



ACUDO RYU TRENING 2013

First training

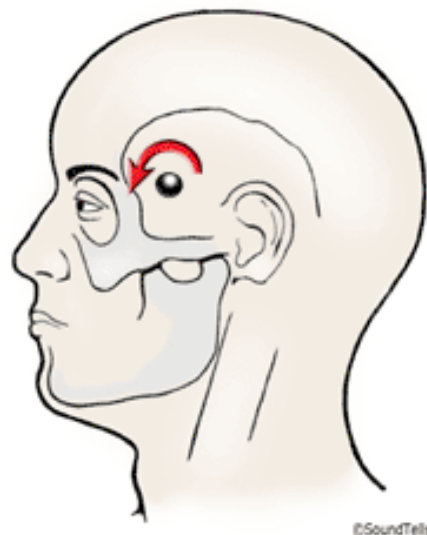
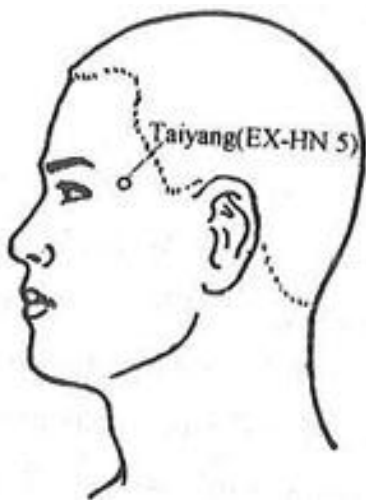
Ritual

- 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.

Five Self Protection Techniques from Course I “Self Defense 1”

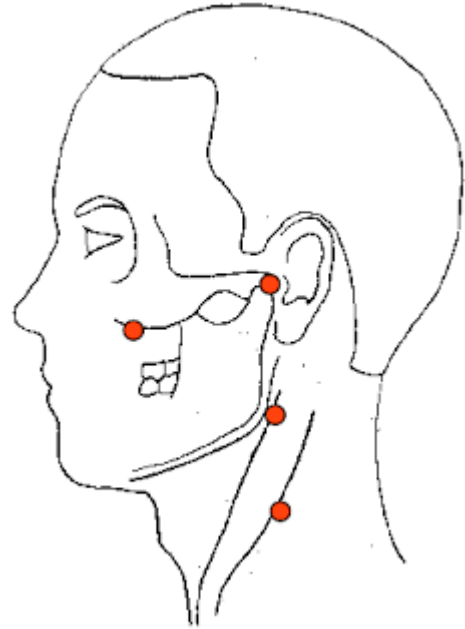
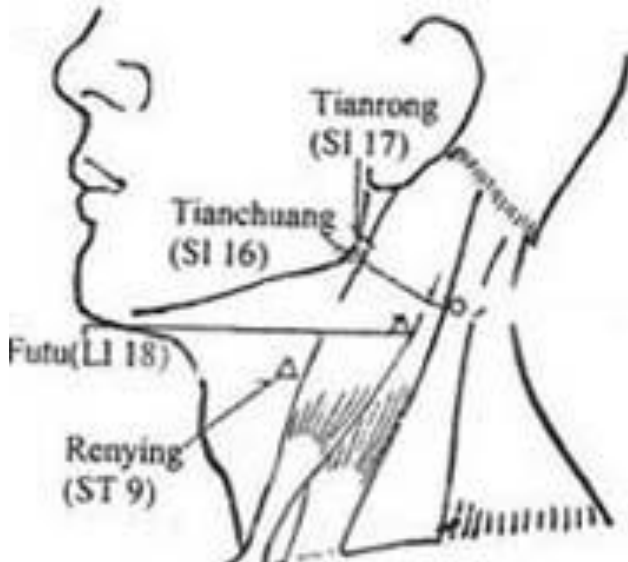
SP 1:

Block elbow – Taiyang



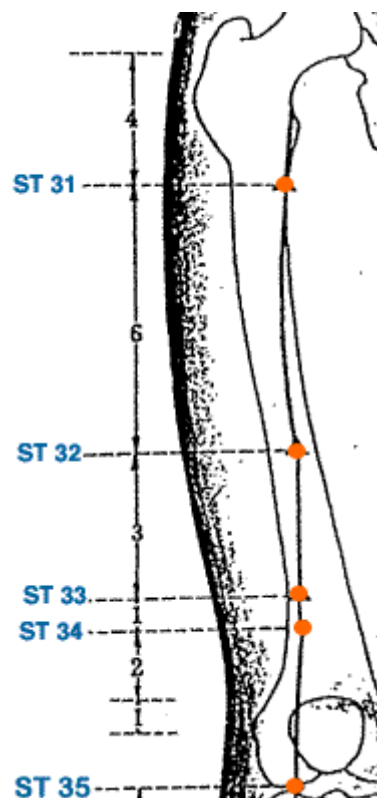
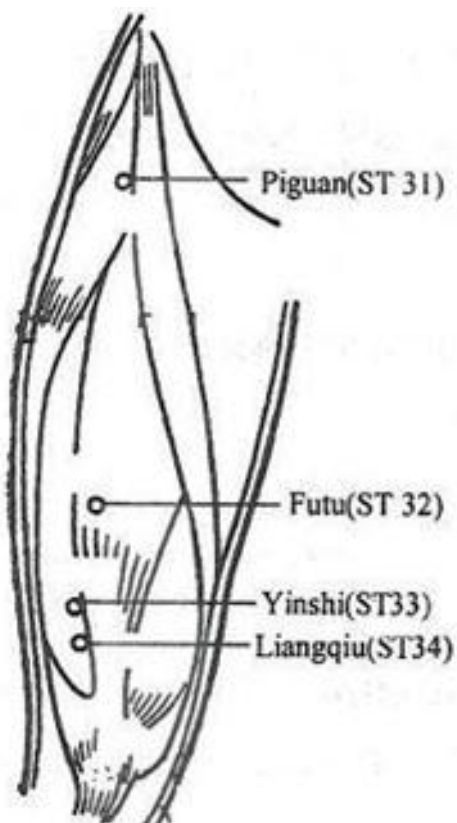
SP 2:

Block knife hand – SI16



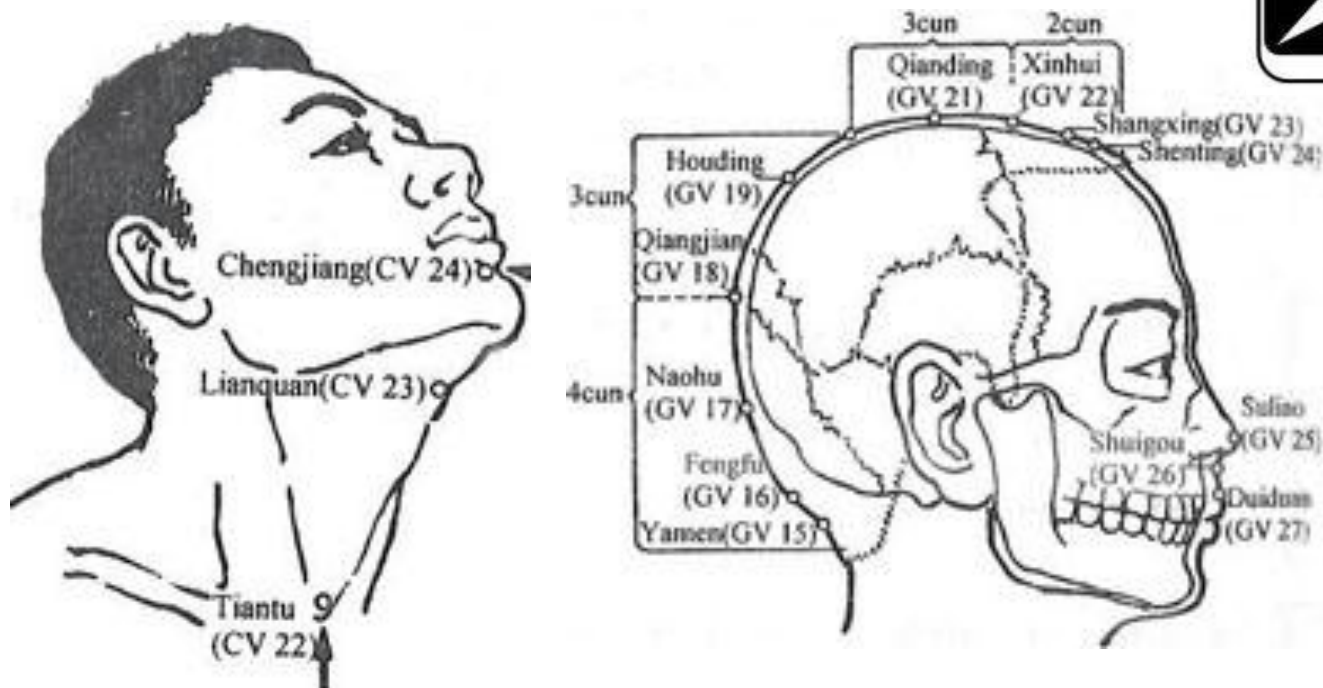
Sp 3:

Knee – ST32



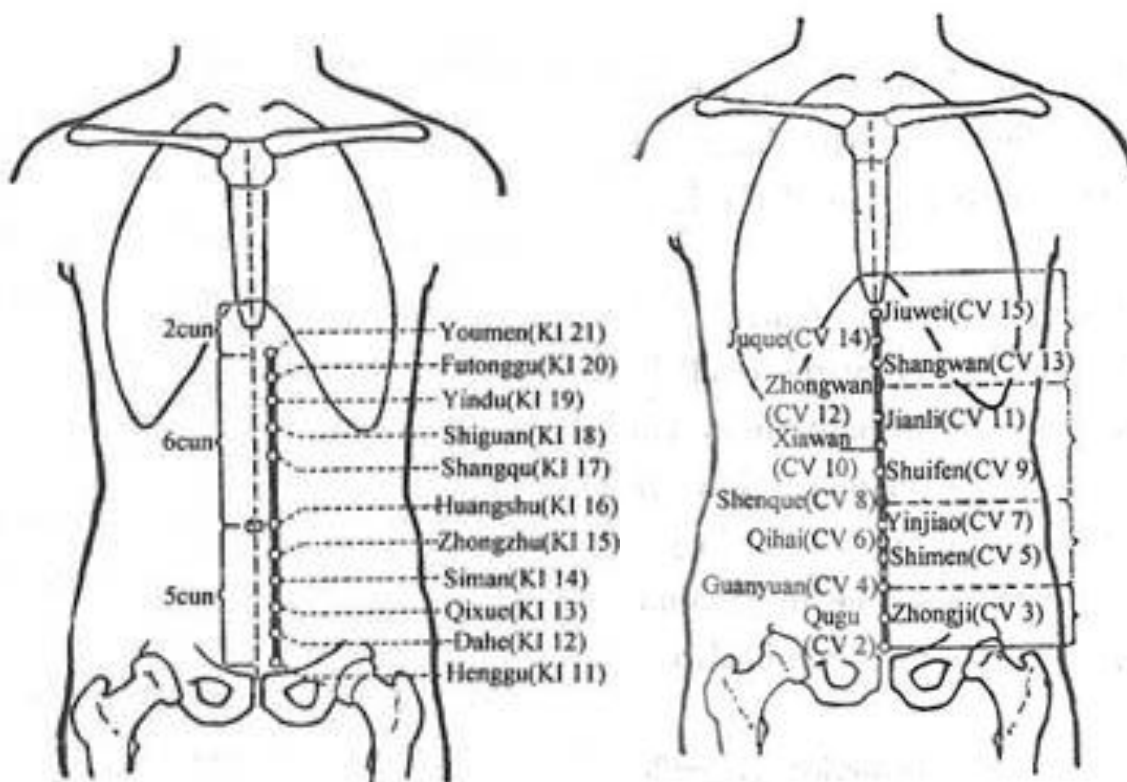
SP 4:

Headbutt – REN24 Or Du25



SP 5:

Kne/ palm – KI11/ REN2



NOTE

All techniques are executed with FURY and NO RETENTION OF FORCE

All techniques are to be repeated until it become a reflex

All techniques have to be possible to do under adrenaline dump.

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.