



TRAINING PROGRAM

NỘI CÔNG

內功



XUÂN LONG PHÁI

VIETNAMESE KUNG-FU 中越武派

春龍派

NỘI CÔNG (內功) is the “internal work” that in traditional martial arts schools enriches and completes the so-called external physical work: **ngoại công** (外功).

Definition of terms:

According to 汉法词典 Chinese-French Dictionary, You-Feng Bookstore.

內 **NỘI** : Interior, internal, within.

功 **CÔNG**: Merit, meritorious act, exploit; achievement, result; skill, dexterity; work.
The character 功 is composed of two parts: - 工 : worker, work, works.
- 力 : power, strength, abilities.

NỘI CÔNG can be translated as the action of mobilizing one’s capacities within oneself to make them bear fruit.

XUÂN LONG PHÁI:

The Xuân Long school makes **Nội Công** an essential element in the training of the martial arts practitioner.

After the physical training of the first years, black belts are encouraged to renew their technique by mobilizing their internal resources to the point of manifesting a power in the external forms.

This incessant search for harmony between internal work (**nội công**) and external work (**ngoại công**) is the Path (**Đạo**) proposed by the **Xuân Long Phái** from the **Trung Dang** level.

Then, at the **Thượng Dang** level, the research work on the inner energy **Khí** (氣) must find a practical application, in particular when exercising alone and when exercising with a partner, with the art of **Cam Na** (擒拿).

TRAINING PROGRAM:

The Xuân Long School provides both practical and theoretical training in **Nội Công** to all its practitioners. If the content of this program is included in the training of **Xuân Long Phái** experts (**Thượng Dang** level), the teaching of **Nội Công** is for everyone. Time is a precious ally.

The theoretical training is composed of two parts:

- the philosophy of the Tao which permeates martial arts, like all Chinese culture.
- Traditional Chinese medicine for its conception of the body and energy movements.

The practical training is composed of two parts:

- external (physical) work
- internal work (mental concentration)

These two theoretical and practical aspects complement each other and are inseparable for authentic practice.



PRACTICAL TRAINING

Khí công (氣功)

In China, in ancient times, the methods of cultivating vital energy: "DUỠNG SINH PHÁP (養生法)", were divided into 4 groups:

- ĐẠO DẪN (導引): "to direct, to stretch"
- THỔ NẠP (吐納): "to inhale, to exhale"
- TỒN TƯ (存思): "mental concentration"
- ĐIỂM HUYỆT (點穴): "pressure of the points"

ĐẠO DẪN (導引) is mentioned in the Taoist work **Trang Tử**, named after its author, dating from the fourth century BC during the Warring States period.

Based on this, many forms of **Khí công (氣功)** later developed. Long reserved for Taoist and then Buddhist doctrines practitioners, these practices gradually became accessible to a wider public in the fields of health (gymnastics, traditional Chinese medicine) and martial arts.

The Xuân Long Phái School is part of this tradition with a training program divided according to two criteria:

1/ Ngoại đan (外丹) with physical exercises:

- Toạ mã (坐馬): To sit on the horse (Tồn mã bộ 蹲馬步).
- Luyện Khí pháp (煉氣法): Exercises for concentrating, diffusing and directing Khí.
- Dịch cân kinh (易筋經): A treaty on the transformation of tendons, taught by Đạt Ma (達磨) at Thiếu Lâm Temple (少林) during the Liang Dynasty (502-557). Two classic series of 12 movements.
- Bát đoạn cẩm (八段錦): Brocade in eight forms, Sui and Tang dynasties (581-907). A classic series of 8 movements.
- Ngũ cầh hí (五禽戏): Game of the 5 animals, created by Hua Tuo, a famous doctor of the Three Kingdoms period (220-265). A classic series of 5 moves: Bear, Tiger, Monkey, Deer, Whooping Crane.
- Thập nhị kinh mạch (十二經脈): The 12 meridians, a specific practice of Xuân Long Phái. A series of 12 movements.

2/ Nội đan (內丹) with exercises of concentration and movement of the khí (氣):

- Luyện tiểu chu thiên (煉小周天): circulation in the 2 wonderful permanent vessels.
- Luyện đại chu thiên (煉大周天): circulation in the 12 meridians.
- Luyện đan đi ần (煉丹田): fields of cinnabar.
- Tĩnh tâm (靜心): meditation.

THEORETICAL TRAINING

Philosophy of the Tao / Đạo giáo (道教)

Traditional science from Kinh Dịch (易經), period of the 3 Augusti (2852 - 2737 B.C.):

- Vô Cực (無極), Thái Cực (太極), lưỡng Nghi (兩儀), Tứ Tượng (四象), Bát Quái (八卦)
- Hệ từ (繫辭)
- Ngũ hành (五行): Hỏa (火), Thủy (水), Mộc (木), Kim (金), Thổ (土)

Notions of Traditional Chinese Medicine / Y học cổ truyền Trung Quốc (中醫學)

According to the Hoàng Đế Nội Kinh (黃帝內經), period of the 5 rulers (2698 - 2589 BC):

- Three Treasures: Tam Bảo (三寶): Tinh (精), Khí (氣), Thần (神)
- Five organs and six entrails: Lục phủ ngũ tạng (五臟六腑)
- Meridians: Kinh Mạch (經脈) & Cavities: Khí huyết (氣穴)