

World Acudo Association

1. dan Sort belte seminar i Acudo ryu



Shaolin qinna combined with Acupuncture points in Acudo ryu

Fingers



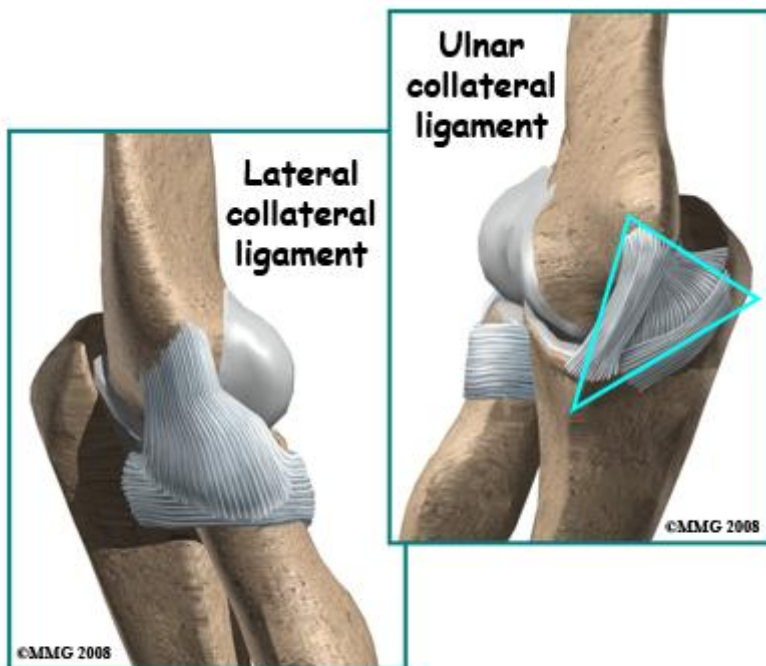
1. Thumb lock
2. Bend all fingers, twist back
3. Bend one finger
4. Press fingers together with finger between

Wrist



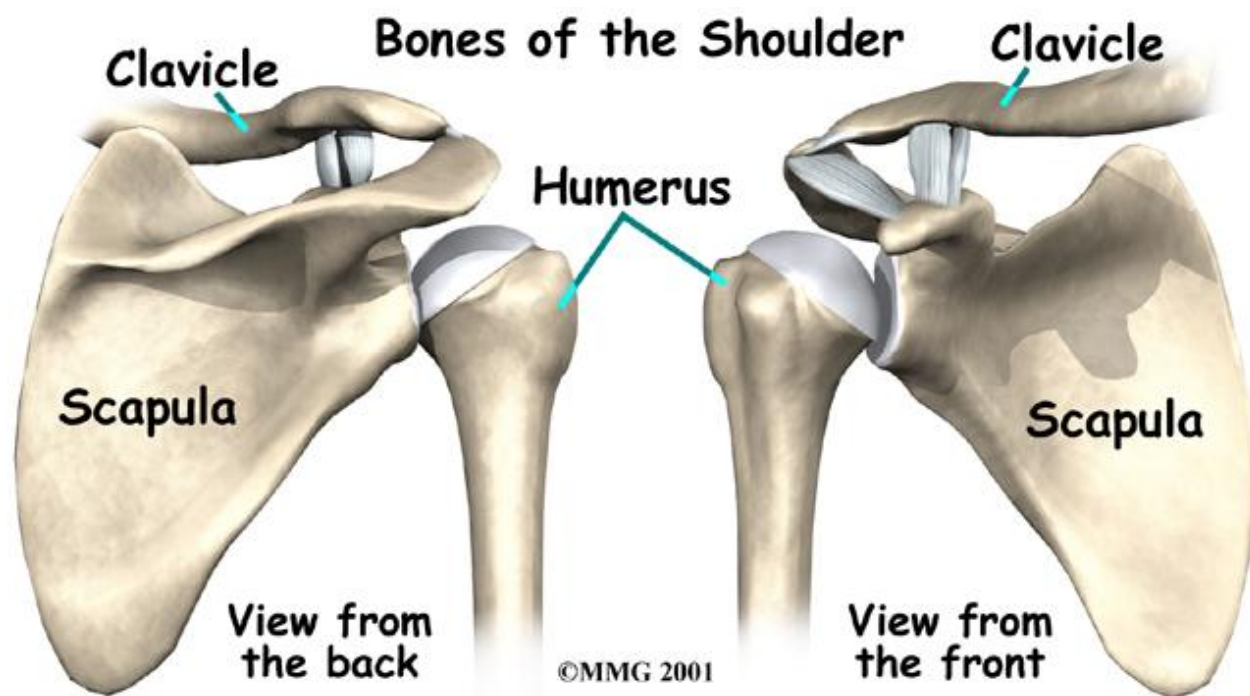
1. Twist out (Li9 – sj3)
2. Twist in (H7 – Li3)
3. Twist up (P7- Baxie)
4. Twist down (Sj4-p9)
5. Half twist
6. Common acupuncture points on wrist
 - a. Large intestine 4
 - b. Small intestine 4-5
 - c. Yao tong xue
 - d. Heart 7
 - e. Lung 9
 - f. San jiao 3

Elbow



1. Bend elbow
2. Bent elbow
 - a. Up
 - b. Down
3. Elbow over shoulder
4. Acupuncture points to improve techniques
 - a. Pericardium 6
 - b. Heart 3
 - c. Large intestine 11
 - d. Large intestine 10

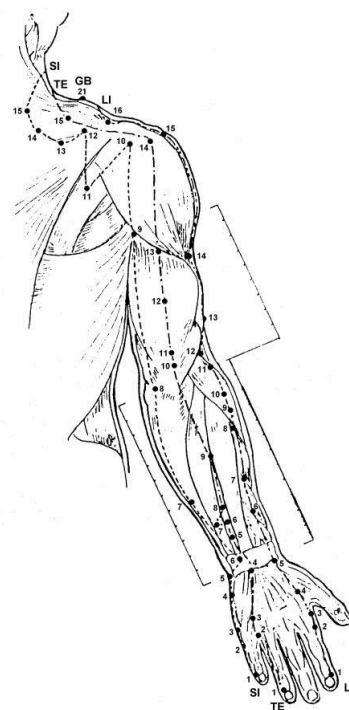
Shoulder



1. Press small intestine 10
2. Press lung 1
3. Press san jiao 14 and large intestine 15

Standard Acudo drill

1. Large intestine 10
2. Large intestine 12
3. Lung 3-4
4. Small intestine 6
5. Small intestine 11

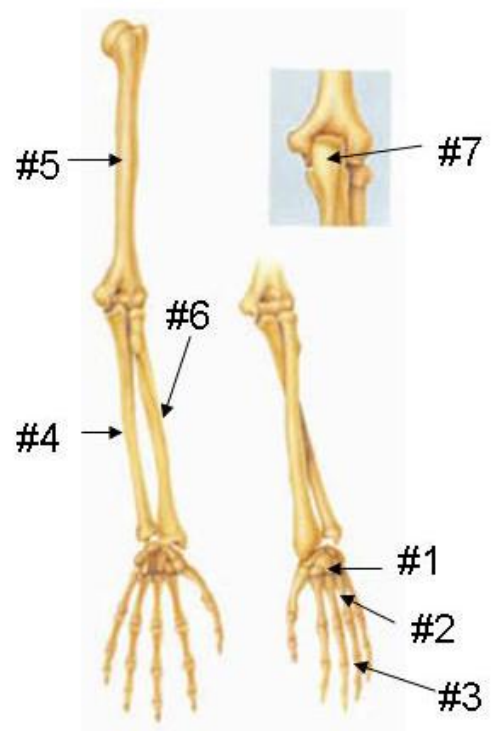
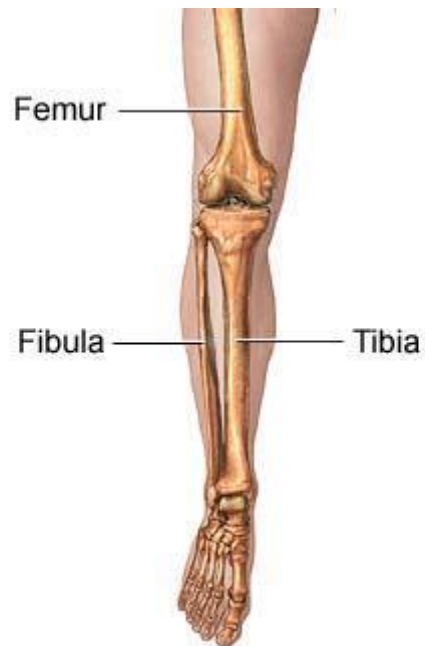


Use techniques standing – floor – from strokes



Study relations:

Knee – elbow



Left – right

