

Hội Đồng Võ Sư Thế Giới

Le Conseil Mondial des Maîtres Vovinam-VietVoDao
The World Council of Masters Vovinam-VietVoDao



Tổng Liên Đoàn Vovinam-Việt Võ Đạo Thế Giới

La Fédération Mondiale de Vovinam-VietVoDao
The Vovinam-VietVoDao World Federation

La Commission Technique Internationale The International Technical Board

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President of the World Council of Vovinam-Viet Vo Dao Masters

President of the International Technical Board

The reform of sword techniques 1st level

The Quyên of Sword

<https://vovinamworldfederation.eu/en/world-council-of-masters/reformations-projects-vovinam-vvd/the-reform-of-the-quyen-luong-nghi-kiem-phap.html>

The 5 subjects forming the 1st level of the sword system are:

- Attack techniques.
- Parade techniques.
- Counter-attack techniques.
- The Quyên Lương Nghi Kiếm Pháp^[1].
- The Song Luyện Kiếm.

The Quyên Lương Nghi Kiếm Pháp

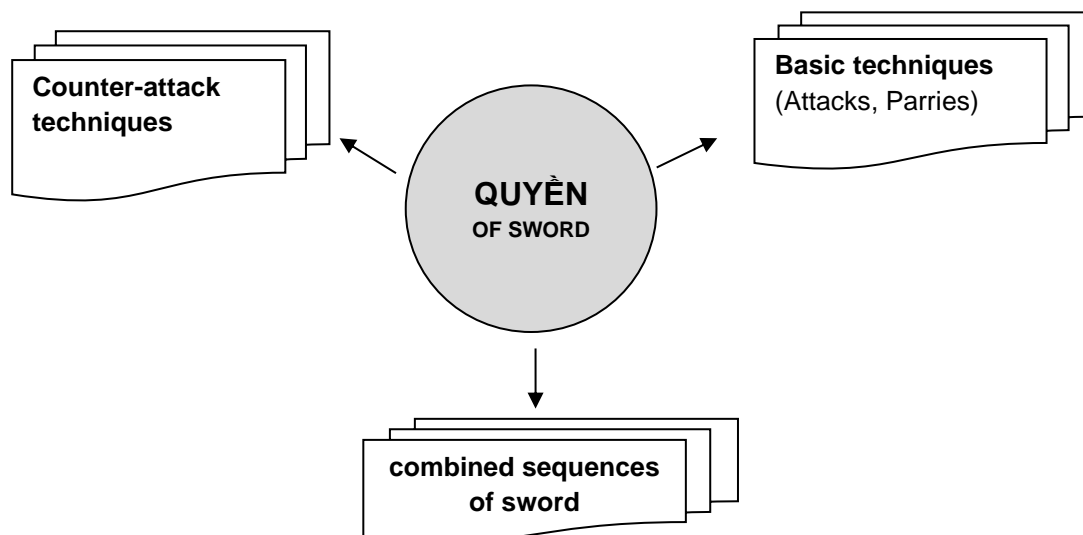
Quyên Lương Nghi is part of Traditional Quyên. That is to say a concentrate of techniques which simulate an imaginary fight against one or more opponents, with the aim of achieving not only excellence in technical areas such as: basic techniques (attack techniques and parade techniques.), orientation in space, movement, but also to seek to control one's breathing and vitality in order to achieve total self-control.

Quyên is therefore not a simple grouping of techniques but a set of techniques which follow one another to form an individual working method corresponding to a given level of practice.

¹ : Its full name in Vietnamese is: Tinh Hoa Lương Nghi Kiếm Pháp = the Purity of the Duality of Yin and Yang of the sword.

Quyên is generally divided into several "sequences", each sequence is composed of several movements, and each movement develops into a series of coherent techniques, which are linked and coordinated to form a combat or counterattack situation, in short: **a system**.

I. The place of Quyên in the teaching system of Vovinam-Viet Vo Dao with the principle: 1 generates 3



According to the concept of Vovinam-Viet Vo Dao, the content of Quyên reveals its nature and meaning while positioning itself at the heart of other subjects. It is in Quyên that we must exploit, interpret and bring together the techniques of other subjects, such as basic techniques (attack techniques, parries), counter-attack techniques, combined sequences (Song Luyen), positions, etc. to create an interdependent dynamic in accordance with the Vovinam-Viet Vo Dao teaching system with the **principle: 1 generates 3**.

II. II. Analysis du Quyên Luong Nghi actuel:

- The Quyên Luồng Nghi is made up of 15 sequences, therefore very easy to memorize, if you know the counterattack techniques, also known under the term “analysis of sword techniques” (Phân tích Kiếm).
- As a whole, 80% of its techniques are consistent with the other subjects (basic, counterattack and Song Luyen techniques) which are "extracted" from Quyên. But there remain some contradictory and major problems
 - 1- There are differences between the techniques in Quyên and counterattack techniques. And the disparities are even more striking with Song Luyen. The principle “one generates three” is therefore undermined in its principle
 - 2- If we strictly respect the positions and movements, then at the end of Quyên, we do not return to the initial position, but further back by approximately 3 meters

3- Towards the end of Quyen, from the 11th sequence, we observe excessive use of rotation techniques (3rd and 4th attack tech.). And if we calculate the entire Quyen, there are 35 techniques out of 78, which represents more than 45% of the Quyen. Here is the detailed analysis of the current Quyen :

- 25 Chem 3 techniques (*rotation from bottom to top*): 32.05%, or a third of Quyen,
- 10 Chem 4 techniques (*rotation from top to bottom*): 12.82%,
(Including a total of 35 rotation techniques, which represents 45.32% of Quyen).

- 4 Chem 1 techniques (*vertical cutting edges*): 05.13%,
- 10 Chem 2 techniques (*horizontal cutting edges*): 12.82%,
- 2 Chem 5 techniques (*45° from bottom to top*): 02.56%,
- 2 Chem 6 techniques (*45° from top to bottom*): 02.56%,
- 7 Chem 8 techniques (Dam): 1 direct drill to the right (8.1), 2 direct drill to the left (8.2), 1 horizontal drill (8.3), 2 verticals drill from top to bottom (8.4) and 1 vertical drill from bottom to top (8.5): 08.97%,
- 17 parry techniques (blocks): 21.79%,
- 1 direct jump kick (Da Bay Thang – Phi Cuoc): 01.28%.

4- The 13th and 14th sequences have not been clearly codified in counter-attack techniques.

This is why the reform of Quyen sword must favor study that is both scientific and rational, because it is Quyen which “generates” the techniques for other subjects.

III. The principles of improving 1st level sword techniques.

- 1- Respect the shapes and objectives of the sword by only proposing changes linked to the four identified imperfections;
- 2- Reduce the number of movements by keeping only the essential ones;
- 3- Propose new techniques to fill in the gaps;
- 4- Change the old techniques in order to remove contradictions, and at the same time achieve coherence between the three subjects which make up the 1st level sword techniques, namely: Quyen, Song Luyen and counterattack techniques.
- 5- Return to the starting position of the Quyen.

In order to implement the stated improvement principles, here are the modifications:

- 1- 1- Reform of Quyen Luong Nghi Kiem Phap (see below: [299_23_EN_Sword Tech Reform_Quyen of sword.pdf](#))
- 2- Implement basic techniques such as: attack techniques and defense techniques (parry) – See file: « [298_23_EN_Sword Tech Reform_Basic Tech.pdf](#) ».
- 3- Reform of saber counterattack techniques – See file: "[300_23_EN_Sword Tech Reform_Counterattack techniques.pdf](#)"
- 4- 4- Reform of Song Luyen Kiem - See file: "[301_23_EN_Sword Tech Reform_Song Luyen Kiem.pdf](#)"

IV. Reforming Sword Quyen:

The new sword Quyen has a total of 62 techniques, instead of 78 like the old one, which are distributed as follows:

- 12 Chem 3 techniques (*rotation from bottom to top*): 19,35%,

- 2 Chem 4 techniques (*rotation from top to bottom*): 3,23%,
(Including a total of 14 rotation techniques, which represents 22,58% of Quyen).
- 6 Chem 1 techniques (*vertical cutting edges*): 09,68%,
- 8 Chem 2 techniques (*horizontal cutting edges*): 12,90%,
- 2 Chem 5 techniques (*45° from bottom to top*): 3,23%,
- 3 Chem 6 techniques (*45° from top to bottom*): 4,84%,
- 2 Chem 7 techniques (*the blade placed horizontally*): 3,23%,
- 8 Chem 8 techniques (Dam): 1 direct drill to the right (8.1), 3 direct drill to the left (8.2), 1 horizontal drill (8.3), 2 verticals drill from top to bottom (8.4) and 1 vertical drill from bottom to top (8.5): 12,90%,
- 18 parry techniques (blocks): 29,04%,
- 1 direct kick (*Da Thang*): 01,61%.

V. Coding:

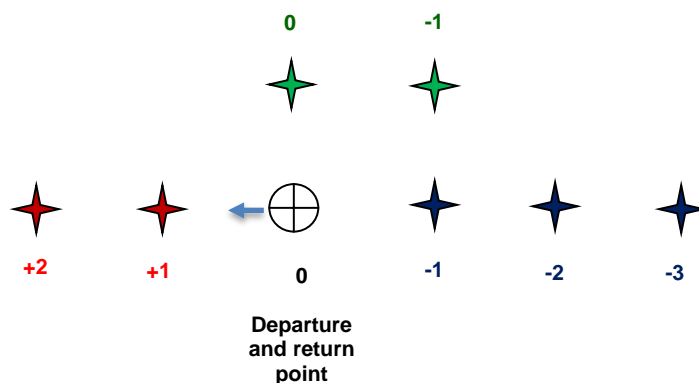
- ⊕ : The starting point
- ● : The position of the right foot is also the reference for calculating the number of steps from the starting point.
- → : The red arrow: the movement of the right leg.
- ✦ : Left foot position.
- → : The black arrow: moving the left leg.
- → : Direction of view
- R : Right
- L : left
- Green texts: changes or new features compared to the old Quyen.

VI. The Quyen's movement pattern:

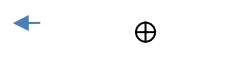

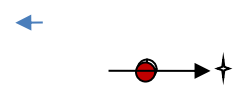
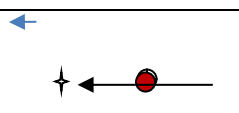
The diagram below traces the movements during the execution of Quyen:

- From the starting point, up to 2 steps forward (+2, red).
- Maximum 3 steps back (-3, dark blue).
- And a maximum of 2 steps to the left or to the right, depending on the direction of execution of the Quyen (0 and -1, green).

If these limits are exceeded, the Quyen will be inaccurate and non-compliant.

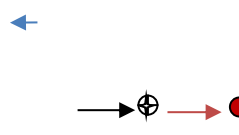
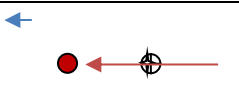


1st Sequence

Action	Position	Step
Introduction ceremony		0
- Jump in place in Chảo Mã Tấn L - Chém 3 : rotation to R. Hand L crossed with arm R.		0 step (in red leg D)
- Back up in Xà Tấn 2 L . The sword passes behind the neck then passes in front. Gạt 4 : from L to R, down & in // with leg R. Hand L stretched behind - Stay in Xà Tấn 2 L , flip Chém 2 from R to L, aiming at the opponent's wrist.		0 step
- Advance in Đỉnh Tấn L - Chém 2 (<i>horizontal</i>) in 2 times: slice from R-L/L-R, passing behind the neck. The L arm must be synchronized with the R arm.		0 step


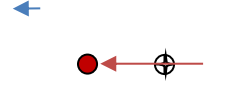
➤ **Total : 5 techniques**

2nd Sequence

- Jumping backwards in Trung Bình Tấn . - Gạt 1 : like Chém 6 (<i>cut at 45° from top to bottom</i>). Aim at the opponent's head and the back of his sword. The L hand under the R in support. The head of the sword must be 20° towards the opponent.		-1 step
- Advance in Đỉnh Tấn R . - Chém 1 (<i>vertical</i>) in 3 times: slice R/L/R. Each time, you must stop or block the sword // with the ground.		+1 step

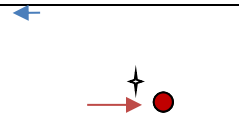
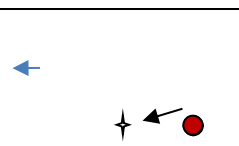
➤ **Total : 4 techniques**

3rd Sequence

- Jumping backwards in Chảo Mã Tấn L - Chém 3 : rotation to R. Hand L crosses and blocks arm R.		- 0,5 step
- Advance in Đỉnh Tấn R . - Chém 3 in 3 times: rotation L/R/L. Arm L must be synchronized with arm R.		+1 step

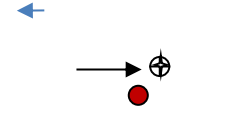
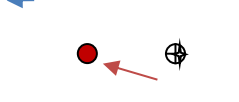

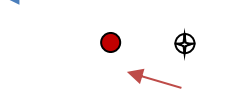
➤ **Total : 4 techniques**

4th Sequence

- Jumping backwards in Chảo Mã Tấn L , 45° to R. - Gạt 1 : like Chém 6 (<i>cut at 45° from L to R & top to bottom</i>). Aim at the opponent's head and the back of the sword. The L hand under the R hand for support. The head of the sword must be 20° towards the opponent.		0 step
- Advance in Đỉnh Tấn L - Chém 7 to R, grasp the handle of the sword with 2 hands, the blade horizontal, cutting side forward, aiming at the opponent's throat. - Chém 2 , in 2 times: L/R with the return of the saber behind the neck.		0 step


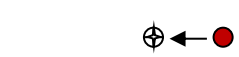

➤ **Total : 4 techniques**

5th Sequence

<ul style="list-style-type: none"> - Jumping backwards in Chảo Mã Tấn R, 45° to L, body turned 45° to L, with the sword returning behind the neck from R to L. - Gạt 2 : like Chém 6 (<i>cut at 45°, from R to L & top to bottom</i>). Aim at the opponent's head and the back of the sword. The L hand under the R hand for support. The head of the sword must be 20° towards the opponent. 		+0,5 step
<ul style="list-style-type: none"> - Advance in Đỉnh Tấn R. - Chém 7 Chém 7 to L: blade horizontal, push the cutting side forward with only 1 arm R, aiming at the opponent's throat. - Chém 2, from R to L, with the saber returning behind the neck. 		+1 step
<ul style="list-style-type: none"> - Fold the R leg into Chảo Mã Tấn R, body turned 45° to L. Arm the saber (<i>the handle back, cutting towards the sky and the point towards the opponent</i>). Hand L resting on the pommel of the sword. 		+0,5 step
<ul style="list-style-type: none"> - Advance in Đỉnh Tấn R. - Đâm 8.2, drill directly on the L side by turning 180°, the edge of the sword towards the ground, aiming at the opponent's chest, the L arm must move away opposite the R arm to maintain balance. 		+1 step

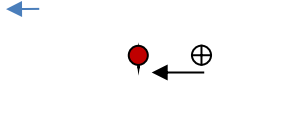
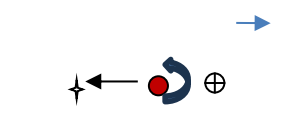
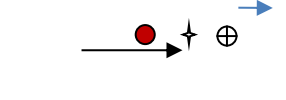
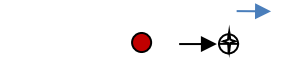
➤ **Total : 4 techniques**

6th Sequence

<ul style="list-style-type: none"> - Jumping backwards in Độc Hành Tấn R (<i>L leg raised</i>), body turned 90° to R. - At the same time Gạt 4 (<i>4th Parry Tech.</i>): from L to R & from bottom to top. L hand crossed towards R cheek. 		-1 step
<ul style="list-style-type: none"> - Place leg L forward in Đỉnh Tấn L. - Đâm 8.4 (<i>drill vertically from top to bottom</i>) aimed at the opponent's chest. L hand crossed and pinned to R arm. 		-1 step
<ul style="list-style-type: none"> - Push the R hand forward, at the same time, withdraw the sword backwards. - Advance leg R to Đỉnh Tấn R. - Đâm 8.4 (<i>drill vertically from top to bottom</i>) aimed at the opponent's chest. L hand crossed and pinned to R arm. 		+1 step

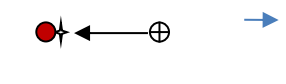
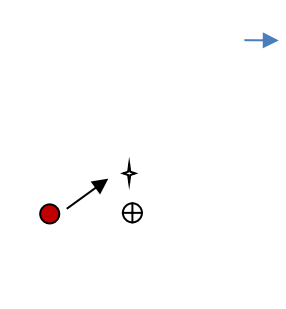
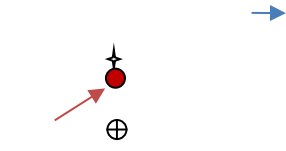
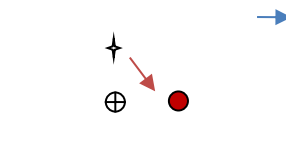
➤ **Total : 3 techniques**

7th Sequence

<ul style="list-style-type: none"> - Advance the L leg in Liên Hoa Tấn, then turn the body to L 180°, at the same time Gạt 5 (from R to L), then turn the sword around the neck. Hand L crossed towards armpit R. 		+1 step
<ul style="list-style-type: none"> - Move the L leg back, at the same time half turn into Đỉnh Tấn R. - Gạt 2 (2nd Parry Tech.). L hand crossed and pinned to R arm. 		+1 step
<ul style="list-style-type: none"> - Advance in Chảo Mã Tấn L, Chém 3 (Rotation) from bottom to top, L side. 		+1 step
<ul style="list-style-type: none"> - Advance Đỉnh Tấn L - Chém 2: (horizontal) R-L, without stepping the saber behind the neck, aiming at the opponent's neck. L hand crossed and pinned to R arm. 		+1 step

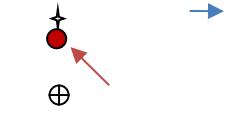

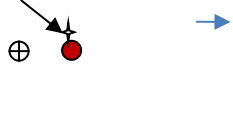
➤ **Total : 4 techniques**

8th Sequence

<ul style="list-style-type: none"> - Move the L leg back into Liên Hoa Tấn. - Gạt 5 (5th Parry Tech.), then turn around the back of the neck. L hand crossed towards R cheek. 		+1 step
<ul style="list-style-type: none"> - Spread in leg L, 45° to L in Đỉnh Tấn L, the body must bend as far as possible. - Chém 5 (Cut): 45° from bottom to top and from R to L, aiming at the body and under the opponent's arm. Arm L must follow the same direction as arm R. - Stay in Đỉnh Tấn L, Chém 6 (Cut at 45° from top to bottom & from L to R) without passing the sword behind the neck. Aim at the opponent's ribs, the L arm must be spread upwards opposite the R arm to maintain balance. 		+1 step
<ul style="list-style-type: none"> - Continue to advance the R leg towards the L leg in Liên Hoa Tấn, 		0 step at L
<ul style="list-style-type: none"> - Then continue to advance the R leg at 45° to R in Đỉnh Tấn R. - Đâm 8.3 (drill horizontally, from R to L), aiming at the opponent's abdomen. Arm L must be crossed and resting against arm R. 		-1 step

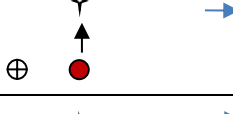

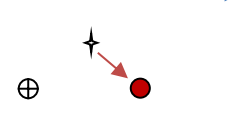
➤ **Total : 4 techniques**

9th Sequence

<ul style="list-style-type: none"> - Move the R leg backwards in Liên Hoa Tấn, at the same time Gạt 6 (6th Parry Tech.), then turn the sword around the nape of the neck, L hand crossed towards the R cheek. 		0 step at L
<ul style="list-style-type: none"> - Spread the leg R, 45° to R in Đỉnh Tấn R, (the body must bend as far as possible). - Chém 5 (Cut 45° from bottom to top and from L to R), aiming at the body and under the opponent's arm. The L arm must be spread opposite the R arm to maintain balance. - Stay in Đỉnh Tấn R - Chém 6 (Cut 45° from top to bottom & from R to L) without stepping the saber behind the neck, aiming at the opponent's ribs. The L arm must be crossed towards the R cheek to maintain balance. 		-1 step
<ul style="list-style-type: none"> - Continue to move the L leg forward to join the R leg in the Liên Hoa Tấn position. - Đâm 8.5 with 2 arms (Đâm Múc - drill vertically, from bottom to top), aiming at the opponent's throat. 		-1 step

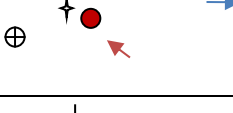

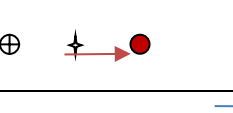
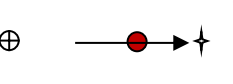
➤ **Total : 4 techniques**

10th Sequence

<ul style="list-style-type: none"> - Spread the leg L to L in Đỉnh Tấn L - Gạt 1 (1st Parry Tech.) L to R. L wrist to L hip 		-1 step
<ul style="list-style-type: none"> - Move leg R, 45° to L in Chảo Mã Tấn R. - At the same time Chém 3: (Rotation) from bottom to top of the R side, aim under the opponent's arm. The L arm must be crossed over the R cheek to maintain balance. 		-1,5 step at L
<ul style="list-style-type: none"> - Advance leg R, 45° to R in Đỉnh Tấn R. - Chém 2 (2nd Tech. of attack): slice horizontally from L to R, aiming at the opponent's neck, without stepping the sword behind the neck. The L arm must be spread horizontally opposite the R arm to maintain balance. 		-2 step

➤ **Total : 3 techniques**

11th Sequence

<ul style="list-style-type: none"> - Move the R leg back 45° to Chảo Mã Tấn R. - Gạt 4 (4th Techno. parade), from top to bottom and from L to R, hand L must be crossed on cheek R. 		-1,5 step at L
<ul style="list-style-type: none"> - Jump to R, (45° relative to the axis) in Chảo Mã Tấn L. At the same time the sword must turn behind the neck. - Gạt 2 (2nd Tech. parade). Arm L must be crossed and pressed against arm D. 		-0,5 step
<ul style="list-style-type: none"> - Advance in Đỉnh Tấn R. - Chém 3 (rotation) L side, from bottom to top, aiming at the opponent's body 		-2 step
<ul style="list-style-type: none"> - Advance in Đỉnh Tấn L - Chém 1 (vertically slicing with 2 hands) from top to bottom, aiming at the opponent's head or shoulder. 		-2 step

➤ **Total : 4 techniques**

12th Sequence

<ul style="list-style-type: none"> - Jump back into Độc Hành Tấn L (R leg raised), body turned 90° to L - At the same time, Gạt 3 (3rd Tech. parade), from bottom to top & from R to L, in one go. Hand L should be crossed on cheek R. - Then cock the saber (the handle back, cutting towards the sky and the point towards the opponent). 		-1 step
<ul style="list-style-type: none"> - Place the R leg forward and in Đỉnh Tấn R. - Đâm 8.2 : Drill directly on the L side (turning 180°, the edge of the sword towards the ground), aiming at the opponent's chest, the L arm must move away from the R arm to maintain balance. 		-2 step
<ul style="list-style-type: none"> - Advance in Đỉnh Tấn L, - Đâm 8.1 : drill directly on the R side. 		-2 step

➤ **Total : 3 techniques**


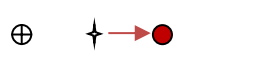
13th Sequence

<ul style="list-style-type: none"> - Move leg back L, 45° back L in Đỉnh Tấn L. - Gạt 4 (4th blocking technique), from L to R & from bottom to top, aim at the back of the opponent's saber. L hand spread back. 		-2 step
<ul style="list-style-type: none"> - Jump to R, at 45° in Chảo Mã Tấn L. - At the same time Gạt 3 (3rd blocking technique), aim at the back of the opponent's saber. Arm L must be crossed and pressed against arm R. 		-0,5 step
<ul style="list-style-type: none"> - Advance in Đỉnh Tấn R, - Chém 3 (rotation) only once on the L side. Arm L in synchronization with the R. - Stay in place, Chém 6 (45° from top to bottom, from R to L), aim for the opponent's leg. 		-2 step

➤ **Total : 4 techniques**

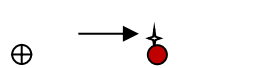

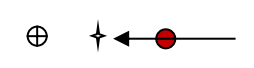

14th Sequence

<ul style="list-style-type: none"> - Back up to Chảo Mã Tấn L - Chém 3 (rotation) in two times: L/R. L arm in sync with R 		-1,5 step
<ul style="list-style-type: none"> - Move the R leg back into Đỉnh Tấn R - Gạt 7 (horizontal) from bottom to top. The L hand resting on the back of the sword for support. - Then turn the saber to R like Gạt 1, 		0 step
<ul style="list-style-type: none"> - Đá Thẳng to R (direct R kick), then place the leg in Đỉnh Tấn R. - Chém 3 (rotation) to R. Arm L in synchronization with the D. 		-2 step


<ul style="list-style-type: none"> - Remove leg R back in Chảo Mã Tấn R, at the same time cock the saber (the sleeve back, the blade cutting towards the sky and the point in front). 		-1 step
<ul style="list-style-type: none"> - Bring R leg forward to Đỉnh Tấn R. - Đâm 8.2, drill directly by turning 180°, the edge of the saber towards the ground, aiming at the opponent's chest, the L arm must move away opposite the R arm to maintain balance. 		-2 step

➤ **Total : 7 techniques**

15th Sequence

<ul style="list-style-type: none"> - Advance the L leg in Liên Hoa Tấn, then turn the body to R 180°, at the same time Gạt 6 (6th Tech. parade), then turn the saber around the neck. Hand L crossed towards armpit R. 		-2 step
<ul style="list-style-type: none"> - Move leg L forward to Đỉnh Tấn L, then turn around to Đỉnh Tấn R. - Chém 1 : Slice at 30°, from top to bottom. and from L to R. Hand L under arm R 		-2 step
<ul style="list-style-type: none"> - Advance in Đỉnh Tấn L - Chém 4 (30° rotation, up and down, 2 times): R/L. Hand L synchronized with R. 		-2 step
<ul style="list-style-type: none"> - Advance in Đỉnh Tấn R. - Chém 1 (vertical). Once at R. Main L synchronized with R. 		0 step

➤ **Total : 5 techniques**

	Action	Position	Step
	Closing ceremony		0