



VOVINAM VIET VO DAO

FEDERATION NORTHEASTERN UNITED STATES



Training Program – Yellow Belt 3 Stripe

24 Months	Basic Techniques	Thesis	Counterattack/Weapon / Wrestling	Single Form	Dual Form	Endurance	Rolling	Leg Techniques	Sparing/Wrestling
	-Review Old Program	-Thesis topic ideas	-12 Wooden Ruler Counterattack Techniques -10 Wrestling Techniques (19 – 28)	-Ngoc Tran Form -Grand Sabre of the duality of the Sun and Moon	-Dual Form Practice 4 -Dual Wrestling Practice 3	55 - 60 Push up and Jump Squat	Jump Over High Obstacle Roll Jump Side Fall Front Body Low & High Fall		90 Secs

Belt Test – To Deputy Red Belt

24 Months	Basic Techniques	Thesis	Counterattack/Weapon / Wrestling	Single Form	Dual Form	Endurance	Rolling	Leg Techniques	Sparing/Wrestling
		- Minimum 25 Pages Thesis	-12 Wooden Ruler Counterattack Techniques -10 Wrestling Techniques (19 – 28)	-Ngoc Tran Form -Grand Sabre of the duality of the Sun and Moon	-Dual Form Practice 4 -Dual Wrestling Practice 3	60 Push up and Jump Squat			90 Secs each

Subject to change