



ACUDO RYU TRENING 2012

Third training

Ritual

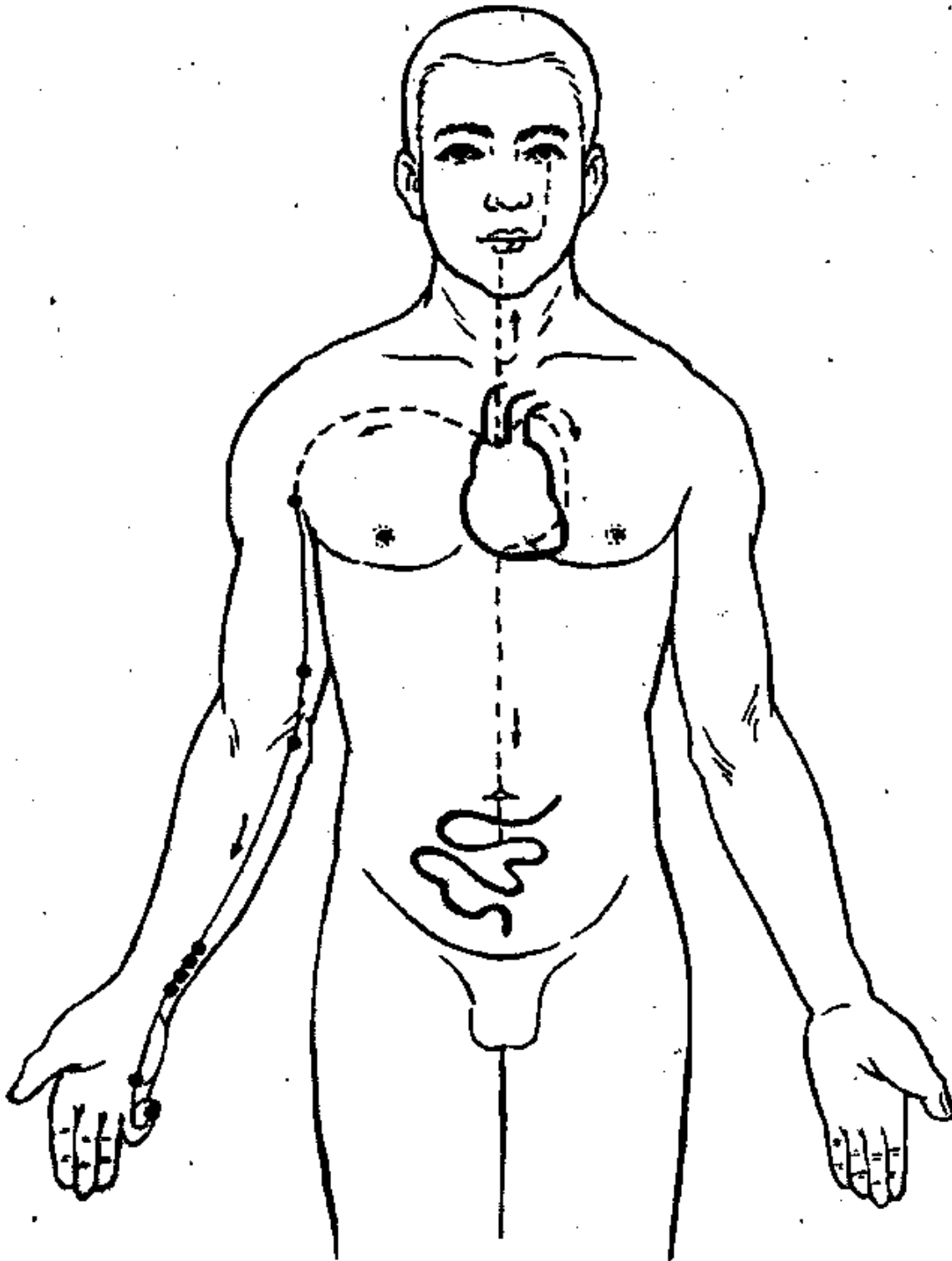
- a. Main Trainer salutes the students with the Shaolin greeting
- b. When Trainer bows he says: 敬重 **Jing zhong** (Mandarin for: *Deep Respect*)
- c. Sit down on the floor with feet folded
- d. Bows to the floor
 - i. Say: 出发 **Chun fa** (Mandarin for: *To start*)
- e. The training is now officially initiated.

Month	Part	Date	Theme	Other
August, 2012	1	12	Introduction	FINISH
	2		10 points (lung points), pressing	FINISH
September	3	23	10 points (large intestine), hitting	FINISH
	4		10 points (stomach), kicking	FINISH
October	5	21	10 points (spleen), strangulation	FINISH
	6		10 points (heart and small intestine), bars	
November	7	18	10 points (small intestine and bladder), rep	
	8		Examination 5. Kyu Green belt	Exam
December	9	9	10 points (bladder and kidney), self defense	
	10		10 points (kidney and pericardium), self defense	

In november 2012 new revised dates

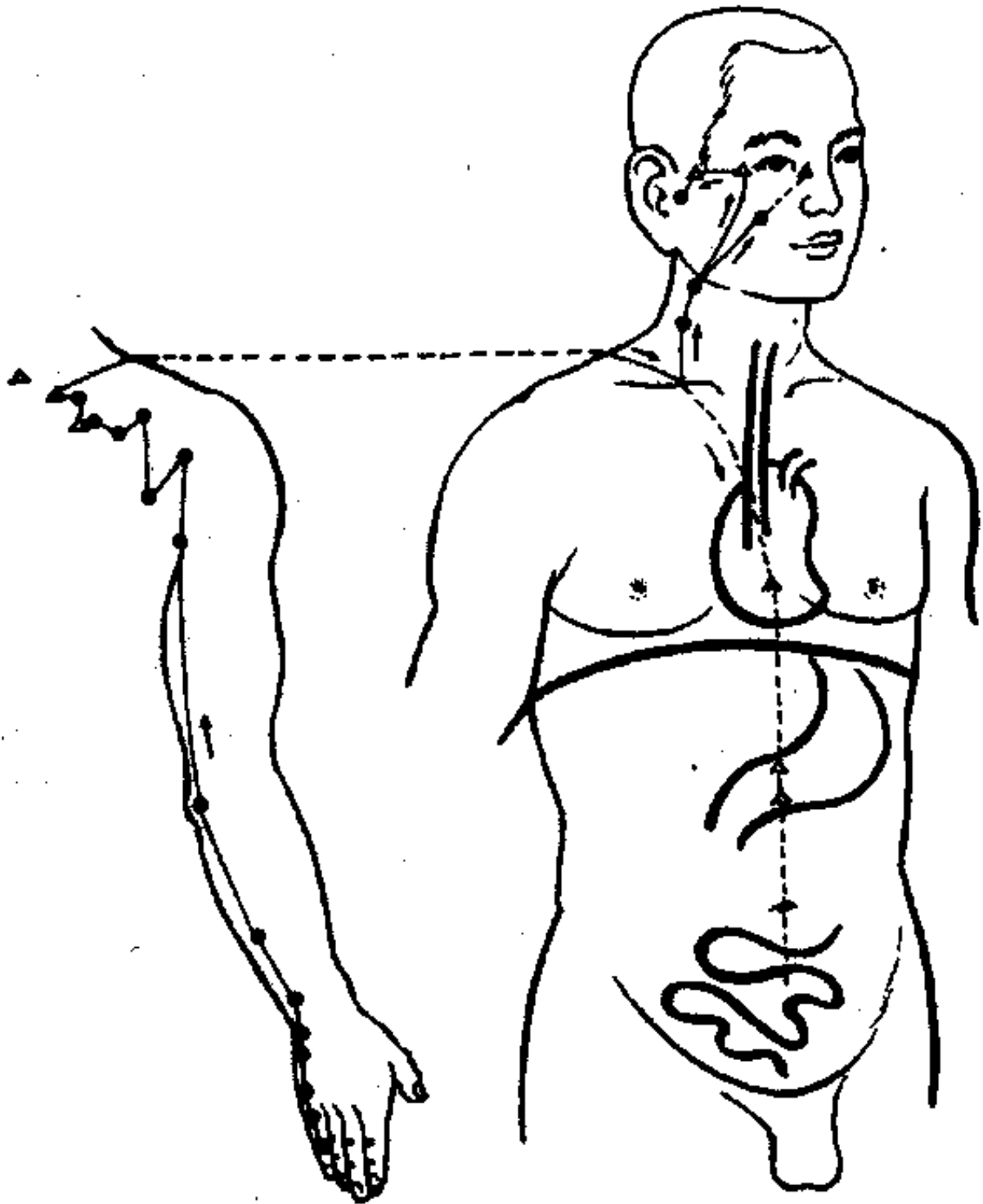
Meridiano del Corason – YIN

- Bars



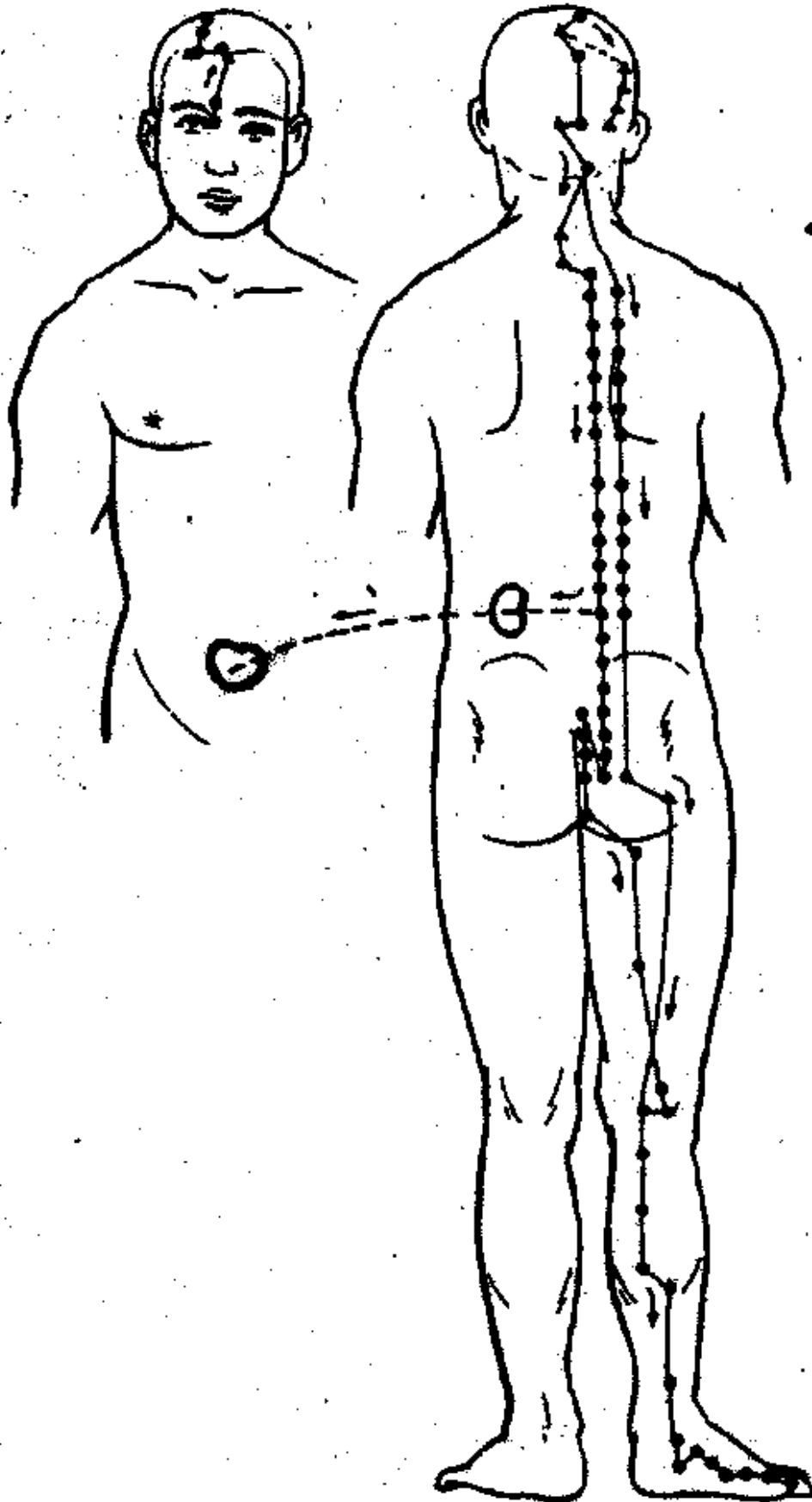
Meridiano del Intestino delgado – YANG

- Bars



Meridiano del la Vejiga Urinaria – YANG

- Repitition



Ritual

- A. Trainer asks the students to line up
 Sit down on the floor with feet folded
- B. Trainer says: 歇心 **Xie xin** (Mandarin for: *Take away all thoughts*)
- C. Trainer say: 瞑 **Ming** (Mandarin for: Close the eyes)
- D. Bows to the floor
 - a. Says: 竣 **Jun** (Mandarin for: Finish or complete)
- E. Stand up
- F. Salutes with the Shaolin greeting
 - a. Says: 敬重 **Jing zhong** (Mandarin for: *Deep Respect*)
- G. The training is now officially finished.