



## **ACUDO RYU TRENING 2012**

- Place:** Mexico city  
**Trainer:** Nils Erik Volden, 7. Dan, President World Acudo Association (WAA)
- Students:** Requierments Min Black Belt 3. Dan in a MA or recommended.  
**Examinations:** Is pre-programmed. It is not possible to take exams on regular training!  
**Training time:** 10.00 – 12.00 on Sundays once a month.  
**Traning dates:** As indicated in the document. Seminars will shorten the time for 1. Dan.  
Training values 2 parts and a seminar values 6 parts. 1. Dan examination is after 45 parts.  
Making 1. Dan examination will most likely happen next year between September and December.
- Other:** Participants need a correct Acudo ryu uniform to enter training!  
Participants need a correct belt. Blue for beginners and so on.  
Contact The Mexican Acudo Association (MAA) for detaljs and price.

### **First training**

#### **DEL 1. Introduction**

- **Trainer Nils Erik Volden**  
President WAA and WPMFAF  
Acudo ryu: 7. dan Red/ White belt (2009)  
Shaolin Qinna: 5. dan Black belt  
Shaolin Dianxue: 4. dan Black belt  
Kodokan Judo 1. dan Black belt  
Martial arts 6. dan Red belt 免許皆伝 Menkyo Kaiden  
Initiated as the disciple of Shi Xing Jun, 32th Generation Shaolin Warrior Disciple (2007)
- **Acudo ryu is:**
  - The use of Acupuncture points in Martial arts
  - Shaolin Qinna
  - The use of Chinese medicinal concepts in martial arts
  - To understand Qi

# Rules of Acudo ryu training



## Starting ritual

- a. Main Trainer salutes the students with the Shaolin greeting
  - i. Fist of right hand meets flat left hand
  - ii. Bow with neck only
- b. When Trainer bows he says: 敬重 **Jing zhong** (Mandarin for: *Deep Respect*)
  - i. Then the students reply the same: Jing zhong
  - ii. Everybody maintains quiet until the trainer speak again.
- c. Then the trainer sits down on the floor with his feet folded under himself.
  - i. Left foot moves down first, then right foot is folded and put on top
- d. Then the students copy the trainer
- e. When everybody is seated the trainer Bows to the floor
  - i. His hands is folded forward making a triangular shape
  - ii. He places his forehead on his hands.
  - iii. When doing this he says: 出发 **Chun fa** (Mandarin for: To start)
  - iv. Then the students reply: Chun fa. When they bow.
- f. The training is now officially initiated.

## 2. Finishing ritual

- a. Trainer asks the students to line up in local language.
- b. Main trainer sit down on the floor with his feet folded under himself.
  - i. Left foot moves down first, then right foot is folded and put on top
- c. Then the main trainer says: 歇心 **Xie xin** (Mandarin for: *Take away all thoughts*)
  - i. Then the students reply the same: Xie xin
  - ii. Everybody maintains quiet waiting for the trainers next move
- d. Then the main trainer say: 瞑 **Ming** (Mandarin for: Close the eyes)
- e. Everybody remains totally quiet with the eyes closed.
- f. Then the main trainer Bows to the floor
  - i. His hands is folded forward making a triangular shape
  - ii. He places his forehead on his hands.
  - iii. When doing this he says: 竣 **Jun** (Mandarin for: Finish or complete)
  - iv. Then the students also bows and reply: Jun
- g. The main trainer stands up
- h. Then the students stands up
- i. Main Trainer salutes the students with the Shaolin greeting
  - i. Fist of right hand meets flat left hand
  - ii. Bow with neck only
  - iii. The main trainer says: 敬重 **Jing zhong** (Mandarin for: *Deep Respect*)
  - iv. Then the students reply: Jing zhong
- j. Everybody turns and go
- k. The training is now officially finished.

## Introduction to Acudo ryu techniques

- Play with some points
- Introduction to Street acudo
- One point techniques
- Multiple points techniques
- Joint manipulations
- Strangulation/ Chokes
- Projection with points
- Different distinct techniques:
  - o Pressing
  - o Hitting
  - o Kicking
  - o Movement manipulation
- General information

## Persons with Acudo degrees from before:

- Lower degrees. Starts with the first following exam the following exam date.
- Higher degrees. Will have the next exam after christmas

### *Mexican Acudo ryu practitioners with higher degrees and next examination year:*

#### **2012**

##### **4. dan examination**

Francisco Melendez Marquez, Vice-President MAA

Roberto Padilla Herrera

##### **3. dan examination**

Juanita Gonzalez Ceron

Luis Angel Padilla Herrera

Sebastian R. Espinoza Dominguez

##### **2. dan examination**

Adolfo Martin Navarro Bustamante

Israel García Vargas

Vanessa Alejandra Padilla Gonzalez

#### **2013**

##### **4. dan examination**

Francisco Leobardo Melendez Vidal

Horacio Melendez Vidal, President MAA

##### **2. dan examination**

Eduardo Noé Cruz Rubí

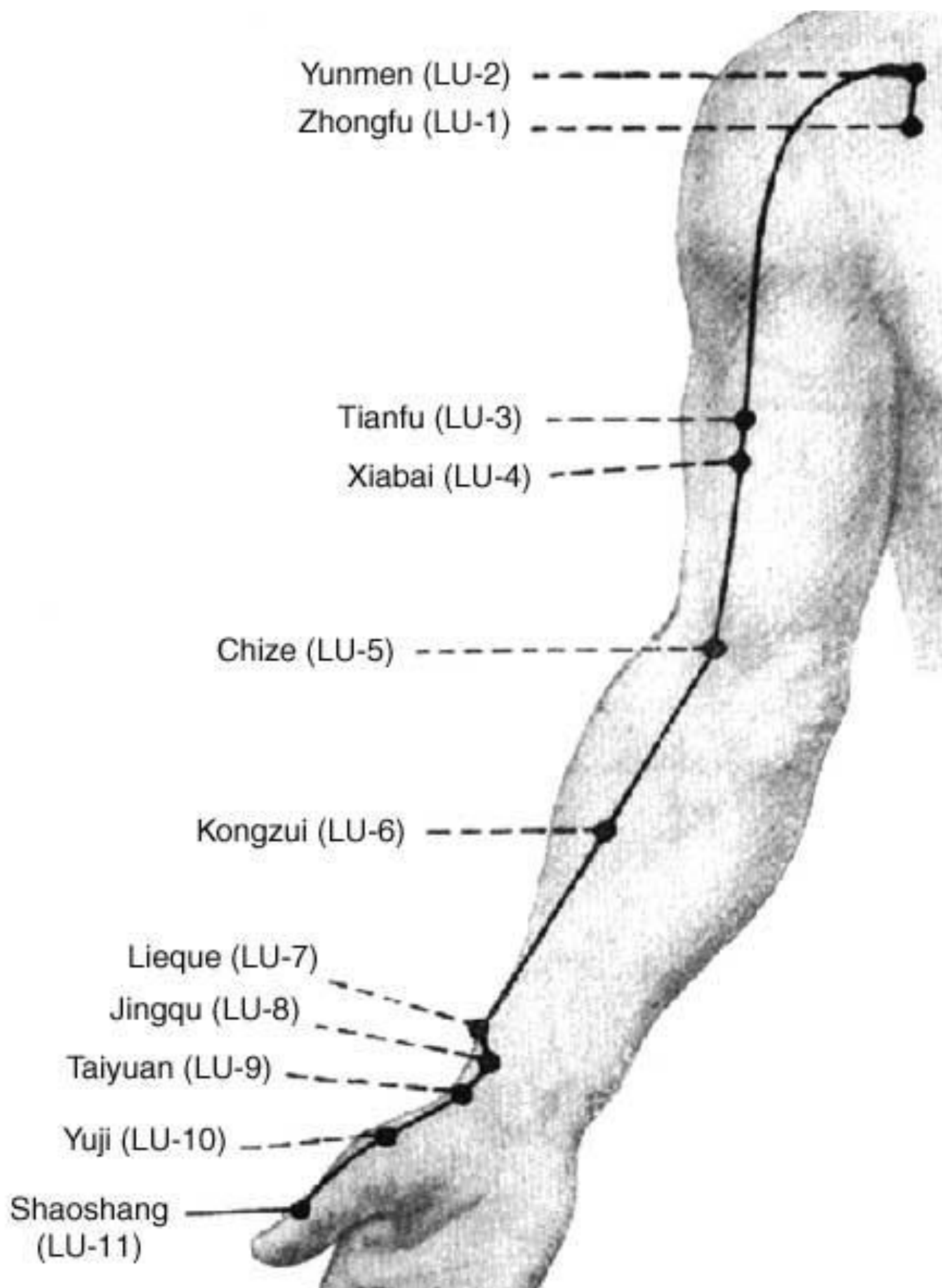
*PS! Lower degrees not listed*

Month	Part	Date	Theme	Other
August, 2012	1	12	Introduction	Intro
	2		10 points (lung points), pressing	
September	3	23	10 points (large intestine), hitting	
	4		10 points (stomach), kicking	
October	5	21	10 points (spleen), strangulation	
	6		10 points (heart and small intestine), bars	
November	7	18	10 points (small intestine and bladder), rep	Exam
	8		Examination 5. Kyu Green belt	
December	9	9	10 points (bladder and kidney), self defense	
	10		10 points (kidney and pericardium), self defense	
January, 2013	11	13	10 points (san jiao and gallbladder), grappling	
	12		10 points (gall bladder and liver), knee	
February	13	10	10 points (ren and du), fingers	
	14		Yin yang movements	
March	15	10	Combo points, elbow	Exam
	16		Examination 4. Kyu Red belt	
April	17	14	Tendino muscular meridians, 6 moves	
	18		11 lung points	
May	19	5	20 large intestine points	
	20		45 stomach points	
June	21	9	21 spleen points	Exam
	22		Examination 3. Kyu yellow belt	
July	23	7	9 heart points, kata	
	24		19 small intestine points	
August	25	18	67 urinary bladder points	
	26		9 pericardium points, kata	
September	27	15	23 san jiao points	
	28		44 gall bladder points	
October	29	13	14 liver points, kata	
	30		Kata	
November	31	10	Examination 2. Kyu white belt	Exam
	32		Repetition points	
December	33	8	Kata	
	34		32 Shaolin Qinna, 1-5	
January, 2014	35	12	32 Shaolin Qinna, 6-10	
	36		32 Shaolin Qinna, 11-15	
February	37	9	32 Shaolin Qinna, 16-20	
	38		32 shaolin Qinna, 21-25	
March	39	16	32 shaolin Qinna, 26-32	1. kyu ceremony
	40		Repetition points	
April	41	6	Kata	
	42		Self defense	
May	43	18	Self defense	
	44		Repetition of it all	
June	45	8	Preperation for examination	Exam
	46		Examination 1. Dan Black belt	

18. November 2012 new dates

# Seminario Introductorio de Acudo ryu

## Meridiano del Pulmón - YIN



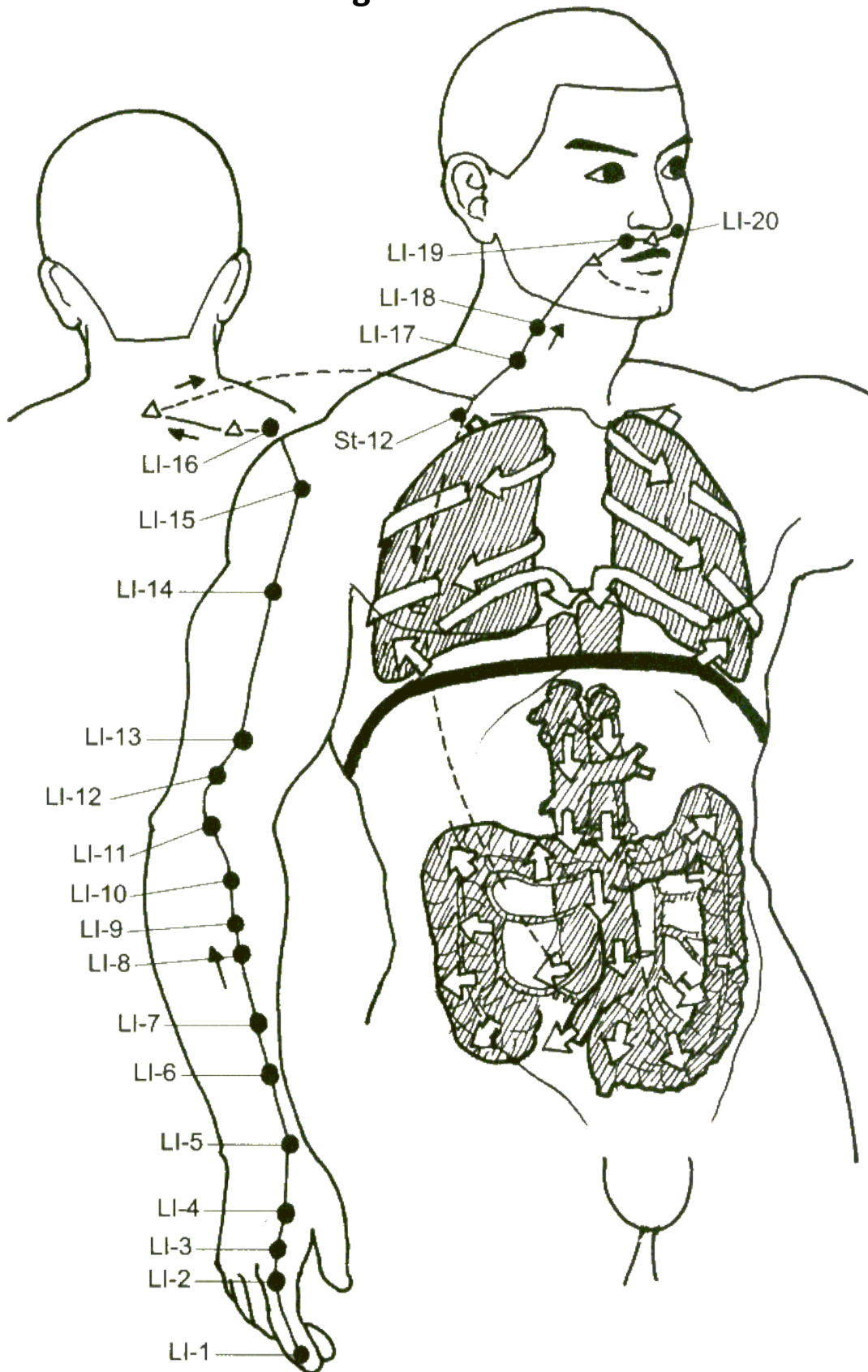
## **Pressure**

- **Pressure techniques**
- **Direction of pressure**
- **On/ off point**
- **Spiral movement**

## **Theory**

- **T-theory**
- **Push and pull**
- **Center of gravity**
- **Center line**

# Meridiano del Intestino grueso – YANG



The Internal and External Qi Flow of the Large Intestine (LI) Channels

- **Hitting:**
  - **Different methods**
  - **Angle**
  - **Spiral**
  - **45 degrees**
  - **Direction**
  - **Single point**
  - **Multiple points**