



**TRAINING PROGRAM**  
**XUÂN LONG PHÁI**  
春龍派



# XUÂN LONG PHÁI 春龍派

VIETNAMESE KUNG-FU 中越武派

The technical program of the Xuan Long School has been developed to train and guide the martial arts practitioner in a traditional path according to three levels.

## 1/ HA DANG LEVEL: Acquisition of the fundamental basics

This fundamental program of Xuan Long Phai draws from the source of the Quan Ky school the technical richness that composes it. In essence, it allows acquisition the basic forms common to most Sino-Vietnamese martial arts while developing a technical originality that will find its full expression in the more advanced levels.

It is a 5-year training program to move from white belt to black belt.

The levels of knowledge acquired are materialized on the belt by blue "cap" bars.

➔ Objectives of the training: technical knowledge, technical quality, efficiency, chivalrous spirit.

---

## 2/ TRUNG DANG LEVEL: Development of technical specifications

At this level, the "confirmed" practitioner must do some in-depth work to inhabit the form: Nội Công 内功

This program allows the development of a technical specificity based on:

- Linh Thu: Boxing of the five animals: monkey, crane, tiger, praying mantis, snake;
- Cam Na: Development of grasping and controlling the opponent;
- Thao Quyên: Study of codified sequences of the Ho Hac Trao 虎鹤爪 school  
(Thieu Lam Nga Mi Phai 少林峨眉派, Châu Gia Duong Lang Phai 朱家螳螂派);
- Song Quyên: Development of a technicality in opposition work;
- Guom: Study of sword handling;
- Song Dâu: Application and adaptation of techniques when facing one or two opponents who can be armed.

The practitioner wears a black belt bordered in red.

The "dang" are materialized by a rank patch on the right side of the jacket.

➔ Objectives of the training: technical enrichment, ability to adapt, serenity.

---

## 3/ THUONG DANG LEVEL: Research on "Chi" energy

At this level, the "expert" practitioner must cultivate his energy and target his attacks: Diem Huyêt 點穴

Technical program:

- Khi Cong: External and internal exercises to concentrate the Khi, cultivate health, activate the meridians;
- Cam Na: Deepening of the traditional Cam Na: muscles, bones and joints, breathing, vessels;
- Dinh Thu: Work with sticky hands;
- Thao Quyên: Particularly the in-depth study of the Xuân Long Nhất Nhi Khi "The twelve breaths of the spring dragon" of the Xuân Long Phai school;
- Guom: Perfecting sword handling.

The practitioner wears a red and white belt.

The "dang" are materialized by a rank patch on the right side of the jacket.

➔ Objectives of the training: expertise, harmony between strength and flexibility.



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

**春龍派**

**HA DANG LEVEL TRAINING PROGRAM**

	<b>1st CAP</b>	<b>2nd CAP</b>	<b>3rd CAP</b>	<b>4th CAP</b>	<b>BLACK BELT</b>
<b>BO PHAP</b>	CHUAN BI LAP TÂN HAC TÂN TRUNG BINH TAN HOA TÂN LINK DINH TÂN AM DUONG TAN TIEU TÂN XA TÂN	NHI TÂN QUY TÂN HO DIEP TÂN KIEM MA TÂN TRAO MA TÂN TOA TÂN	<b>BO PHAP DOC LUYEN</b>		
<b>THAN PHAP</b>	QUAY SAU QUAY - XA HANH TIEM THU QUA HAI CHUYEN THAN DAO THAN DI HANH	DOI BỒ THỜI THAN BANG THAN HOANH TAN HOANH VAN PHI TÂU MA PHI DANG	<b>THAN PHAP DOC LUYEN</b>		
<b>NHAO LAN</b>	THAN XA DON GIAP	LINH MIEU BANG DIA	XA LUAN BANG DIA	CAP MA CONG	<b>MỘC MA HANH CÔNG</b>
<b>BỘ THU PHAP</b>  <i>3 steps forward 3 Rear Steps</i>	THOI SON DI SON DAO SOUND THOI SON TA CHI THOI SON HOANH CHI AM DUONG QUYEN AM DUONG HA TRIET  THOI SON BAN HA THOI SON KIM BAO PHUONG DUC BAT HO CUONG DAO KHAI MON CONG HA QUYEN LAW THAN THONG THUONG QUYEN  BINH PHONG HAC QUYEN	THOI SON UNG TRAO THOI SON HUU DUC THOI SON THUONG CHUAN THOI SON CON CAU  GIAO LONG KHAC QUYEN GIAO LONG XUNG QUYEN  PHUONG DUC KIM CHUNG  CUONG DAO TRAM XA CUONG DAO KHAI VI CUONG DAI SAT THICH CUONG DAO DIET KHI CUONG DAO TRAM THACH CUONG DAO PHAT MỘC CUONG DAO HOANH PHONG SONG DAO KHAI MON SONG DAO PHAT THAO	THOI SON HOANH CHI THOI SON CU BOI THOI SON LONG THIEN THOI SON KHAC THU THOI SON THUY DE  PHUONG DUC BAT PHONG PHUONG DUC LOAN DAI PHUONG DUC AN LONG PHUONG DUC THAN XA PHUONG DUC HOANH PHONG KIM KE PHUONG DUC  DAO HAI KHAI VI	SONG LONG THAN QUYEN SONG LONG XUAT HAI SONG PHUONG TRIEU DUONG NHI LONG NHAP DONG AM DUONG THUONG KHAC AM DUONG HOANH PHONG AM DUONG GIANG CHUY AM DUONG SONG QUYEN  MANH CONG DOC CHUONG SONG LONG THAN CHUONG CONG HA CHUONG LAW THAN THONG THUONG CHUONG HO DIEP SONG CHUONG AM DUONG CHUONG PHAP DOC CHUONG BEATS THU PHACH KHONG DA CHUONG	NHAT CHI CUONG DUONG DOC CHI IN HAU SONG CHI THAU CHAU NHI CHI DIEM THACH TAM CHI THAN UNG TU CHI LIEU DIEP TU CHI VUONG HAU NGU CHI THAU DAU HO TRAO CAM DUONG  HAU NHI THU BỒ MANH HO XUAT DONG DUONG LANG XUAT THU XA HANH NHUYEN QUYEN SU TU PHAN QUYEN
<b>BỘ CUOC PHAP</b>  <i>3 steps forward 3 Rear Steps</i>	LONG THANG CUOC CONG CUOC LAW DAO SON CUOC TAO PHONG CUOC  CUOC TIP SONG CUOC HAU CUOC HOANH CUOC  THANG THIEN TRUC CUOC	BAN LONG CUOC TAO DIA CUOC PHUC HO TAO DUONG LUU VAN CUOC	MANG XA CUOC TAO NGOAC CUOC  SONG PHI HO DIEP CUOC THANG THIEN HOANH CUOC THANG THIEN BAN LONG CUOC PHONG CUOC PIPE	DOC DOI THAN XA DOC DOI HOANH XA DOC MOC NHAT THAN	NGHICH DIA CUOC XA LUAN CUOC NGHICH MA CUOC
<b>TAM CUOC LIEN HOANH</b>	CUOC + HOANH CUOC TRICK + HAU CUOC	DAO SON CUOC + TAO PHONG CUOC + LUU VAN CUOC  LONG THANG CUOC + PHUC HO TAO DUONG + SONG CUOC	MANG XA CUOC + TAO DIA CUOC + SONG PHI HO DIEP CUOC  THIET TIEU CUOC + BAN LONG CUOC + TAO NGOAC CUOC	DAO SON CUOC + LUU VAN CUOC + THANG THIEN TRUC CUOC  LONG THANG CUOC + PHUC HO TAO DUONG + SONG CUOC	SONG PHI HO DIEP C. + TUYEN PHONG CUOC + LUU VAN CUOC  THAN XA DON GIAP + NGHICH MA CUOC + SONG PHI HO DIEP CUOC  DỘC MỘC NHẬT THÂN + THIẾT BAN CUOC + PHI BAN LONG CUOC
<b>CUNG THU PHAN BIEN</b>	THOI SON BAN HA CONG HA QUYEN LAW THOI SON KIM BAO PHUONG DUC BAT HO CUONG DAO KHAI MON	THAN THONG THUONG QUYEN THOI SON THUONG CHUAN	THOI SON THUY DE DAO HAI KHAI VI	SU TU PHAN QUYEN GIAO LONG KHAC QUYEN	HAU NHI BEATS QUYEN XA HANH NHUYEN QUYEN
<b>DOC LUYEN</b>	BO PHAP NHAP MON DANG MON DOC LUYEN	THU PHAP NHAP MON	KINH SON CUOC	LINK HOANH DA TRUU	LINK HOANH DA TRUU SONG LUYEN
<b>THAO QUYEN</b>	<b>QUAN KY MỘT</b>	<b>QUAN KY HAI</b>	<b>QUAN KY BA</b>	<b>QUAN KY BON</b>	<b>HUNG QUYEN MỘT</b>
<b>THE DOI LUYEN</b>	KHOA GO (5) THE CHONG TRA	TAO DIA CUOC (5) TU TRU SONG LUYEN	HAT VAT (5) SONG DOI MỘT	GIAO LONG CUOC (5) AO ANH BI PHAP	CAM NA (5) SONG THU HO BAC NGU THE GIAO DAU
<b>TU VE</b>	<i>Continuing education (grasping both hands, grasping the vo phuc with 1 hand, grasping the vo phuc with 2 hands, grasping the neck, grasping the belt, grasping the hair...)</i>				
<b>SONG DAU</b>	Initiation	- Free Assaults (3 x 2 min)	- Free Assaults (3 x 2 min)	- Free Assaults (3 x 2 min) - 1v2 Free Assault (3 x 1 min)	- Free Assaults (3 x 2 min) - 1v2 Free Assault (3 x 1 min)

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

WORLD FEDERATION - DECLARED ASSOCIATION - SIRET 93139281500011  
11, rue du Cardinal 30000 Nîmes - France / contact@xuanlongphai.org



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

**春龍派**

**TRUNG DANG LEVEL TRAINING PROGRAM**

GRADES	LINH THU	CAM NA	THAO QUYÊN	SONG QUYÊN	GUOM	SONG DÂU
<b>1st DANG</b>	<b>HAU QUYÊN</b> - DOC LUYÊN MOT - SONG LUYÊN MOT - 5 applications	CUOC CAM NA	<b>HUNG QUYÊN HAI</b> (HUNG QUYÊN MÔT)	QK1/QK3	-Initiation	
<b>2nd DANG</b>	<b>HAC QUYÊN</b> - DOC LUYÊN MOT - SONG LUYÊN MOT - 5 applications  <b>HO TRAO</b> - DOC LUYÊN MOT - SONG LUYÊN MOT - 5 applications	CAM NA CU BONG + Chaining	<b>TRAN QUYÊN LAW</b> (QUAN KY HAI)  <b>LONG HO QUYÊN</b>	QK2/QK4	- DOC LUYÊN MÔT - SONG LUYÊN MÔT	<b>1 VS 1</b> (3 x 2 min)  -
<b>3rd DANG</b>	<b>DUONG LANG QUYÊN</b> - DOC LUYÊN MOT - SONG LUYÊN MOT - 5 applications  <b>XA QUYÊN</b> - DOC LUYÊN MOT - SONG LUYÊN MOT - 5 applications	NHAT NHAN DICH NHI NHAN	<b>DIA SAT QUYÊN</b> (QUAN KY BA)  <b>KIM LAN QUYEN</b>	HQ1	- QUYÊN MÔT - SONG QUYÊN MÔT  - 5 disarmament techniques	<b>1 VS 2</b> (3 x 1 min)  -
<b>4th DANG</b>	<b>HAU QUYÊN</b> - DOC LUYÊN HAI - SONG LUYÊN HAI - 5 applications  <b>HO TRAO</b> - DOC LUYÊN HAI - SONG LUYÊN HAI - Key chaining  <b>DUONG LANG QUYÊN</b> - SONG DOI	CAM NA CU DAO	<b>TU MA QUYÊN</b> (QUAN KY MÔT)  <b>CUU CHI LIEN HOANH</b>	HQ2	- QUYÊN HAI - SONG QUYÊN HAI	<b>Quyên Phap vs Binh Khi</b> (Bông, Dao, Guom) (3 x 1 min)
<b>5th DANG</b>	<b>HO TRAO</b> - DOC LUYÊN BA - SONG LUYÊN BA  <b>XA QUYÊN</b> - DOC LUYÊN HAI - SONG LUYÊN HAI	CAM NA CU GUOM	<b>THACH SU QUYÊN</b> (QUAN KY BON)  <b>QUAN KY NAM</b>	TRAN LAW	- DOC LUYÊN HAI  - SONG DOI	<i>Optional for veterans (from 35 years old)</i>

**THUONG DANG LEVEL PROGRAM**

GRADES	NÔI CÔNG 氣功	CAM NA 擒拿	THAO QUYÊN 套拳	DINH THU 黏手	GUOM 鏢
<b>6th DANG</b>	DICH CAN KINH 易筋經 Tiêu Chu Thiên 小周天	KHOA GO 錯骨	<b>NGU ĐIỀU QUY SAO</b>	QK1/QK3	NHAT GUOM DICH NHI GUOM
<b>7th DANG</b>	BAT DOAN CÂM 八段錦 NGU CÂM HI 五禽戲	GUA KINH 抓筋 DONG KHI 閉氣	<b>THAN XA BACH HAU TRANH PHONG</b>	QK2/QK4	
<b>8th DANG</b>	THẬP NHI KINH MACH 十二經脈 Dai Chu Thiên 大周天	DIEM MACH 點脈	<b>XUAN LONG NHAT NHI KHI</b> 春龍十二氣		

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

WORLD FEDERATION - DECLARED ASSOCIATION - SIRET 93139281500011  
11, rue du Cardinal 30000 Nimes - France / contact@xuanlongphai.org



## COMPLEMENTARY PROGRAM

BỘ QUYỀN CUOC	Advanced study of foot-fist techniques	
ĐỘC LUYỆN TUYẾT KỶ	SA BAO CÔNG	Sequence of work with the bag
	HOANH TUYÊN NHUYÊN THÂN	Hoop flexibility exercise
	CAN TRU QUYÊN	Thao Quyen Reinforcement
	CONG PHA	Breakage of materials
THE DÔI LUYỆN	PHI GIAO LONG CUOC	Flying scissors
	PHIEN LUAN DUNC TUC	Evolution of the Ngu Thê Giao Dâu
	TUC QUYÊN PHIEN LUAN	Evolution of the Phien Luen Dunc Tuc
	AM DUONG LIÊN THU	Liên Thu Liên Công 1vs2 (cf Ao Anh Bi Phap)

## CÔ VO DAO: Study of Traditional Weapons

If the study of the *Guom* (sword) is an integral part of the training program of the XUAN LONG PHAI school, the CÔ VO DAO is taught according to a specific program according to the categories of weapons and the level of the practitioners (see the appendix program).

GRADING			
LEVELS	GRADES	Minimal preparation	Minimum age
HA DANG	WHITE BELT	1 year	14
	1st CAP		
	2nd CAP	+ 1 year	
	3rd CAP	+ 1 year	
	4th CAP	+ 1 year	
	BLACK BELT	+ 1 year	
TRUNG DANG	1st DANG	+ 1 year	17
	2nd DANG	+ 2 years	21
	3rd DANG	+ 3 years	25
	4th DANG	+ 4 years	30
	5th DANG	+ 5 years	40
THUONG DANG	6th DANG	+ 6 years	50
	7th DANG	+ 7 years	60
	8th DANG	+ 8 years	

The technical training offered by the XUAN LONG PHAI school is accompanied by three principles that will guide the practitioner on the path of martial arts, preserving them as much as possible from the traps of discouragement, pusillanimity and pride.

**PERSEVERANCE IN EFFORT:** Voluntary mobilization of physical, intellectual, moral forces, with patience to overcome resistance or overcome difficulty.

**VALOR:** The virtue shown by the brave warrior in the face of danger.

**WISDOM:** Knowledge of truth and goodness, based on reason and experience.

*Three principles comparable to a lamp with effort as its fuel, valour as its flame and wisdom for light.*



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

**春龍派**

Xuan Long School offers a technical program and pedagogy adapted to young practitioners.

➔ Objectives: motor skills, agility, technical quality / discipline, respect, chivalrous spirit.

### CHILDREN'S TRAINING PROGRAM (7 - 12 years old)

WHITE BELT	1st RED CAP	2nd RED CAP	3rd RED CAP	4th RED CAP	PURPLE BELT
<b>BO PHAP</b>	CHUAN BI LAP TÂN HOA TÂN LINK TRUNG BINH TAN DINH TÂN	HAC TÂN AM DUONG TAN	TIEU TÂN XA TÂN	NHI TÂN HO DIEP TAN	QUY TÂN TOA TÂN
<b>THAN PHAP</b>	QUAY SAU QUAY XA HANH	TIEM THU QUA HAI CHUYEN THAN	DAO THAN DI HANH	DOI BÔ THÔI THAN	PHI TÂU MA PHI DANG
<b>NHAO LAN</b>	THAN XA DON GIAP	LINH MIEU BANG DIA	XA LUAN BANG DIA	CAP MA CONG	MỐC MA HANH CONG
<b>BÔ THU PHAP</b>	THOI SON DI SON THOI SON BAN HA THOI SON KIM BAO CUONG DAO KHAI MON	THOI SON TA CHI PHUONG DUC BAT HO	THOI SON UNG TRAO CONG HA QUYÊN LAW	AM DUONG QUYÊN THAN THONG THUONG QUYÊN THOI SON CON CAU THOI SON THUONG CHUAN	THOI SON THUY DÊ AM DUONG HA TRIẾT
<b>BÔ CUOC PHAP</b>	LONG THANG CUOC CONG CUOC LAW DAO SON CUOC TAO PHONG CUOC CUOC TIP THANG THIEN TRUC CUOC	SONG CUOC	HAU CUOC	HOANH CUOC	BAN LONG CUOC LUU VAN CUOC THANG THIEN BAN LONG CUOC
<b>CUNG THU PHAN BIEN</b>	THOI SON BAN HA THOI SON KIM BAO	PHUONG DUC BAT HO CUONG DAO KHAI MON	CONG HA QUYÊN LAW	THAN THONG THUONG QUYÊN THOI SON THUONG CHUAN	THOI SON THUY DÊ
<b>DOC LUYÊN</b>	<b>BO PHAP NHAP MON</b>	<b>DANG MON DOC LUYÊN</b>	<b>QUYÊN MÔT</b>	<b>THU PHAP NHAP MON</b>	<b>QUYÊN HAI</b>
<b>THE DOI LUYÊN</b>	NGU THỂ CHONG TRA	TAM THỂ CHONG TRA (1/2)	TAM THỂ CHONG TRA (2/2)	TU TRU SONG LUYÊN	LIÊN THU LIÊN CONG
<b>TU VÊ</b>	<i>Continuing education (grasping both hands, grasping the vo phuc with 1 hand, grasping the vo phuc with 2 hands, grasping the neck, grasping the belt, grasping the hair...)</i>				
<b>SONG DÂU</b>	Initiation	- Free Assaults (3 x 1 min)	- Free Assaults (3 x 1 min)	- Free Assaults (3 x 1 min) - 1v2 Free Assault (2 x 1 min)	- Free Assaults (3 x 1 min) - 1v2 Free Assault (2 x 1 min)
<b>BELT VIOLET</b>	<b>1st WHITE CAP</b>			<b>2nd WHITE CAP</b>	
<b>THAN PHAP</b>	HOANH THAN HOANH VAN			THAN PHAP DOC LUYÊN	
<b>BÔ THU PHAP</b>	THOI SON HUU DUC GIAO LONG KHAC QUYÊN PHUONG DUC KIM CHUNG			CUONG DAO TRAM XA CUONG DAO KHAI VI	
<b>BÔ CUOC PHAP</b>	TAO DIA CUOC PHUC HO TAO DUONG			TUYÊN PHONG CUOC	
<b>CUNG THU PHAN BIEN</b>	GIAO LONG KHAC QUYÊN			SU TU PHAN QUYÊN	
<b>DOC LUYÊN</b>	<b>BO PHAP DỐC LUYÊN</b>			<b>KINH SON CUOC</b>	
<b>THE DOI LUYÊN</b>	TAO DIA CUOC			SONG DOI MÔT	
<b>TU VÊ</b>	<i>Continuing education (grasping both hands, grasping the vo phuc with 1 hand, grasping the vo phuc with 2 hands, grasping the neck, grasping the belt, grasping the hair...)</i>				
<b>SONG DÂU</b>	- Free Assaults (3 x 1 min) - 1v2 Free Assault (2 x 1 min)			- Free Assaults (3 x 1 min) - 1v2 Free Assault (2 x 1 min)	

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

WORLD FEDERATION - DECLARED ASSOCIATION - SIRET 93139281500011  
11, rue du Cardinal 30000 Nîmes - France / contact@xuanlongphai.org