



Program Acudo ryu seminar – october 2014

09.00-09.05 Opening by Fransisco Melendez

09.05 – 10.00 Introduction to the four acupuncture points and three Shaolin qinnas: Nils

- ST 11, LI 10, GB 2, UB 58, LI4,
- Shaolin Qinna 1, Shaolin Qinna 2 and Shaolin Qinna 3
- "The Acudo dance"

10.15-11.15 Introduction to Street acudo: Nils

- Safety rules (DDD and SEE)
- Triangle of force
- Motorical skills
- Adrenaline dump (test on voluntars)
- Five basic self-protection techniques
 - SP 1: Block elbow – Taiyang
 - SP 2: Block knife hand – SI16
 - SP 3: Knee – ST32
 - SP 4: Head butt – REN24 or Du25
 - SP 5: Kne/ palm – KI11/ REN2

11.30 – 12.00 Improvised Jawera: Horacio

- Use of jawera, pen and cellphone in self-defense; short elemen

12.00-12.30 Kicking on points on the legs: Francisco

- Kick on basic acupuncture points on legs

12.45-13.15 Inprowised Sticks: Horacio

- Sticks and other tools in self-defense; short techniques

13.15-14.15 Comida

14.15-14.45 Acupuncture points, lung meridian; 11 points

14.45-16.00 Techniques on acupuncture points

- SP1-SP5
- Techniques on all lung points
- Shaolin qinna 1-3
- Different controlling techniques

16.00-16.30 Examination 5. kyu green belt acudo ryu

- Sensors Francisco and Nils

