

EUROPEAN VOVINAM VIET VO DAO FEDERATION ORGANIZE

# EVVF VOVINAM SEMINAR 2024

2-5 MAY 2024 | MUNICH



MASTER  
LE HUU NGHIA  
FRANCE

MASTER  
FLORIN MACOVEI  
ROMANIA

MASTER  
VITTORIO CERA  
ITALY



[www.vovinam-evvf.eu](http://www.vovinam-evvf.eu)

**TS JAHN**   
München  
TS Jahn  
Weltenburger Str. 53,  
81677 München  
[www.tsjahn.de](http://www.tsjahn.de)

# INFORMATION BOOKLET FOR THE 8TH EVVF SEMINAR 2024

MUNICH - GERMANY

GERMAN VOVINAM VIET VO DAO FEDERATION



## **Dear Athletes, Masters and Instructors,**

The German Vovinam Viet Vo Dao Association is very pleased to host the EVVF Seminar in Munich this year.

After the positive experiences at the EVVF Youth European Championship 2023 in Tenerife, we warmly invite you to our beautiful city in southern Germany to learn, train, and deepen our friendship together.

Thanks to the support of the Turnerschaft Jahn München, we can use the newly built, spacious triple sports hall. Our goal as hosts is to provide you with an excellent stay, and we look forward to spending an unforgettable time together.

Dietmar Thom  
President of the German Vovinam Viet Vo Dao  
Federation

March 2024

DVVF

# Information Booklet for the 8th EVVF Seminar 2024

MUNICH - GERMANY

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# SCHEDULE

Time	EVVF ANNUAL SEMINAR MUNICH May 2nd - May 5th 2024
	<b>THURSDAY May 2nd</b>
15:00-18:00	EVVF Congress
	<b>FRIDAY May 3rd</b>
09:00-12:00	Examination for yellow and red belts
12:00-14:00	Lunch
14:00-16:00	Referees Seminar - Fighting
16:00-18:00	Technical Seminar Hạc Quyền/Phản Đòn
	<b>SATURDAY May 4th</b>
10:00-12:00	Technical Seminar Song Luyện Kiếm/15 Kiếm techniques
12:00-14:00	Lunch
14:00-16:00	Referees Seminar - Technique
16:00-18:00	Lễ Giỗ Tổ and Belts awarding
	<b>SUNDAY May 5th</b>
09:30-11:00	Technical Seminar - Hạc Quyền review/Khoá Gỡ
11:00-12:30	Technical Seminar Song Luyện Kiếm/15 Kiếm techniques review

# DATE AND LOCATION

DATE

MAY 2ND – MAY 5TH 2024

ADDRESS

TURNERSCHAFT JAHN MÜNCHEN  
WELTENBURGER STR. 53, 81677 MUNICH  
GERMANY

ORGANISED

BY

EUROPEAN VOVINAM VIET VO DAO FEDERATION (EVVF)

HOSTED

BY

GERMAN VOVINAM VIET VO DAO FEDERATION



# TRANSPORT INFORMATION

## BY PLANE & CAR

- MUNICH AIRPORT (MUC) – 34KM FROM MUNICH  
MOTORWAY A92 & A9
- MEMMINGEN AIRPORT (FMM) – 120KM FROM MUNICH  
MOTORWAY A96
- NUREMBURG AIRPORT (NUE) – 178KM FROM MUNICH  
MOTORWAY A9

## BY TRAIN

- MUNICH CENTRAL STATION: U4 TO RICHARD-STRAUSS-  
STRASSE (DIRECTION ARABELLAPARK)
- ARABELLAPARK: BUS 187 TO VOLLMANNSTRASSE



# FOOD

ON MAY 3RD AND 4TH, LUNCH WILL BE OFFERED AT THE RESTAURANT DIRECTLY AT THE GYM. THERE ARE A TOTAL OF 4 DISHES TO CHOOSE FROM. EACH MENU COMES WITH A SMALL DRINK (0,2L).

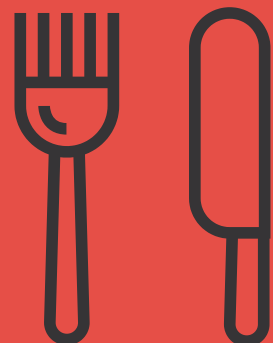
LUNCH MUST BE ORDERED IN ADVANCE.

PLEASE FILL OUT THE EXCEL FILE  
AND SEND IT TO THE ADDRESS:  
[VOVINAMVIETVODAOMUENCHEN@GMAIL.COM](mailto:VOVINAMVIETVODAOMUENCHEN@GMAIL.COM)

[DOWNLOAD EXCEL FILE HERE](#)

## **RESTAURANT FRATIMA PIZZERIA E CUCINA ITALIANA**

- MENU 1: RIGATTONI BOLOGNESE - 11€
- MENU 2: RIGATTONI NAPOLI (TOMATO SAUCE) – 10€
- MENU 3: PIZZA SALAME – 11€
- MENU 4: PIZZA VERDURE – 13€





# HOTEL

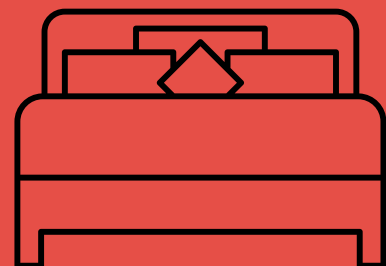
ALL **SEMINAR PARTICIPANTS CAN STAY** AT A HOTEL NEAR THE GYM **AT A DISCOUNTED RATE USING A BOOKING CODE**. THERE ARE SINGLE AND DOUBLE ROOMS AVAILABLE, **PRICES ARE PER ROOM AND INCLUDE A BREAKFAST BUFFET**.

ALL PARTICIPANTS MUST BOOK THE ROOM THEMSELVES, FOR WHICH **THERE IS A SPECIFIC BOOK HERE LINK (SEE NEXT PAGE)**.

DISCOUNTED **ROOMS MUST BE BOOKED BY MARCH 21** LATEST.

HOTEL LEONARDO MUNICH ARABELLAPARK  
EFFNERSTRASSE 99  
81925 MÜNCHEN

DISTANCE FROM GYM 2.6KM



# YOUR RESERVATION at the Leonardo Munich Arabellapark See you soon

## Booking Code: Vovinam

### BOOK YOUR ROOM NOW

Follow the button "Book here", which will lead you to the website of the Leonardo Munich Arabellapark. The date and booking code are already stored here. To complete the booking, you only need to enter your personal data.

[BOOK HERE](#)

### OUR SPECIAL

84,- Euro  
per single room

94,- Euro  
per double room

The rates are per room/night including breakfast buffet, VAT and service charges. These rates are valid from May 2nd to 4th, 2024 and can be booked before March 21st, 2024 (subject to availability) with the booking code "Vovinam".



### LEONARDO MUNICH ARABELLAPARK

The Leonardo Munich Arabellapark is located in the heart of Munich, next to the English Garden. Thanks to the good connection, the fairground, the city center and the main station can be reached quickly and easily by car as well as by public transport. The 152 bright and air-conditioned rooms all have a flat-screen TV, tea & coffee maker, in-room safe and a bathroom with hairdryer and cosmetic mirror. The breakfast restaurant Tiffany offers an energetic start into the day, while the restaurant Ludwig Stüberl invites its guests to taste traditional Bavarian cuisine and specialty beers in a rustic atmosphere.

# EVVF CONGRESS

THE EVVF CONGRESS ON MAY 2ND TAKES PLACE  
IN A ROOM IN THE RESTAURANT RIGHT NEXT TO THE GYM..

**MAY 2ND 2024**

**15:00 - 18:00**

## REFEREES SEMINAR

### DRESS CODE

BLACK OR DARK PANTS

LIGHT BLUE SHIRT

REFLEX BLUE TIE

WHITE SOCKS

**MAY 3RD AND MAY 4TH**

**14:00 - 16:00**



# PARTY

**ON MAY 4TH,  
THERE WILL BE A FAREWELL PARTY  
IN THE EVENING.**

ADMISSION COSTS 10 EURO  
WHICH INCLUDES:

2 DRINKS (ALCOHOLIC / NON-ALCOHOLIC)  
2 DELICIOUS HOTDOGS

PRIOR REGISTRATION IS REQUIRED  
TO ATTEND THE PARTY.

PLEASE FILL OUT THE EXCEL FILE  
AND SEND IT TO THE ADDRESS:  
[VOVINAMVIETVODAOMUENCHEN@GMAIL.COM](mailto:VOVINAMVIETVODAOMUENCHEN@GMAIL.COM)

[DOWNLOAD EXCEL FILE HERE](#)



# REGISTRATION AND PAYMENT INSTRUCTIONS

## SEMINAR REGISTRATION

- EVVF MEMBERS: 35 EURO
- NON EVVF MEMBERS: 45 EURO

### REGISTRATION SHOULD BE SENT TO:

OFFICE@VOVINAM-EVVF.EU

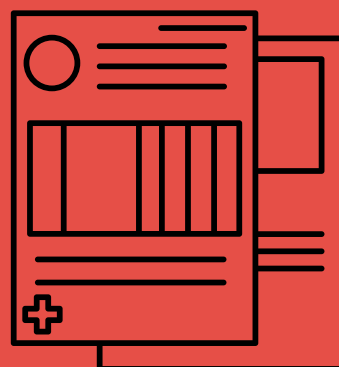
### PAYMENT SHOULD BE MADE TO THE EVVF:

EUROPEAN VOVINAM VIET VO DAO FEDERATION (EVVF)

IBAN: FR76 1558 9165 0807 4325 4134 032

BIC: CMBRFR2BARK

**DEADLINE: APRIL 1ST 2024**



# REGISTRATION AND PAYMENT INSTRUCTIONS

## GRADING EXAMINATION REGISTRATION

APPLICATION FORMS AND INFORMATION WILL BE SENT TO  
THE COUNTRY MEMBERS BY EMAIL.

### REGISTRATION SHOULD BE SENT TO:

OFFICE@VOVINAM-EVVF.EU

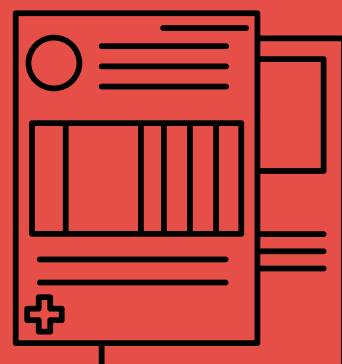
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# REGISTRATION AND PAYMENT INSTRUCTIONS

## FOOD

LUNCH MUST BE ORDERED IN ADVANCE.

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### **PAYMENT TO:**

VOVINAM VIET VO DAO MÜNCHEN

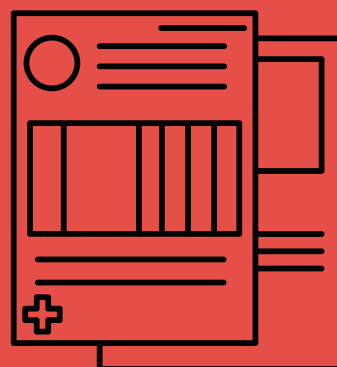
DIETMAR THOM

SPARDA BANK MÜNCHEN

IBAN: DE13 7009 0500 0005 8288 30

PAYPAL: DWTHOM@WEB.DE

**DEADLINE: APRIL 1ST 2024**



# REGISTRATION AND PAYMENT INSTRUCTIONS

## FAREWELL PARTY

10 EURO/ PERSON

PLEASE FILL OUT THE EXCEL FILE  
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VOVINAMVIETVODAOMUENCHEN@GMAIL.COM

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### PAYMENT TO:

VOVINAM VIET VO DAO MÜNCHEN

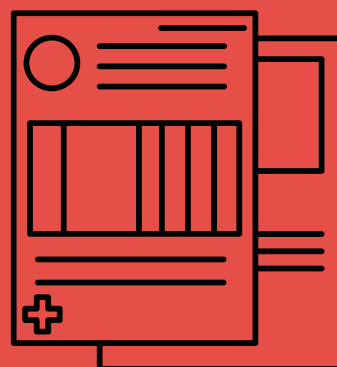
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# CONTACT INFORMATION

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VOVINAMVIETVODAOMUENCHEN@GMAIL.COM

WE LOOK FORWARD TO SEEING YOU, AND WE'RE  
EXCITED ABOUT AN EXCELLENT EVVF SEMINAR.

