



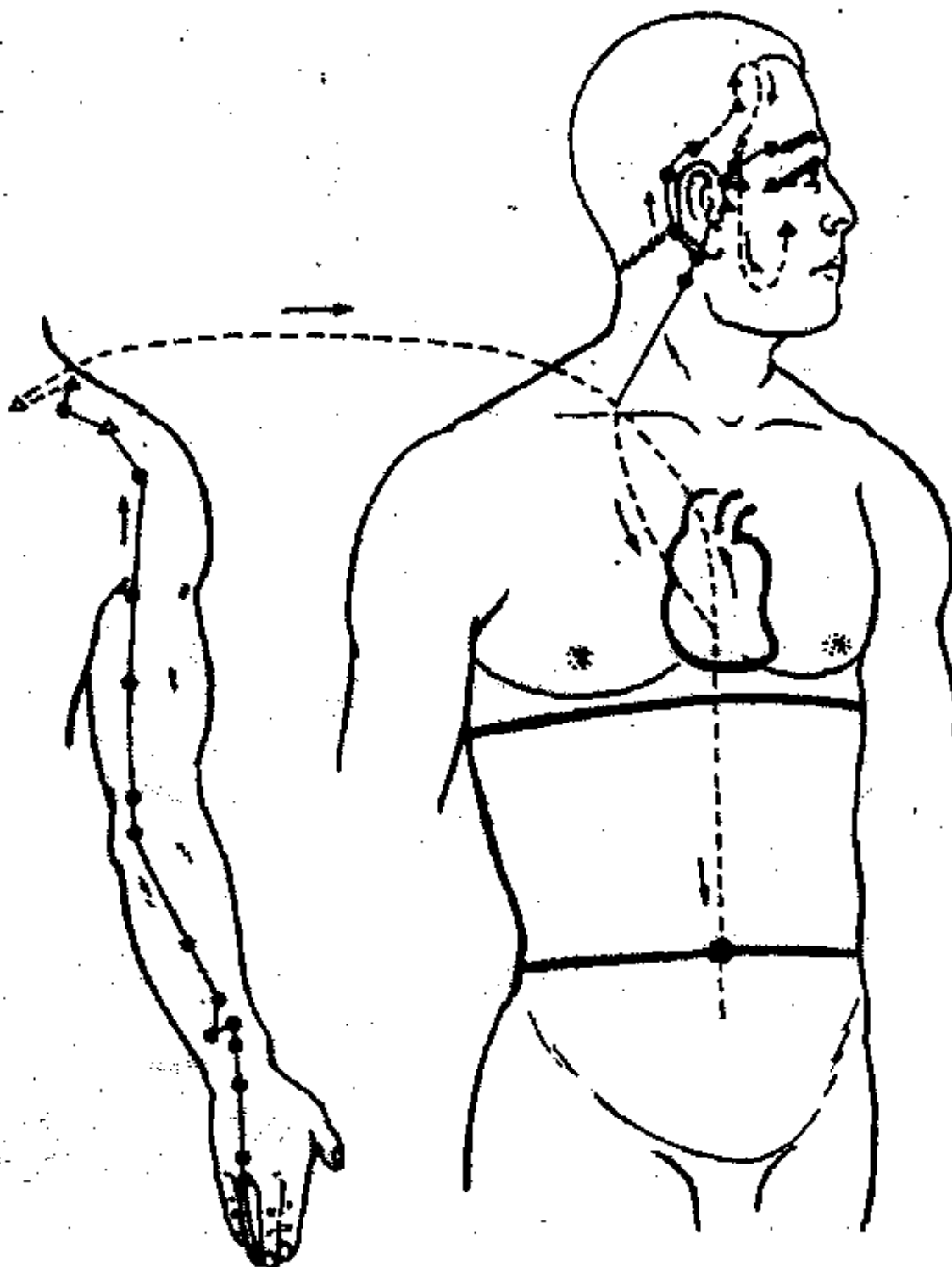
## ACUDO RYU TRENING 2013

### Ritual

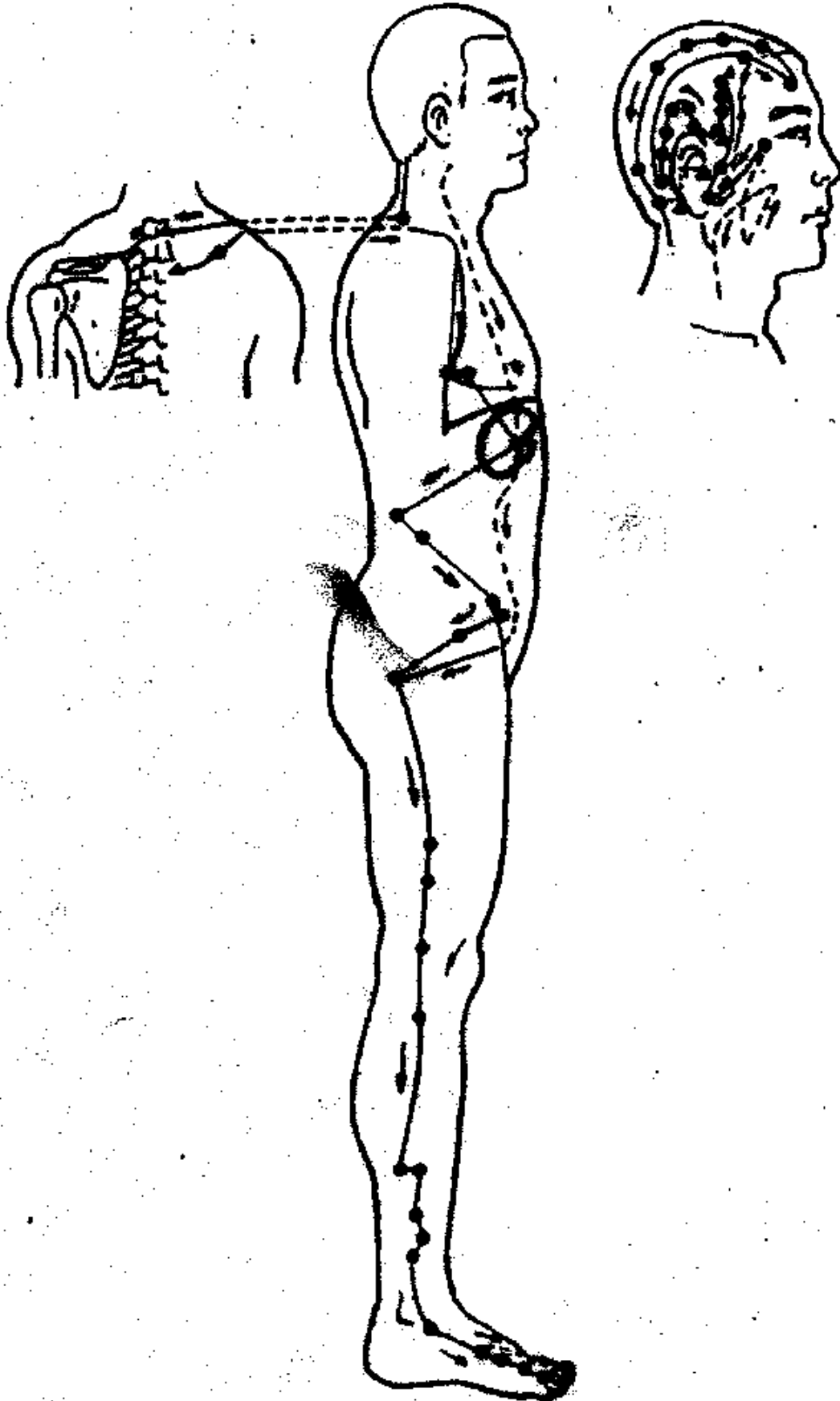
- Shaolin greeting
- 敬重 **Jing zhong** (Mandarin for: *Deep Respect*)
- Sit, Bows 出发 **Chun fa** (Mandarin for: *To start*)

| 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   | 28   | Tendino muscular meridians, 6 moves                     |                   |
|               | 18   |      | 9 pericardium points, kata                              |                   |
| May           | 19   | 12   | 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<br>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 San Jiao – YANG



## Meridiano del Gall Bladder – YANG



FOCUS ON TRAINING:

- KATA

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