



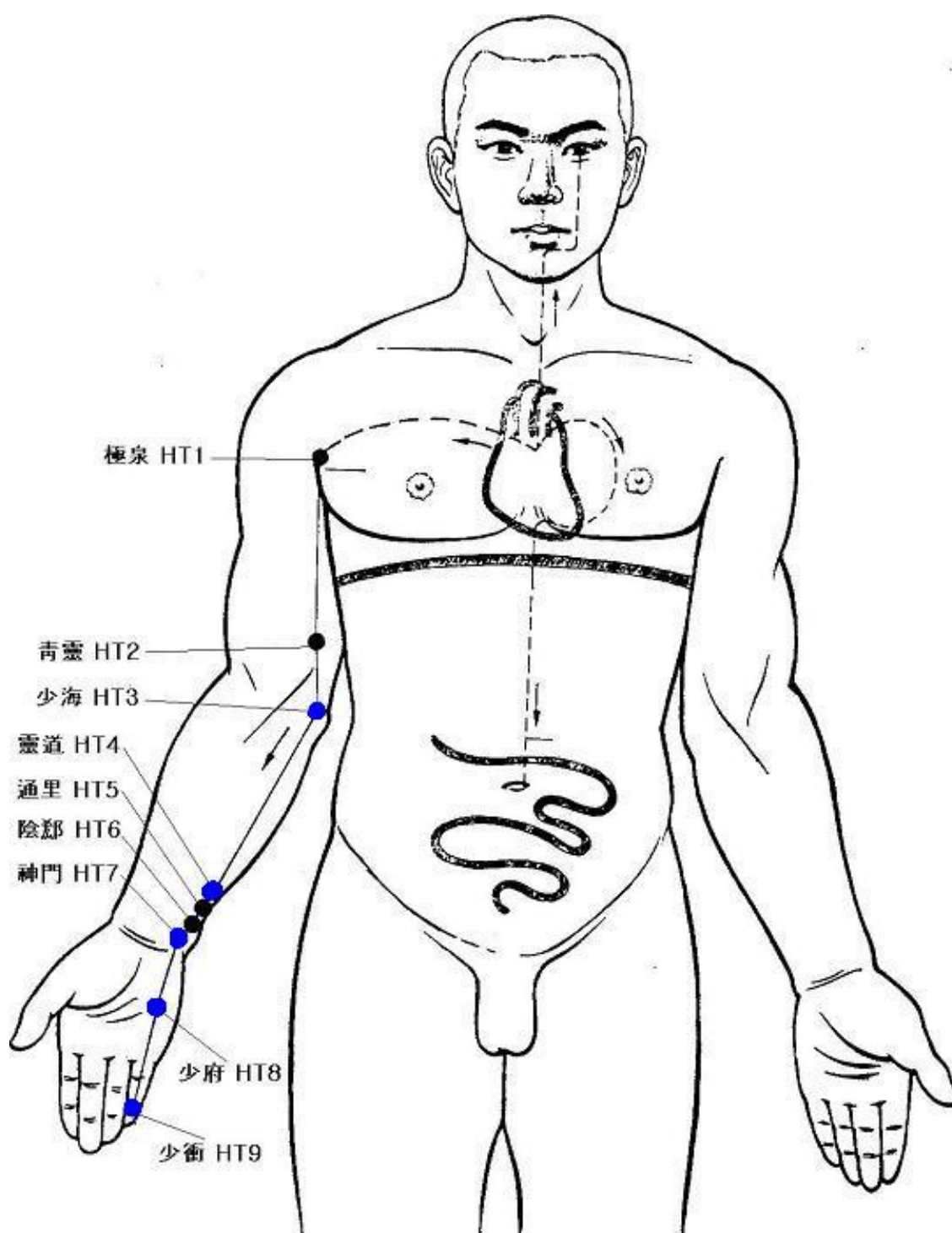
ACUDO RYU TRENING 2013

Ritual

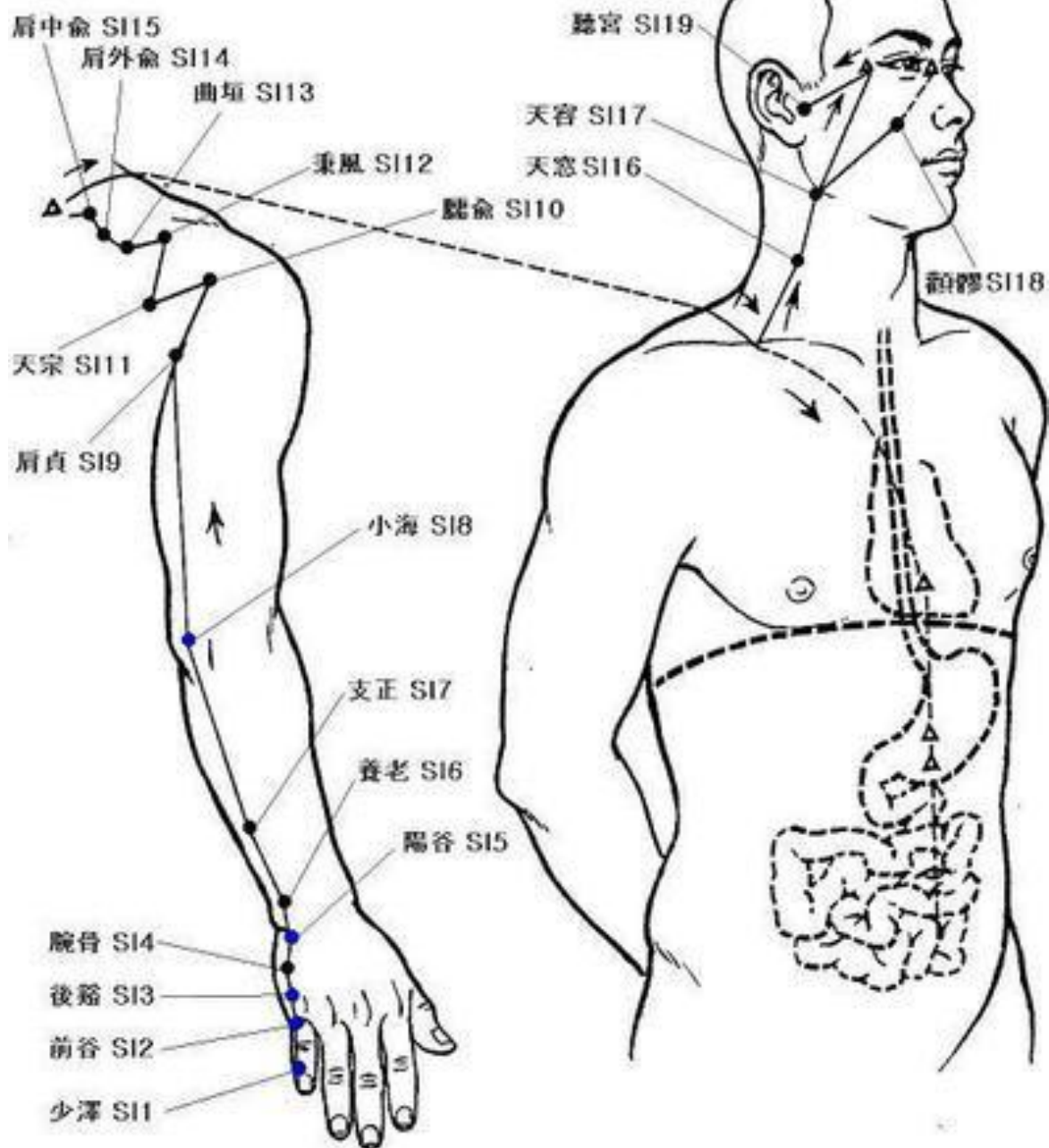
- Shaolin greeting
- 敬重 **Jing zhong** (Mandarin for: *Deep Respect*)
- Sit, Bows 出发 **Chun fa** (Mandarin for: *To start*)

Month	Part	Date	Theme	Other
January, 2013	11	13	45 stomach points, grappling	
	12		21 spleen points, knee	
February	13	24	9 heart points, fingers	
	14		19 small intestine points Yin yang movements	
March	15	17	67 urinary bladder points	
	16		Examination 4. Kyu Red belt	Exam
April	17	14	Tendino muscular meridians, 6 moves	
	18		9 pericardium points, kata	
May	19	5	23 san jiao points, kata	
	20		44 gall bladder points	
June	21	9	14 liver points, kata	
	22		2.Kyu Yellow belt	Exam
July	23	7	Kata, Self defense	
	24		Repetition points	
August	25	18	Complete Kata Part 1 and 2	
	26		32 Shaolin Qinna, 1-20 Examination 2. Kyu White belt	Exam
September	27	15	32Shaolin Qinna, 21-32	1Kyu W/B Ceremony
	28		Examination 1. Dan Black belt	

Meridiano del Corason – YIN



Meridiano del Intestino delgado – YANG



FOCUS ON TRAINING:

- Yin/ yang movements

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