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Cửu Môn Võ Đường - Actualités de l'école

What is Vovinam Viet Vo Dao - Duration: 8:48. Karaté Bushido Officiel 235,858 views. 8:48. Vovinam Leg Techniques [Vovinam - Tacoma Dome Exhibition Stage] - Duration: 2:55. Triet Huynh 67 views.

Techniques de Self Défense par Gilles CROZON-CAZIN /Club Vovinam Aérobie

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Cette vidéo est destinée d'abord aux pratiquants de Vovinam Viet Vo Dao et à tous ceux qui veulent découvrir cette discipline. Elle englobe les premières stratégies

de combats, les contres ...

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La Martiathèque: Arts martiaux vietnamiens

36. Tran Su Vo Viet 37. Tran-Vo-Dao 38. Trung Son Vo Dao 39. Truong Vo Thuat 40. Vat Lieu Doi 41. Viet Vo Dao 42. Viet Vu Dao 43. Vinh Xuan Quyen 44. Vo An Vinh 45. Vo Bac Ninh 46. Vo Binh Dinh 47. Vo Cuu Long 48. Vo Da 49. Vo Dao Vietnam 50. Vo Hoang Nam 51. Vo Lam 52. Vo Lam Son 53. Lam Son Vo Dao 54. Vo Nha Chua 55. Vo Nhat Nam 56. Vo Quang ...

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Vovinam Leg techniques

Un livre très complet sur l'histoire et les techniques du Viet Vo Dao. Un livre remarquable sur l'école Lam Son : "Apprendre un art martial, c'est apprendre le pardon et la Bonté,

Viet dao: Pour tout apprendre au sujet du viet dao

It uses force and reaction of the opponent. Vovinam also includes hand, elbow, kicks, escape- and levering techniques. Both attack and defense techniques are trained, as well as forms, combat and traditional wrestling. The wide range of techniques include punching, kicking etc. as well as forms, wrestling, sword, staff, axe, folding fan and others.

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Informations sur l'école de Thanh Long Cuu Mon. André Gazur, fondateur de

l'école, a commencé son étude de l'art martial vietnamien avec Maître Nguyen Dan Phu. Vichy. Allier (03). France.

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Le Viet Vo Dao, aussi appelé Viet Dao, se caractérise par le fait qu'il n'est pas l'oeuvre d'un seul, mais celle de tout un peuple qui, au cours de son histoire, dû constamment lutter pour préserver son identité.

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