG DAU Bông vs Miscellaneous Weapons 3 x 1min30	
TECHNICAL REFERENT: Võ Sư Frédéric Germain			



# XUÂN LONG PHÁI 春龍派

VIETNAMESE KUNG-FU 中越武派

REQUIREMENT: BONG TRUNG CAP GRADE			
<b>Đại Dao</b>  戟  Halberd	SO CẤP (3 years of practice)	TRUNG CẤP (4 years of practice)	THƯỢNG CẤP (5 years of practice)
	Reels with / rear	Advanced Reels	
	SONG LUYÊN	QUYÊN HAI	QUYÊN BA
	QUYÊN MỘT	Applied Techniques (5)	Applied Techniques (5)
	Applied Techniques (5)		

TECHNICAL REFERENT: **Võ Sư Frédéric Germain**

REQUIREMENT: DAI DAO SO CAP GRADE	
<b>Nga Mi Thương</b>  峨眉槍  Emei Spear	SO CẤP (5 years of practice)
	SONG LUYÊN
	- NGA MI CHI QUYÊN - SONG QUYÊN
	Applied Techniques (5)

TECHNICAL REFERENT: **Võ Sư Frédéric Germain**

REQUIREMENT: THUONG SO CAP GRADE	
<b>Cây chĩa</b>  杈  Fork	SO CẤP (3 years of practice)
	QUYÊN
	Applied Techniques (5)

TECHNICAL REFERENT: **Võ Sư Frédéric Germain**



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## NGẮN VŨ KHÍ 短武器

### SHORT WEAPONS

⇒ INITIAL WEAPON			
	SO CẤP (3 years of practice)	TRUNG CẤP (4 years of practice)	THƯỢNG CẤP (5 years of practice)
<b>Song Côt</b>  双棍  Pair of Short poles	Single reel (front/rear)	Advanced reel (front/rear)	
	- SONG CÔT MỘT - SONG CÔT MỘT SONG LUYÊN	- Fall - Wheel	SONG CÔT BA
	SONG CÔT SONG ĐAU (5)	- SONG CÔT HAI - SONG CÔT HAI SONG LUYÊN	Applied Techniques (5)
	SONG ĐAU Song Côt vs Long Gian 3 x 1min30	SONG CÔT KHOA GO (5)  SONG ĐAU Song Côt vs Various Wooden Weapons 3 x 1min30	SONG ĐAU Song Côt vs Miscellaneous Weapons 3 x 1min30
TECHNICAL REFERENT: <b>Võ Sư</b> Grégory Gil Gomez			

⇒ INITIAL WEAPON			
	SO CẤP (3 years of practice)	TRUNG CẤP (4 years of practice)	THƯỢNG CẤP (5 years of practice)
<b>Mộc Can</b>  棒柄  Batons			
	- MỘC CAN ĐOC LUYÊN MỘT - MỘC CAN ĐOC LUYÊN HAI	MỘC CAN QUYÊN MỘT	- MỘC CAN QUYÊN HAI
	Applied Techniques (5)	Applied Techniques (5)	Applied Techniques (5)
	YOU VE 5 application sequences	YOU VE 5 application sequences 1 vs 2	YOU VE 5 application sequences 1 vs knife
TECHNICAL REFERENT: <b>Võ Sư</b> Guillaume Ruiz			

⇒ CONDITION: XUAN LONG PHAI BLACK BELT GRADE	
	SO CẤP (4 years of practice)
<b>Hoành Tuyền</b>  圓圈  Hoop	ĐOC LUYÊN (3)
	MAN NGUYET TUYEN NHU QUYEN
	Applied Techniques (5)
TECHNICAL REFERENT: <b>Võ Sư</b> Frédéric Germain	

XUÂN LONG PHẢI WORLD - LIÊN ĐOÀN XUÂN LONG PHẢI THẾ GIỚI - 世界春龍派聯合會

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# XUÂN LONG PHÁI

VIETNAMESE KUNG-FU 中越武派

# 春龍派

CONDITION: XUAN LONG PHAI BLACK BELT GRADE	
<b>Song Diệp Dao</b> 双蝶刀 Butterfly knives	<b>SO CẤP</b> (4 years of practice)
	Reel front / rear
	- QUYÊN MỘT - SONG QUYÊN MỘT
	Applied Techniques (5)
TECHNICAL REFERENT: <b>Võ Sư Gilles Obernesser</b>	

CONDITION: XUAN LONG PHAI BLACK BELT GRADE	
<b>Yên Dao</b> 燕刀 Swallow knives	<b>SO CẤP</b> (4 years of practice)
	- ĐOC LUYÊN - SONG LUYÊN
	Applied Techniques (5)
TECHNICAL REFERENT: <b>Võ Sư Estelle Parein</b>	

CONDITION: XUAN LONG PHAI BLACK BELT GRADE		
<b>Ma Dao</b> 马刀 Officer's Sabre	<b>SO CẤP</b> (3 years of practice)	<b>TRUNG CẤP</b> (4 years of practice)
	Single reel (front/rear)	Advanced Reels
	MA DAO ĐOC LUYÊN	MA DAO QUYÊN
	Applied Techniques (5)	Applied Techniques (5)
TECHNICAL REFERENT: <b>Võ Sư Loïc Flamme</b>		

MANDATORY IN XUAN LONG PHAI TRAINING (from 1 <sup>st</sup> dang)	
<b>Gươm</b> 鎌 Sabre	SEE XUAN LONG PHAI PROGRAM
	TECHNICAL REFERENT: <b>Võ Sư Frédéric Germain</b>



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## CÓ KHỚP NỐI VŨ KHÍ 鉸接式武器

### ARTICULATED WEAPONS

➔ INITIAL WEAPON			
<b>Long Gian</b>  龍棍  2-pronged Flail	SO CẤP (3 years of practice)	TRUNG CẤP (4 years of practice)	THƯỢNG CẤP (5 years of practice)
	Single reel (front/rear)	Double reel (front/rear)	Long Gian Double Reel (Front / Rear)
	- LONG GIAN MỘT	- Fall - Wheel	Advanced Attacks
	LONG GIAN KHOA GO (5)	- LONG GIAN HAI	- LONG GIAN BA
	SONG DAU Long Gian vs Long Gian 3 x 1min30	SONG DAU Long Gian vs Various Wooden Weapons 3 x 1min30	SONG DAU Long Gian vs Miscellaneous Weapons 3 x 1min30
TECHNICAL REFERENT: <b>Võ Sư Loïc Flamme</b>			

➔ CONDITION: LONG GIAN TRUNG CẤP GRADE	
<b>Tâm Thiết Gian</b>  三節棍  3-pronged Flail (tri-sticks)	SO CẤP (4 years of practice)
	Single reel (front/rear) Single extended TTG reel (front/rear) Dual Extended XXL Reel (Front)
	TÂM THIẾT GIAN MỘT
	SONG LUYÊN MỘT SONG LUYÊN HAI
	Applied Techniques (5)
SONG DAU Tâm Thiết Gian vs Miscellaneous Weapons 3 x 1min30	
TECHNICAL REFERENT: <b>Võ Sư Frédéric Germain</b>	

➔ CONDITION: TÂM THIẾT GIAN TRUNG CẤP GRADE	
<b>Nhuyên Tiên</b>  九节鞭  9 sections whip	SO CẤP (4 years of practice)
	Single reel (front/rear) Double reel (front/rear) Ground reel
	CUU KHUC DOC LUYÊN
Applied Techniques (5)	
TECHNICAL REFERENT: <b>Võ Sư Frédéric Germain</b>	