



## THE CURRENT STATE OF TRADITIONAL MARTIAL ARTS CLUBS IN DUYEN HAI TOWN, TRA VINH PROVINCE, VIETNAM

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### Abstract:

Vietnamese Traditional Martial Arts are a cultural heritage of the Vietnamese people. This term refers to various martial arts schools and styles created, developed, preserved, and widely passed down by the Vietnamese over many generations throughout the long history of the nation. This study aims to provide information on the current state of activities in Traditional Martial Arts clubs in Duyen Hai Town, Tra Vinh Province, Vietnam. The research employs methods such as literature review, interviews, and statistical analysis to address the study objectives. The research subjects include 477 martial arts students and 18 administrators, masters, and coaches from Vietnamese Traditional Martial Arts clubs in Duyen Hai Town, Tra Vinh Province, Vietnam. Research results show that the current situation in Duyen Hai Town, Tra Vinh Province, includes 10 Traditional Martial Arts Clubs with 477 practitioners. However, facilities remain limited; management staff and coaches participate in annual training courses to enhance their professional capacity, yet the management and organization of the Traditional Martial Arts Clubs have not been regularly prioritized by managers and coaches.

**Keywords:** current situation, club, Traditional Martial Arts, Duyen Hai Town, Tra Vinh, Vietnam

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## 1. Introduction

In modern life, health goals are given top priority. Especially in the social environment, for teenagers involved in sports activities, sports clubs help them engage in healthy entertainment and reduce bad habits such as drinking alcohol and smoking. Research in advanced countries like the UK and Australia (Hyoung LJ, Kye PS, Ok LM, 2000) suggests that young people participating in sports activities at clubs tend to adopt a healthy lifestyle, with both good physical and mental health. These clubs also serve as places to discover sports talents for the country. [1]

Since Vietnam's accession to the WTO on July 11, 2007, the country has become one of the fastest-growing economies in the world [2]. With the trend of global integration and development, more and more companies, corporations, and organizations from around the world are investing in Vietnam, contributing to the country's economic growth. As a result, the people have greater opportunities and an increasing demand to access the latest global technologies in all sectors, particularly in culture and sports.

Physical education and sports are a component of social culture, an activity where the primary means are physical exercises (specifically through methods of body training) aimed at enhancing and perfecting physical fitness, improving sports performance, enriching cultural life, and educating people for balanced and rational development [3], [4]. Sports activities contribute to shaping well-rounded individuals. The outcomes of sports activities carry high value, reflecting human vitality and creative freedom, the nation's prosperity, and the level of civilization in societal life [5].

Sports and physical training clubs represent a form of social organization within the physical education and sports sector. They serve as the foundation and fundamental units in the structure and management of PES activities. Members of these clubs voluntarily and consciously participate based on shared interests in physical and sports activities. The clubs operate in an organized manner, adhering to current legal frameworks and implementing practical, well-structured activity plans [6], [7]. According to Decision No. 1589/2003/QĐ-UBTDTT dated September 19, 2003, issued by the Minister and Chairman of the Committee for Physical Training and Sports, *"Grassroots sports and physical training clubs are social organizations established to organize and guide training activities for participants. These clubs may operate as either public or non-public entities"* [8].

Sports and physical training clubs are established with the aim of providing opportunities during free time for young people and the general public to engage in recreational activities, physical exercise, and entertainment. In developed countries, the activities of these sports clubs are actively supported and participated in by the majority of young people. If the purpose of an individual or group participating in physical training is to improve health or for recreation, the activities of sports and physical training clubs must be conducted on the principles of voluntariness, self-discipline, active participation, and compliance with current regulations and laws [10]. Research shows

that over 70% of young people engage in sports and physical activities during their free time. In addition, the activities of sports clubs, especially among students, represent a form of voluntary participation both within schools and in the wider community. The demand for sports and physical activities among young people holds an important position in society and contributes to the development of skills and techniques in various sports, as well as the ability to engage in broad social communication

Traditional Vietnamese martial arts refer to the ancient and long-standing martial arts systems that have been passed down through the history of the Vietnamese nation. They were created and developed by the Vietnamese people over generations, forming a rich treasury of techniques, forms, weapon routines, and distinctive combat skills. Traditional Vietnamese martial arts are battlefield-oriented, featuring unique techniques, strategies, forms, and weaponry. These martial techniques were utilized by the Vietnamese in the process of building and defending the nation. Vietnam possesses a rich national martial arts heritage, founded upon three pillars: martial techniques (Võ kinh), martial performance (Võ nghệ), and martial ethics (Võ đạo) [12]

Recently, martial arts masters, coaches, and teachers involved in this discipline have been paying greater attention to the form and methods of instruction in their classes, with the goal of achieving the highest possible effectiveness. From there, the movement to promote traditional Vietnamese martial arts has been expanded and has become more widely recognized.

By leveraging their existing strengths and continually improving their skills, martial arts masters, coaches, and teachers are all working towards finding suitable approaches that foster a love for the practice among students during each class session. However, to date, the traditional martial arts movement at the local level has not truly reached a wide range of students. For this reason, I have chosen the topic: 'The Current Situation of Traditional Martial Arts Clubs in Duyen Hai Town, Tra Vinh Province, Vietnam.

### **1.1 Research Objective**

The objective of this study is to explore several solutions to promote the development of Traditional Martial Arts Clubs in Duyen Hai Town, Tra Vinh Province. The research findings will serve as a valuable reference for teachers, experts, and professionals, providing a scientific basis for enhancing the effectiveness of the traditional martial arts movement.

## **2. Research Methods**

### **2.1 Participants**

Survey participants: 477 martial arts practitioners training at Traditional Vietnamese Martial Arts Clubs in Duyen Hai Town, Tra Vinh Province, Vietnam. Interview subjects:

18 managers, masters, and coaches at Traditional Vietnamese Martial Arts Clubs in Duyen Hai Town, Tra Vinh Province, Vietnam.

## **2.2 Methods**

### **2.2.1 Interview Methodology**

The research utilized an indirect interview approach by distributing questionnaires aimed at collecting feedback from club administrators, martial arts masters, and coaches about the training conditions and practices at Traditional Vietnamese Martial Arts Clubs in Duyen Hai Town, Tra Vinh Province, Vietnam.

Furthermore, in-depth interviews were conducted with senior masters and coaches possessing extensive experience and expertise to derive valuable insights and recommend appropriate teaching methods.

### **2.2.2 Method of Document Reading, Analysis, and Synthesis**

This method aims to gather and analyze a wide range of resources, including books, articles, and other materials from both domestic and international sources, to identify key features related to Traditional Vietnamese Martial Arts. It forms the theoretical foundation and provides a basis for comparison, facilitating the organization and systematization of relevant knowledge. This process helps define the research objectives, select appropriate methodologies, and establish criteria for evaluating outcomes throughout the research.

### **2.2.3 Sampling Method**

The study employs a random sampling method, where individuals from the population are selected randomly, either from a list or using random numbers generated by a computer. The selection process takes into account available information about the population, as well as insights into its characteristics, to ensure the sample is representative and suitable for the research objectives. In any random sampling method, each individual has an equal chance of being selected.

## **3. Findings and Discussion**

### **3.1. The Current Status of Traditional Vietnamese Martial Arts Training in Duyen Hai Town**

The development process of Traditional Vietnamese Martial Arts in Duyen Hai Town. Under the direction of Deputy Prime Minister Vu Duc Dam in Official Letter No. 6311/VPCP-KGVX dated August 11, 2015, from the Government Office regarding the implementation of morning exercise and mid-day physical activities using traditional martial arts in schools, the Ministry of Education and Training sent Proposal No. 4668/BGDĐT-GDTC dated October 5, 2017, concerning the establishment of sports clubs and traditional martial arts clubs in schools. Since then, traditional martial arts have

gradually been incorporated into physical education programs at the secondary school level and have been widely promoted across various localities.

Traditional Vietnamese martial arts were introduced to Duyen Hai Town in 2015. With the support and facilitation of the Department of Culture, Sports, and Tourism and the Center for Culture, Information, and Sports of the town, Duyen Hai now has 7 traditional martial arts clubs with hundreds of practitioners. Every year, the town cooperates with the Ho Chi Minh City Traditional Martial Arts Federation to organize belt promotion and grade transfer competitions for practitioners; it also sends coaches and assistant trainers to participate in training courses and national belt testing. With a network of member clubs spread across the localities and many martial arts masters and coaches holding high-level qualifications, Duyen Hai Town is consistently recognized as one of the leading units in the province.

In conclusion, with the support and facilitation from various levels of government, Duyen Hai Town is the earliest locality in the province to have developed the traditional martial arts movement and is recognized as one of the strongest units in Tra Vinh Province.

### 3.2 Current Situation of Traditional Martial Arts Clubs and Practitioners in Duyen Hai Town

To evaluate the current situation regarding the number of traditional martial arts clubs and practitioners in Duyen Hai Town, this thesis conducted a survey on the number of clubs and practitioners involved in training across the town. The survey was carried out in 7 local wards and communes, and the results are as follows:

**Table 1:** Statistics of the Number of Traditional Martial Arts Clubs and Practitioners in Duyen Hai Town

Cardinal	Group/ unit	Sports club		Martial artist	
		Number	Percent %	Number	Percent %
1	Dan Thanh Commune	2	20	180	37.7
2	Truong Long Hoa Commune	1	10	45	9.4
3	Long Toan Commune	1	10	62	13
4	Hiep Thanh Commune	1	10	30	6.3
5	Ward 1	1	10	25	5.3
6	Ward 2	2	20	65	13.7
7	Long Huu Commune	2	20	70	14.6
<b>Total</b>		<b>10</b>	<b>100%</b>	<b>477</b>	<b>100%</b>

Table 1 shows the distribution of Traditional Martial Arts Clubs and martial arts practitioners in Duyen Hai Town as follows:

- Dan Thanh Commune has a total of 2 Traditional Martial Arts Clubs, accounting for 20% of all such clubs in Duyen Hai Town. The number of martial arts practitioners in these clubs represents 37.7% of the total number of Traditional

Martial Arts students in the town. The survey indicates that the clubs in Dan Thanh Commune provide high-quality training and attract a large number of practitioners.

- Truong Long Hoa Commune has one active Traditional Martial Arts Club, accounting for 10% of the total number of such clubs in Duyen Hai Town. The number of martial arts practitioners in this club represents 9.4% of the town's total Traditional Martial Arts students. This is a relatively modest figure, which does not yet reflect the full potential of Truong Long Hoa Commune.
- Long Toan Commune has a total of one Traditional Martial Arts Club, accounting for 10% of all such clubs in Duyen Hai Town. There are 62 Traditional Martial Arts practitioners in Long Toan, representing 13% of the total number of practitioners in the town. The survey indicates that Long Toan Commune shows a relatively stable and above-average level of attention and investment in the development of Traditional Martial Arts Clubs compared to some other communes and wards.
- Hiep Thanh Commune has a total of one Traditional Martial Arts Club, accounting for 10% of all such clubs in Duyen Hai Town. The number of martial arts practitioners in this club makes up 6.3% of the town's total. This is a modest figure compared to the commune's potential. To strongly promote the practice of Traditional Martial Arts in Hiep Thanh, solutions are needed to attract and create favorable conditions for young people to participate in training.
- Long Huu Commune has a total of two Traditional Martial Arts Clubs, accounting for 20% of all such clubs in Duyen Hai Town. The number of martial arts practitioners makes up 14.7% of the town's total. This is a relatively fair figure, indicating that while there is some level of interest from local authorities, coaches, and residents, the overall commitment to Traditional Martial Arts is not yet truly strong.
- Ward 1 has one Traditional Martial Arts Club with 25 practitioners, accounting for 5.2% of the total number of martial arts practitioners in the town. The survey shows that Ward 1 has the lowest number of Traditional Martial Arts Clubs and practitioners among all communes and wards in Duyen Hai Town. The practice of Traditional Martial Arts in Ward 1 remains underdeveloped, which may pose certain challenges in organizing training and competitions for the clubs.
- Ward 2 has a total of two Traditional Martial Arts Clubs, accounting for 20% of all such clubs in Duyen Hai Town. The number of practitioners in these clubs represents 13.6% of the town's total. The survey indicates that the Traditional Martial Arts movement in Ward 2 is developing strongly, and the potential for further growth remains significant.

In summary: Regarding the current status of the number of Traditional Martial Arts Clubs and the number of practitioners in Duyen Hai Town. A total of 10 Traditional Martial Arts Clubs are active, with 477 practitioners, specifically: Dan Thanh Commune

has 20% of the Traditional Martial Arts Clubs and 37.7% of the practitioners, achieving high performance in its activities.

There are three units (Long Huu Commune, Long Toan Commune, and Ward 2) where the number of Traditional Martial Arts Clubs accounts for 10-20%, and the number of practitioners involved in training represents 13-14.7%, achieving an average level of performance. Although the proportion of Traditional Martial Arts Clubs is at an average level, the number of practitioners is relatively high. These clubs need to focus on (promotion) and marketing to attract more practitioners.

There are three units (Truong Long Hoa Commune, Hiep Thanh Commune, and Ward 1) where the number of Traditional Martial Arts Clubs accounts for 10%, and the number of practitioners involved in training represents 5.2-9.4%, achieving a low level of performance. The number of Traditional Martial Arts Clubs is low, and the proportion of practitioners is not high. Local authorities need to pay attention and encourage the establishment of additional Traditional Martial Arts Clubs to provide opportunities for those who wish to participate in training.

The current status of the facilities of the Traditional Martial Arts Clubs in Duyen Hai Town. The facilities of the Traditional Martial Arts Clubs in Duyen Hai Town are presented in Table 2.

**Table 2:** Statistics on the facilities of the Traditional Martial Arts Clubs in Duyen Hai Town

Cardinal	Group/unit	Sports club	Sturdy room		Install foam mats		Sufficient equipment	
			Number	Percent %	Number	Percent %	Number	Percent %
1	Dan Thanh Commune	2	1	10	1	10	2	20
2	Truong Long Hoa Commune	1	0	0	0	0	1	10
3	Long Toan Commune	1	0	0	0	0	1	10
4	Hiep Thanh Commune	1	0	0	0	0	1	10
5	Ward 1	1	0	0	0	0	1	10
6	Ward 2	2	0	0	0	0	2	20
7	Long Huu Commune	2	1	1	1	10	2	20
	<b>Total</b>	<b>10</b>	<b>2</b>	<b>20%</b>	<b>2</b>	<b>20%</b>	<b>10</b>	<b>100%</b>

Table 2 shows that the facilities of some Traditional Martial Arts Clubs in Duyen Hai Town are currently inadequate. Most Traditional Martial Arts Clubs train on cement floors of schoolyards, community center yards, etc., leading to training conditions that are not secure and safe for the practitioners. Specifically:

- Dan Thanh Commune has 2 Traditional Martial Arts Clubs, but only 1 club has a solid training room with a roof, which accounts for 50% of the clubs in the commune and 10% of the total in Duyen Hai Town.
- Long Huu Commune has 2 Traditional Martial Arts Clubs, but only 1 club has a solid training room with a roof. This indicates that the facilities of the Traditional Martial Arts Clubs in Long Huu Commune have not received sufficient attention and still lack the necessary conditions for development.
- In Truong Long Hoa, Hiep Thanh, Long Toan Communes, Ward 1, and Ward 2, there are no solid training rooms. This situation significantly affects the training quality and development of the Traditional Martial Arts Clubs in these communes and wards. The clubs usually train at community centers, stadiums, or even outdoors. This creates difficulties for practitioners, especially during unpredictable weather conditions such as rain or sun

In summary: Currently, most of the Traditional Martial Arts Clubs in Duyen Hai Town operate mainly at schoolyards, community centers, etc., and do not have their own training rooms. The number of Traditional Martial Arts Clubs with solid training rooms is 2, accounting for only 20% of the total in the town.

- From Table 2, we can see that: - Dan Thanh and Long Huu Communes each have 2 Traditional Martial Arts Clubs, but only 1 club in each commune has foam mats, accounting for 50% of the clubs in each commune. The results indicate that the Traditional Martial Arts Clubs in Dan Thanh and Long Huu have shown some attention to investing in facilities, but it is still not at a high level.
- In Truong Long Hoa, Long Toan, Hiep Thanh Communes, Ward 1, and Ward 2, none of the Traditional Martial Arts Clubs have foam mats. This shows that the clubs have not paid sufficient attention to their facilities. The Traditional Martial Arts Clubs need to be prioritized and supported to ensure the safety of practitioners during training.

In summary: The Traditional Martial Arts Clubs in Duyen Hai Town have shown some attention to their facilities, but it is still not at a high level. The number of clubs with foam mats for training is 2, accounting for 20% of the total in the town.

From Table 2, the evaluation results of the facilities of the Traditional Martial Arts Clubs in Duyen Hai Town show that the clubs meet the training needs of the practitioners in terms of training equipment, with 10 out of 10 clubs (100%) fully equipped with the necessary training tools

In summary: The facilities of the Traditional Martial Arts Clubs are still limited, with most clubs training outdoors on brick or cement floors. However, the training equipment is relatively complete. Specifically, 10 Traditional Martial Arts Clubs are fully equipped with training tools, accounting for 100%, 2 clubs have foam mats, making up 20%, and 2 clubs have solid training rooms with roofs, also accounting for 20%.



### 3.3 The Current Status of Training and Development for Staff and Coaches

The assignment of competent staff and the creation of conditions for staff to attend specialized training and workshops ensure the completion of their assigned tasks. Annually, coaches, instructors, and assistants of each club participate in training workshops to improve their professional capabilities in teaching Traditional Martial Arts. This is aimed at updating the content of programs and materials from the Vietnam Traditional Martial Arts Federation, as well as providing opportunities for management staff, referees, coaches, and instructors from provinces, cities, and sectors to update and enhance their professional skills to support the development of local Traditional Martial Arts.

### 3.4 The Current State of Traditional Martial Arts Club Management in Duyen Hai Town

In summary: The management staff and coaches of Traditional Martial Arts are sent by agencies and organizations to participate in annual workshops to enhance their professional capabilities. However, some coaches have not participated regularly due to external conditions. The current status of the management of Traditional Martial Arts Clubs in Duyen Hai Town is presented in Table 3.

**Table 3:** Survey on the Management of Traditional Martial Arts Clubs in Duyen Hai Town

Cardinal	Content of Activity Organization Management	Implementation		Occasional implementation		Non- implementation	
A	General management	Number	%	Number		Number	%
1	Creating and executing plans to enhance the growth of the Traditional Martial Arts Club	2	20	5	50	3	30
2	Organizing competitive events between clubs	4	40	5	50	1	10
3	Participating in provincial and regional competitions	2	20	6	60	2	20
4	Establishing rules and regulations for the club	7	70	2	20	1	10
5	Reward system for students and instructors	4	40	4	40	2	20
B	Professional management	Number	%	Number	%	Number	%
1	Developing professional training courses	5	50	2	20	3	30
2	Developing training lesson plans	7	70	2	20	1	10
3	Participating in professional instructor training courses	3	30	6	60	1	10

The data in Table 3 shows that the rate of developing and implementing plans for the growth of Traditional Martial Arts Clubs is at a medium level. Specifically, the rate of

regular implementation accounts for 50%, occasional implementation accounts for 20%, and non-implementation accounts for 30%.

The rate of organizing competitive events between Traditional Martial Arts Clubs is at a relatively high average level. Specifically, the rate of regular implementation accounts for 40%, occasional implementation accounts for 50%, and non-implementation accounts for 10%.

The rate of participation in provincial and regional competitions is at a relatively high average level. Specifically, the rate of regular implementation accounts for 20%, occasional implementation accounts for 60%, and non-implementation accounts for 20%. The rate of developing regulations and rules for Traditional Martial Arts Clubs is high. Specifically, the rate of regular implementation accounts for 70%, occasional implementation accounts for 20%, and non-implementation accounts for 10%.

The rate of implementing reward systems for students and instructors in Traditional Martial Arts Clubs is moderately high. Specifically, the rate of regular implementation accounts for 40%, occasional implementation accounts for 40%, and non-implementation accounts for 20%.

The rate of developing professional training courses at Traditional Martial Arts Clubs is moderately high. Specifically, the rate of regular implementation accounts for 50%, occasional implementation accounts for 20%, and non-implementation accounts for 30%.

The rate of developing training plans at Traditional Martial Arts Clubs is high. Specifically, the rate of regular implementation accounts for 70%, occasional implementation accounts for 20%, and non-implementation accounts for 10%.

The rate of participation in professional coaching training courses is at a moderately high level. Specifically, the rate of regular implementation accounts for 30%, occasional implementation accounts for 60%, and non-implementation accounts for 10%. In recent years, the Department of Culture, Information, and Sports of Duyen Hai Town has paid great attention to grassroots sports activities as well as the activities of clubs in the area. However, the management of Traditional Martial Arts Clubs in the town has mainly been carried out through directive documents, and there are still some limitations.

In summary: The management and organization of Traditional Martial Arts Clubs in Duyen Hai Town have not received adequate attention from the management staff and coaches, and are being carried out at a moderate level. The implementation rates are as follows: Regular implementation accounts for 20-70%; Occasional implementation accounts for 20-60%; non-implementation accounts for 10-30%.

#### **4. Conclusion**

The situation in Duyen Hai Town, Trà Vinh Province, currently has 10 Traditional Martial Arts clubs and 477 practitioners. The infrastructure is still limited, with most clubs training outdoors on brick and concrete surfaces. The training equipment is relatively

complete. The management staff and coaches of Traditional Martial Arts are sent by agencies and organizations to participate in annual training courses to enhance their professional skills. However, the management and organization of the Traditional Martial Arts clubs have not received regular attention from the management staff and coaches.

### **Conflict of Interest Statement**

The authors declare no conflicts of interest.

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