

Acudo ryu training plan



Resting dates for training:

- 18. august 2013
- 15. september 2013 – FINAL EXAM!

Repetition:

All acupuncture points

Shaolin Qinna kata part 1 and – 2

Shaolin Qinna 1-5

New:

Shaolin Qinna 6-32

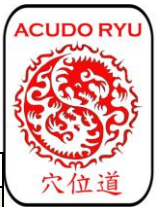
Ritual

- 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

- 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)

Examination in Acudo ryu



Name				Date	
Degree	1.Dan	Heise Dushu	Black Belt	Acudo ryu	
Training time	<i>Normal 1 year</i>	<i>After 2. kyu examination</i>	Trainer		
Theory	<i>Show meditation</i>	<i>Locate zang organs</i>			
	<i>Xu li under stress</i>	<i>Locate anatomical places on the body</i>	<i>Personality strategy</i>		
Acupuncture points	<i>Liver</i>	<i>Find all 14</i>			
	<i>Gall bladder</i>	<i>Find all 44</i>			
	<i>San Jiao</i>	<i>Find all 23</i>			
	<i>Pericardium</i>	<i>Find all 9</i>			
	<i>Kidney</i>	<i>Find all 27</i>			
	<i>Urinary bladder</i>	<i>Find all 67</i>			
	<i>Small intestine</i>	<i>Find all 19</i>			
	<i>Heart</i>	<i>Find all 9</i>			
	<i>Spleen</i>	<i>Find all 21</i>			
	<i>Stomach</i>	<i>Find all 45</i>			
	<i>Large intestine</i>	<i>Find all 20</i>			
	<i>Lung</i>	<i>Find all 11</i>			
Techniques	<i>Liver</i>	<i>2-4 points</i>	<i>Examiner ask</i>		
		<i>5 Self defense</i>			
	<i>Gall bladder</i>	<i>2-4 points</i>	<i>Examiner ask</i>		
		<i>5 Self defense</i>			
	<i>San jiao</i>	<i>2-4 points</i>	<i>Examiner ask</i>		
		<i>5 Self defense</i>			
	<i>Pericardium</i>	<i>2-4 points</i>	<i>Examiner ask</i>		
		<i>5 Self defense</i>			
	<i>Kidney</i>	<i>2-4 points</i>	<i>Examiner ask</i>		
		<i>5 Self defense</i>			
	<i>Urinary bladder</i>	<i>2-4 points</i>	<i>Examiner ask</i>		
		<i>5 Self defense</i>			
	<i>Small intestine</i>	<i>2-4 points</i>	<i>Examiner ask</i>		
		<i>5 Self defense</i>			
	<i>Heart</i>	<i>2-4 points</i>	<i>Examiner ask</i>		
		<i>5 Self defense</i>			
	<i>Spleen</i>	<i>2-4 points</i>	<i>Examiner ask</i>		
		<i>5 Self defense</i>			
	<i>Stomach</i>	<i>2-4 points</i>	<i>Examiner ask</i>		
		<i>5 Self defense</i>			
	<i>Large intestine</i>	<i>2-4 points</i>	<i>Examiner ask</i>		
		<i>5 Self defense</i>			
	<i>Lung</i>	<i>2-4 points</i>	<i>Examiner ask</i>		
		<i>5 Self defense</i>			

	Multiple points	One Acudo technique that include 20 acupuncture points without stopping		
	Breaking	Break 2 boards	Yang hit	1,5 cm min
		Break 4 boards	Side kick	1,5 cm min
	Acudo self defense	25 self defenses	Own choice	
	Shaolin Qinna	32 techniques		
		Part 1. and 2. kata		
NOTE: 5 years rule. Brown belt for 5 years can jump directly for this examination.				
NOTE 2: Repeat two elements from every examination previous				