



EUROPEAN CUP of  
**VIETVODAO**  
30<sup>th</sup> – 31<sup>st</sup> of March 2019  
Espinho, **PORTUGAL**

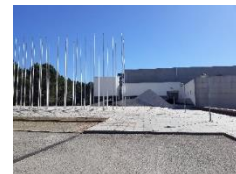
### Introduction

The Artes Marciais Vietnamitas – Federação Portuguesa, on mandate of the **EVVDO – EUROPEAN VIET VO DAO ORGANIZATION** organizes the **EUROPEAN CUP of VIETVODAO 2019**.

We are honored and pleased to receive the members and leaders of VVD EUROPA, the Great Masters, Masters and athletes from Denmark, France, Germany, Italy, Poland, Portugal and Switzerland. For this edition, we have again, our friends from Morocco, as a guest Nation.

**No country selection:** any association or club can participate, but, medical certificate, authorization of minors, ages and grades, must be confirmed by the National organization, who belongs.

The event will take place at **Nave Polivalente de Espinho**  
(<https://goo.gl/maps/KRJcKHTZch52>)



Rua da Nave Lugar de Sales – Silvalde – 4500-474 Espinho, Portugal.

Warning: The registration Cup deadline is on **February 1, 2019 at midnight**, made by the technical responsible of each association or club.

**NB:** The organizers reserve the right to make necessary changes for smooth running of the event.

## DOCUMENTS

This administrative document consists of several parts:

1. This announcement;
2. The general program;
3. The structure of the Cup;
4. Registration fees;
5. Categories by discipline;
6. The registration form: individual and team competition;
7. Accommodation and meals;

## PROGRAM

### Friday, March 29, 2019

From 4.00 p.m.: Welcome of the Grandmasters and Masters;

From 4.00 p.m.: Welcome delegations and officials, administrative settings and dormitories delivery;

8.00 p.m.: Dinner and briefing with guests and referees;

### Saturday, March 30, 2019 - forms and fighting competitions (QUYÊN - DÂU)

8:00 a.m.: Welcome and distribution of passes for competitors;

8:00 to 9:30: Weighing fighting competitors;

9:30 a.m.: Open ceremony, presentation and national anthems;

10:00 to 7:00 p.m.: Competitions forms and fighting (QUYÊN - DÂU);

1. White belts start in the morning, black belts follow;
2. Order: Forms - Weapons forms – Team Forms;
3. Fighting white belts and if enough time black belts;
4. The competitions will proceed continuously during lunch;
5. The medal ceremonies will take place continuously during competition;
6. Rotating breaks will be provided, for officials and competitors;

7.00 p.m.: Closing salutation;

8.00 p.m.: Gala Dinner with Animation, in Casino of Espinho

35 €

### Sunday, March 31, 2019 - forms and fighting competitions (QUYÊN - DÂU)

8:00 a.m.: Welcome and additional weighing

9:00 a.m. to 4:00 p.m.: Fighting competitions (DÂU)

1. White belts start in the morning, black belts follow
2. Order: Individual fighting – Team fighting's
3. The competitions will proceed continuously during lunch
4. The medal ceremonies will take place continuously during competition
5. Rotating breaks, will be provided, for officials and competitors

4:00 p.m.: Closure - Gifts - Thanks - Final salutation

### Useful information

1. A food and beverage local will be available on site throughout the competition.
2. Dressing rooms available for changing clothes and baths. Locker rooms separated by gender.
3. Bleachers are available for spectators – entrance is free.
4. Site of the European Cup: [www.eucupvvd.com](http://www.eucupvvd.com)

## CUP Structure

### General

Disciplines: Form (Quyền) - Form with traditional weapon (Vu-khi) - Fighting (Dau);

Competitions: individual and team for all three disciplines;

Technical level: the minimum level Form (Quyền) and Combat (Dau) = 0 CẤP;

Minimum age fighting: **16** years;

Minimum age quyền: **13** years      Cadets: 13-15      Juniors: 16-17      Seniors: 18-39      Seniors+: 40+

### Form (Quyền)

**26** categories: cadets - juniors - seniors - black belts – seniors+ - red belts.

If categories, for example, E1, E4, F1, F4 < 7 people

organization can group E1 and E2, E4 and E5, F1 and F2, F4 and F5.

### Weapons form (Quyền Vu Khi)

**22** categories: cadets and juniors - seniors - black belts women and men.

**4** families: short weapons - long weapons – cutting weapons - articulated weapons.

### Fighting (Dau Tu Do)

**35** categories: - juniors - seniors – seniors+ - black belts.

Round of 2 minutes, except category P, Q and U (3 minutes).

If a category < 4 people

the organization may regroup several categories.

### Teams (in all 3 disciplines)

**20** categories: - juniors - seniors – seniors+ - black belts women and men.

Fighting Team (Men): Category U1 = maximum 5 teams per nation.

## COSTS

### Participation fee:

Cadet or Junior participating in a category or more	€ 30
Senior participating in a category or more	€ 35
Team member, per discipline, more	€ 5

## INDIVIDUAL CATEGORIES

### FORM DISCIPLINE (QUYEN)

#### JUNIORS

**Category A** - White Belt Cadets Women (13 - 15) – free choice of the quyền

- A1. Technical grade 0 to II Cap
- A2. Technical grade III to IV Cap

**Category B** - White Belt Cadets Men (13 - 15) – free choice of the quyền

- B1. Technical grade 0 to II Cap
- B2. Technical grade III to IV Cap

**Category A1** - White Belt Junior Women (16 - 17) – free choice of the quyền

- A1.1. Technical grade 0 to II Cap
- A1.2. Technical grade III to IV Cap

**Category B1** - White Belt Junior Men (16 - 17) – free choice of the quyền

- B1.1. Technical grade 0 to II Cap
- B1.2. Technical grade III to IV Cap

#### SENIORS

**Category C** - White Belt Senior Women (> 18 years) – free choice of the quyền

- C1. Technical grade 0 to II Cap
- C2. Technical grade III to IV Cap
- C3. More than 40 years

**Category D** - White Belt Senior Men (> 18 years) – free choice of the quyền

- D1. Technical grade 0 to II Cap
- D2. Technical grade III to IV Cap
- D3. More than 40 years

#### BLACK BELTS

**Category E** - Black Belt Women – free choice of the quyền

- E1. Black Belt and 1st Dang (If > 7 competitors then combination with E2)
- E2. Black Belt 2nd 3rd black belt Dang
- E3. Red Belt (If > 7 competitors then combination with E5)
- E4. More than 40 years Black Belt and 1st Dang (If > 7 competitors then combination with E5)
- E5. More than 40 years Black Belt 2nd 3rd Black Belt Dang
- E6. All black belt grades: Ngũ cầm hành quyền

**Category F** - Black Belt Men

- F1. Black Belt and 1st Dang (If > 7 competitors then combination with F2)
- F2. Black Belt 2nd-3rd Dang
- F3. Red Belt (If > 7 competitors then combination with F5)
- F4. More than 40 years grade Black Belt and 1st Dang (If > 7 competitors then combination with F5)
- F5. More than 40 years Black Belt 2nd 3rd Black Belt Dang
- F6. All black belt grades: Ngũ cầm hành quyền (If > 7 competitors then combination with E6)

## TRADITIONAL FORM WEAPON DISCIPLINE (QUYEN VU KHI)

**Category H – Women – free choice of the quyền and weapon**

- H1. White Belt Cadets Women (13 - 15)
- H2. White Belt Junior Women (16 - 17)
- H3. White Belt Senior Women (> 18 years)
- H4. More than 40 years
- H5. Black Belt Women– free choice of the quyền
  - H5.1. Short weapons (according to the list will be sent with the competition rules)
  - H5.2. Long weapons (according to the list will be sent with the competition rules)
  - H5.3. Cutting weapons (according to the list will be sent with the competition rules)
  - H5.4. Articulated weapons (according to the list will be sent with the competition rules)
  - H5.5. More than 40 years all grades of Black Belt
  - H5.6. All black belt grades – only one of these two quyền: Ngũ Linh Dao or Lien Hoan Con

**Category I – Men – free choice of the quyền and weapon**

- I1. White Belt Cadets Men (13 - 15)
- I2. White Belt Junior Men (16 - 17)
- I3. White Belt Senior Men (> 18 years)
- I4. More than 40 years
- I5. Black Belt Men – free choice of the quyền
  - I5.1. Short weapons (according to the list will be sent with the competition rules)
  - I5.2. Long weapons (according to the list will be sent with the competition rules)
  - I5.3. Cutting weapons (according to the list will be sent with the competition rules)
  - I5.4. Articulated weapons (according to the list will be sent with the competition rules)
  - I5.5. More than 40 years all grades of Black Belt
  - I5.6. All black belt grades – only one of these two quyền: Ngũ Linh Dao or Lien Hoan Con

## DISCIPLINE COMBAT (DAU TU DO)

**Category L - Junior Women (All grades, one round of 2 minutes, 16-17 years)**

- L1. Less than 50 Kg
- L2. From 50.1 Kg to 55 Kg
- L3. From 60.1 to 65 Kg
- L4. From 65.1 to 70 Kg
- L5. More than 70 Kg

**Category M - Junior Men (All grades, one round of 2 minutes, 16-17 years)**

- M1. Less than 55 Kg
- M2. From 55.1 Kg to 60 Kg
- M3. From 60.1 kg to 65 Kg
- M4. From 65.1 kg to 70 Kg
- M5. More than 70 Kg

**Category N - White Belt Senior Women (All grades, one round of 2 minutes, > 18 years)**

- N1. Less than 50 Kg
- N2. From 50.1 Kg to 55 Kg
- N3. From 55.1 Kg to 60 Kg
- N4. From 60.1 Kg to 65 Kg
- N5. From 65.1 Kg to 70 Kg
- N6. More than 70 kg
- N7. Older than 40 years

**Category O - White Belt Senior Men (All grades, one round of 2 minute, > 18 years s)**

- O1. Less than 60 Kg
- O2. From 60.1 Kg to 65 kg
- O3. From 65.1 Kg to 70 kg
- O4. From 70.1 Kg to 75 kg
- O5. From 75.1 Kg to 80 kg
- O6. From 80.1 Kg to 85 kg
- O7. More than 85 kg
- O8. Older than 40 years

**Category P - Black Belt Women (one round of 2 minutes, > 18 years)**

- P1. All weights
- P2. Older than 40 years

**Category Q - Black Belt Men (one round of 3 minutes, > 18 years)**

- Q1. Less than 60 Kg
- Q2. From 60.1 Kg to 65 kg
- Q3. From 65.1 Kg to 70 kg
- Q4. From 70.1 Kg to 75 kg
- Q5. From 75.1 Kg to 80 kg
- Q6. From 80.1 Kg to 85 kg
- Q7. More than 85 kg
- Q8. Older than 40 years

**TEAM CATEGORIES FORM DISCIPLINE (QUYEN)**

**Category R – Synchronized quỳền teams (from 3 to 5 competitors)**

- R1. White Belt Cadets (men and women 13 - 15)
- R2. White Belt Junior (men and women 16 - 17)
- R3. White Belt Senior Women (> 18 years)
- R4. White Belt Senior Men (> 18 years)
- R5. White Belt Senior+ (men and women >40 years)
- R6. Black Belt or + Women
- R7. Black Belt or + Men

**TEAM CATEGORIES TRADITIONAL FORM WEAPON DISCIPLINE (VU - KHI)**

**Category S - Synchronized short weapons (from 3 to 5 competitors)**

- S1. White Belt Cadets and Juniors (men and women 13 - 17)
- S2. White Belt Senior Women (> 18 years)
- S3. White Belt Senior Men (> 18 years)
- S4. White Belt Senior+ (men and women >40 years)
- S5. Black Belt or + Women
- S6. Black Belt or + Men

**Category T - Synchronized long weapons (from 3 to 5 competitors)**

- T1. White Belt Cadets and Juniors (men and women 13 - 17)
- T2. White Belt Senior Women (> 18 years)
- T3. White Belt Senior Men (> 18 years)
- T4. White Belt Senior+ (men and women >40 years)
- T5. Black Belt or + Women
- T6. Black Belt or + Men

**TEAM CATEGORIES DISCIPLINE COMBAT (DAU TU DO)**

**Category U - Team Black Belt Men (3 rounds of 3 minutes)**

- U1. Combat - Free Weight (team of 3 competitors + 2 reserve)

## THE REGISTRATION FORM

### Individual and team competition

**COUNTRY** ..... **Association or Club**..... **Responsible**.....**Contact** .....

Gender (F/M)	Name and surname	Degree	Age	Kg	QUYEN	TEAM QUYEN (name of the team)	VU KHI	TEAM VU KHI (name of the team)	DAU	TEAM DAU (name of the team)	Cost (€)
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The registration can be made only by the technical responsible of each class or association. The credentials for the online registrations will be provided, through the response to the request of the responsible, which should be sent by email, to the address [amv.fportuguesa@gmail.com](mailto:amv.fportuguesa@gmail.com). The registration Cup deadline is **on until February 1, 2019** at midnight with the prof of wire transfer to the Artes Marciais - Federação Portuguesa account with IBAN PT50 0018 0003 3558 4200 0208 1 - BIC/SWIF: TOTAPTPL

## ACCOMMODATION AND MEALS:

All the following prices are per person. The registration can be made personally or by the technical responsible of each class or association on-line: <https://goo.gl/forms/T1MxNzQzLMVvNTNi2>. Payments are only accepted by wire transfer to same account of registrations above.

**Espinho Youth Hostel** (66 places) - <https://pousadasjuventude.pt/en/youth-hostels/espinho/>

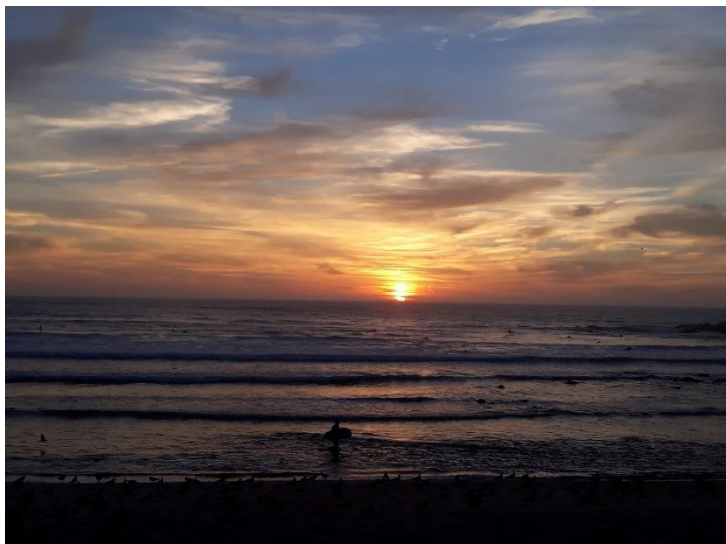
PACK YH1.4 – Accommodation in multiple room of 4 or 6, two nights (only 52 places)	65€
PACK YH2.4 – Accommodation in multiple room of 4 or 6, three nights (only 52 places)	100€
PACK YH1.S – Accommodation in twin room, two nights (only 14 places)	95€
PACK YH2.S – Accommodation in twin room, three nights (only 14 places)	120€

All packs include the dinner of first night, the breakfast and lunch of the last day and, breakfast, lunch and dinner of the other(s). Include the dinner of Saturday but not the Gala Dinner. To include the Gala Dinner add 25€ in each pack. The assignment of the rooms will be made in order of arrival of the inscriptions.

**Solverde Apartment Hotel** - <https://www.solverde.pt/en/hotel-apartamento-solverde/apartments/>

PACK SAH1.1B - Accommodation single in a one bedroom apartment, two nights	110€
PACK SAH2.1B - Accommodation single in a one bedroom apartment, three nights	155€
PACK SAH1.SF - Accommodation in a Studio flats, two nights	75€
PACK SAH2.SF - Accommodation in a Studio flats, three nights	110€
PACK SAH1.2B - Accommodation in a two bedroom 4 persons apartment (3 beds), two nights	70€
PACK SAH2.2B - Accommodation in a two bedroom 4 persons apartment (3 beds), three nights	100€

Single rooms are very few. Who want stay alone in a room, please try to share one apartment of two rooms. These prices are only for accommodation and hotel service. With breakfast is necessary more 7€ per person a day. We can assure these prices **only at 31<sup>th</sup> of December**.



The view from the Solverde Hotel



Youth Hostel

Youth Hostel



Competition area – Nave de Espinho