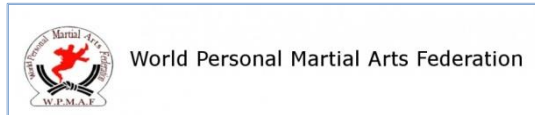


Acudo ryu - 2014

Place: Mexico city
Trainer: Nils Erik Volden, 8. Dan, President World Acudo Association (WAA)
Students: Seminar
Training time: 09.00 – 11.15 on Sunday
Seminar date: 19.11.2014
Other: The seminar are WPMF approved 2014;
www.wpmf.com

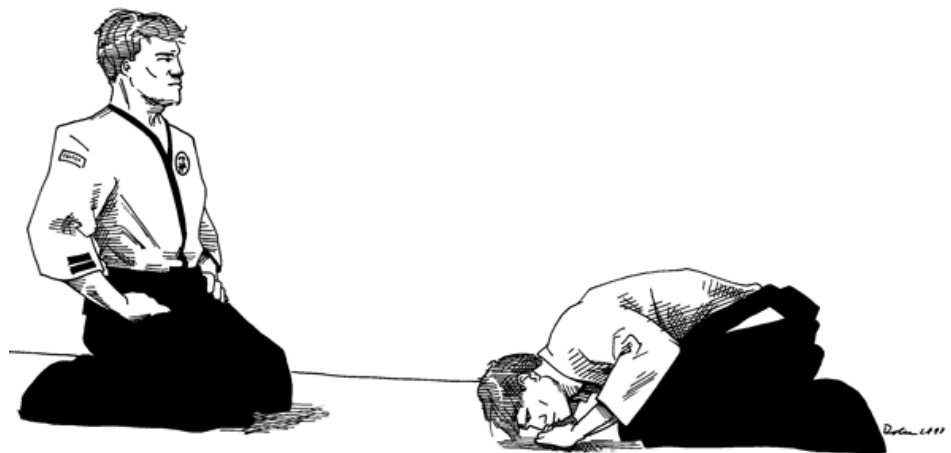


Ritual: Beginning

- a. Shaolin greeting
- b. 敬重Jing zhong (Mandarin for: Deep Respect)
- c. Sit, Bows 出发Chun fa (Mandarin for: To start)

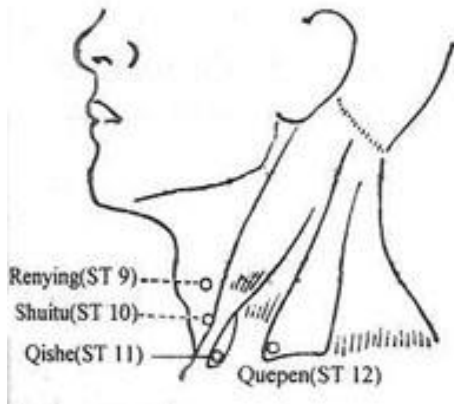
Ritual 2: End

- A. Sit down on the floor with feet folded
- B. 歇心 Xie xin (Take away all thoughts)
- C. 瞑 Ming (Close the eyes)
- D. Bow to the floor 竣Jun (Finish or complete)
- E. Stand up
- F. Salutes with the Shaolin greeting 敬重 Jing zhong (Deep respect)

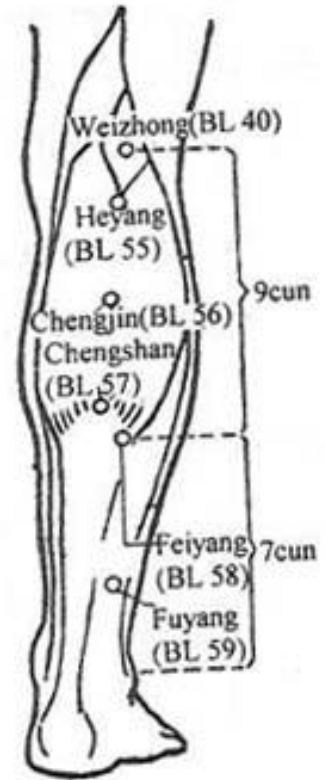


Five basic points:

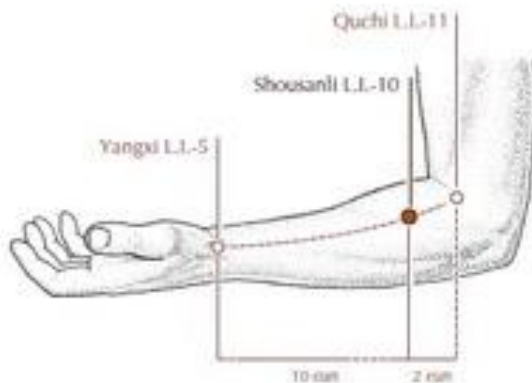
ST11



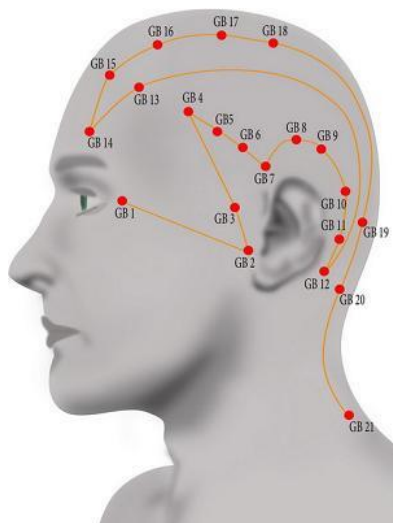
Ub58



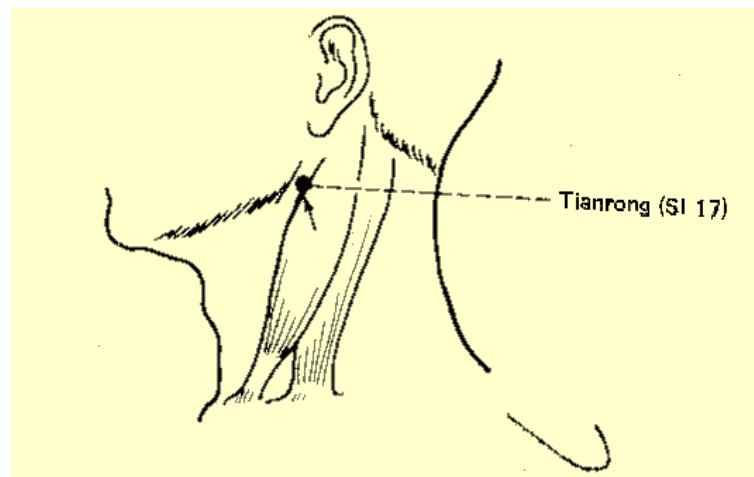
Li10



Gb2



Si17



Three first Shaolin Qinna techniques:

Shaolin Qinna 1



Shaolin Qinna 2



Shaolin Qinna 3



Safety rules:

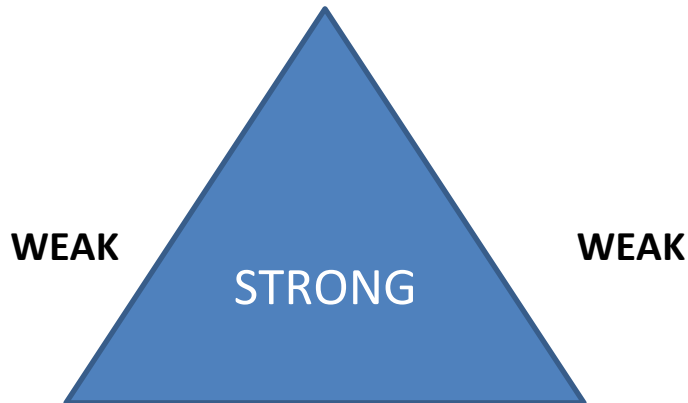
DDD: Detect (spot) – Diffuse (spread) – Defend (fight)

SEE: Search – Evaluate – Execute

Detector – Difundir - Defender

Buscar – Evaluar - Executar

Triangle of force:



Adrenaline dump:

The body loses control: hormonal cocktail

Fine motoric skills is lost when under pressure

Think the mind as water: reflection: Wind causes movement in the water: Need to calm the wind

Five basic self-protection skills (Little or no fine motoric skills required)

SP1: Block elbow Tai yang

SP2: Block knife hand Si16

SP3: Knee St32

SP4: Head butt Du25

SP5: Knee/ palm Ki11



Lung meridian

ACUDO RYU



穴位道

Yunmen (LU-2) -----

Zhongfu (LU-1) -----

Tianfu (LU-3) -----

Xiabai (LU-4) -----

Chize (LU-5) -----

Kongzui (LU-6) -----

Lieque (LU-7) -----

Jingqu (LU-8) -----

Taiyuan (LU-9) -----

Yuji (LU-10) -----

Shaoshang
(LU-11)

