

ACUDO RYU MANUAL





Definitions

The name of the martial art in Chinese:

穴位道 = Xue Wei Dao (Chinese) = Acupuncture point road

The name of the martial art in common language:

Acudo = “The way of the acupuncture point” or “The way of acupuncture”

Acu (Latin) = Acupuncture or Acupuncture point

Do (Japanese) = Tao (Chinese) = Road

The complete name of the style in Chinese:

穴位道流 = Xue Wei Dao Liu

The complete name of the style in common language:

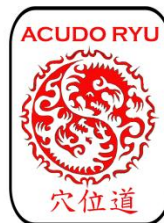
Acudo ryu = “The way of the acupuncture point style” or “The way of acupuncture style”

NOTE regarding the word RYU:

WAA selected to use the Japanese pronunciation of the Chinese character 流. The reason to this is as follows. 流 = Liu (Chinese) = Ryu or Nagare (Japanese) means to flow or flowing; but is commonly used to name a style or School. Both the Chinese “Liu” and the Japanese “Nagare” is not commonly used in martial arts, but the other Japanese alternative RYU is. Due to this WAA selected the Japanese pronunciation RYU of the Chinese kanji to indicate that Acudo is a distinct style. In the original kanji the name of the style is the Chinese words Xue Wei Dao Liu and not a combined Chinese/ Japanese Xue Wei Dao RYU.

How to use the names:

- You practice ACUDO.
- Your styles name is ACUDO RYU.
- WAA recommend you to call it ACUDO.
- 穴位道 (Xue Wei Dao) is what you practice in Chinese
- 穴位道流 (Xue Wei Dao Liu) is the name of the style in Chinese



Acudo ryu is a martial art

Acudo ryu is a system that codifies practices of Combat. The objective of Acudo ryu is to defend oneself or others from a physical threat using fighting techniques that builds on the acupuncture points. In this context, Acudo ryu is a fighting style or a way to make combat.

Acudo ryu do not have any religious connection, but Acudo ryu follows the code of qi and acupuncture. This means that the upper most important aspect to understand is the forces of the body and to use them in combat situations.

The term MARTIAL art comes from the name of a Roman Good, The Good of War - MARS. In general the word martial is used to describe fighting arts; of witch Acudo ryu is easily categorized. The only criteria to be categorized as a martial art, is actually the existence of a systematization of fighting techniques. Normally, the Asian martial arts like Tae Kwon-do, Karate and Kung fu have been named with this term, but the last 50 years ANY fighting system, regardless of origin is named as a martial art. A misconception still exist among some ignorant that to be named a martial art it is needed to have a 1000 year long history, white uniforms with belts and a rigid discipline. This way of using the term martial arts luckily stopped 50 years ago.



History

1. A Martial art whom used the acupuncture points were trained in the parks in the area around China Academy of Traditional Chinese Medicine in Beijing, China in 1993.
 - a. The people who trained were acupuncture students
 - b. The leader of the group were Nils Erik Volden
 - c. The group were experimenting with the acupuncture points and discussing with ALL possible sources of pointing in Beijing and connected cities.
 - d. Pointing is in China often called Dianxue or Dimmak
2. In 1997 the martial art were named 穴位道 (Xue Wei Dao) in Chinese and Acudo (commercial name)
 - a. Xue Wei = acupuncture point; and Dao = road
 - b. The founder was Nils Erik Volden
3. In 1998 the same group of people founded the World Acudo Association
 - a. The purpose was to spread and protect Acudo in the world
 - b. The president was selected Nils Erik Volden and Vice-president Konstantino Dimitropoulos
 - c. In the years that followed many countries have founded their own proper associations or federations in connection to the World Acudo Association.
4. Acudo was practiced as a complement to other established martial arts until year 2000
 - a. WAA decided to make Acudo as a independent martial art
 - b. 穴位道 (Xue Wei Dao) and Acudo was renamed to 穴位道流 (Xue Wei Dao Liu) and Acudo ryu
 - i. The word 流 was selected to indicate that acudo was a specific martial art style
 - ii. 流 is phonetically spelled in Chinese “Liu” and “Ryu” in Japanese. Ryu is more known and was therefore selected by WAA as a suffix to Acudo
 - c. In the same process WAA developed an Acudo curriculum and initiated courses in Acudo ryu world wide.
5. WAA started to arrange study travels to 少林寺, the Shaolin temple in Henan China in 2005
 - a. WAA started to focus on 少林擒拿, Shaolin Qinna
 - b. The Abed in the Shaolin temple recommended WAA to integrate Shaolin Qinna in Acudo ryu.
 - i. WAA accepted the suggestion and included the Shaolin Qinna kata as a part of the curriculum
 - ii. Out 2006 existed flexible rules; but from 2007 Shaolin Qinna is a fully integrated part of Acudo ryu curriculum
6. Today, 2010 Acudo ryu exist on all the continents of the world.



Philosophy

Most important philosophical concepts in Acudo ryu

- Qi
- Yin/ yang
- Meridians
- Five elements
- Six energy levels

These concepts are to be understood as thought at China Academy of Chinese Medical Sciences, previously named China Academy of Traditional Chinese Medicine; the birth grounds of Acudo ryu.

These concepts are to be used in the context of a martial art.



Rules of Acudo ryu training

1. Entering and preparing for training

- a. When entering the Dojo: bow with hip. Face direction Dojo
- b. Bow with hip before entering the training field. Face direction training field
- c. When training is to be started the trainer asks the students in a local language to line up.
 - i. The line up face toward the place of the trainer
 - ii. Highest belt to the left
 - iii. Then according to other martial art degree
 - iv. Then according to age; oldest to the left
- d. Trainer stand center to the line
 - i. If several trainers the main trainer to the right facing the students
 - ii. If many trainers the main trainer in front and the others lined up in the back

2. 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.

3. Other issues

- a. Late incoming students have to wait until the trainer accepts them in the training area.
 - i. If accepted he salutes his trainer with the Shaolin greeting and enters
 - ii. If not accepted he salutes his trainer with the Shaolin greeting and leaves
 - iii. Lack of respect or late incoming will result in a sort of penalty
- b. Interrupting the class is not acceptable and will result in a penalty
 - i. The trainer will find a proper penalty



4. Training

- a. After the ritual, still sitting facing the students, the trainer informs about the training
 - i. Shows the acupuncture points if needed
- b. When he is finish he stands up
 - i. Feet in reverse. (separate feet's, right up first, then the left)
 - ii. Students stands up after the trainer is up
- c. The physical training can start

5. Heating up

- a. Normally the trainer run first around in the dojo with the students behind doing different movements
- b. Then he stops and moves his joints to heat then up.
- c. Normally it is one or two small fight(s) on the ground to get warm
- d. Falling techniques or similar to get the complete body warm; if needed.

6. Elements at a normal training

- a. Acupuncture points
 - i. New acupuncture points
 - ii. Repetition of old points
- b. Anatomy and biomechanics
 - i. The weak areas of the body is explored
 - ii. The natural movements is explored
- c. Shaolin Qinna
- d. Basic technique
 - i. Hitting and kicking
 - ii. Throwing
 - iii. Manipulations
 - iv. Strangulations
- e. Self defense/ attacks
- f. Chinese philosophy
 - i. Yin/ yang
 - ii. Qi
 - iii. Five elements

7. Last part of the exercise

- a. Standing fighting
- b. Fighting on the floor
- c. Repetition of the techniques from the training
- d. Stretching
- e. Acudo competitions
 - i. Demonstration of techniques
 - ii. Acudo fight

8. 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.

9. Who can conduct an Acudo exercise

- a. Only an official Acudo trainer with license
- b. WAA and national association/ federation can issue license
- c. There exist only two types of license: temporary (6 months) and annual (12 months)
- d. The club where the training is conducted need a permission to conduct this training
- e. WAA and national association/ federation can issue this permission
- f. If problems with the national association/ federation WAA will have the final word
- g. If a person does not follow the rules WAA and/ or national association/ federation will give sanctions.
 - i. The trainer will loose his degree in Acudo ryu
 - ii. The students will come under investigation
 - iii. The club where the training was done will come under investigation
 - iv. A proper response to the violation of the WAA rules will come



Competitions

Acudo ryu have two types of competitions.

Type one – Technique

Type two – Fighting

Rules Type one – technique

The practitioner will demonstrate an Acudo technique

He will be judged on how he explain it and shows it

The best preformed technique will win

Practically two persons meet. First does one show a technique; then the other one. The judges will give the victory to the person explaining – and doing the technique best. Everybody entering the competition will meet each other in a cup system. It is not permitted to use the same technique more than one time in a competition. The opponent selects the attack.

This competition does not discriminate between belts, gender, age or size.

Rules Type two – Fighting

Two persons meet and fight with Acudo techniques.

This fight is a submission fight. That means that the winner is the one who do not give up.

Only proper force is allowed. Breaking this rule is directly disqualification

The only protection allowed is dental protection and susp.

The job of the judge is to make the fight proceed and to judge the concept of proper force. The fighters can get one warning. At the second one he will be disqualified. If the opponent cannot continue after a not acceptable technique the executer will be disqualified.

This competition will always follow a cup system.

A cup system will always be random selected, but persons from same club should not meet in the first fight. The competing groups will be divided according to gender, age, weight and degree. All depending on the amount of people competing.



Championships/ Competitions

- WAA will arrange championships on a regular basis if it is sufficient practitioners
- National associations and – federations should not arrange any competition without prior written acceptance from WAA.
- Judges at a competition need to have minimum 2. Dan in Acudo ryu or a Acudo judge seminar arranged by the national association/ federation or WAA. Minimum age of a judge is 20 years.
- Only WAA can arrange a championship or similar
- The titles of the winners is as follows:
 - The winner of any Acudo ryu Technique Competition will get the title
 - World/ Continental/ National/ Regional Acudo Technical Champion
 - The winner of any Acudo ryu Fighting Competition will get the title
 - World/ Continental/ National/ Regional Acudo Fighting Champion



Curriculum for degrees

GENERAL INFORMATION ABOUT THE BELTS

- a. New beginner - Blue belt
 - a. Use a correct colored line on the belt indicating the highest other belt degree
 - i. Example: Black belt in Karate gives a black line on the blue belt
 - ii. The line will be used until the person have a similar degree in Acudo
- b. Do not want any exam Acudo examination –Brown belt.
 - a. A black line on the belt for every year in Acudo training
 - b. After passing a exam the person will not be permitted to use brown belt any more.
- c. Five year rule
 - a. A practitioner of Acudo ryu have the right to present the examination for black belt after five years even if the Acudo trainer say no.
 - b. The World Acudo Association will provide a date and place where the practitioner can present the exam in a proper manner.
 - c. There is two ways to use the five year rule.
 - i. Brown belt for five years. Indicated with five stripes.
 - ii. Five years since started with training Acudo ryu and have minimum 2. Kyu white belt.
 - d. A person with lower belts or persons who simply feel for the examination can't clam this rule.
- d. Failing exams
 - a. Simply wait for next examination date
- e. A Honorary degree is indicated with a star
- f. The use of a Acudo ryu belt degree
 - a. Only to be used together with a proper association accepted uniform.
 - b. The Acudo trainer selects his own clothes within proper standards.
- g. Best student indicator (BSI)
 - a. The national federation/ association first have to open for BSI before any trainer uses it.
 - b. The best student will have a yellow textile connected to his belt.
 - c. BSI indicate that this is the best student of the main trainer
 - i. It is a honor to have this textile
 - d. BSI can only be used by one students at the time
 - e. BSI is only temporary, and can be taken away without any explanation
 - f. BSI is given more due to progress and interest; than to actual skills and knowledge
 - i. Example
 - 1. A super interested student
 - 2. A person with a great progress
 - 3. A person who have behaved VERY etical
 - 4. A person whom have followed the instructions of the trainer



NOTE:

ACUDO RYU TRAINING CAN ONLY BE CONDUCTED BY AN OFFICIAL ACUDO RYU TRAINER. THAT MEANS A TRAINER THAT HAS AN OFFICIAL APPROVAL FROM THE WORLD ACUDO ASSOCIATION.

ONLY OFFICIAL EXAMINATIONS IS ACCEPTED BY THE WORLD ACUDO ASSOCIATION.

FOR UNAUTHORISED PERSONS THAT ARRANGE EXAMINATION, TRAINING OR SIMILAR THE FOLLOWING WILL HAPPEN. FIRST THEY WILL AUTOMATICALLY BE EXPELLED FROM THE WORLD ACUDO ASSOCIATION; SECOND THEY WILL BE STRIPPED FROM ANY OFFICIAL ACUDO RYU DEGREE AND SIMILAR; THIRD NATIONAL ACUDO ASSOCIATIONS WILL HAVE TO BREAK THEIR RELATION WITH THE PERSON; FORTH ALL THE HONOR WILL BE TAKEN AWAY. FIFTH LEGAL ACTIONS WILL BE CONSIDERED. FURTHER ACTIONS CAN AND WILL BE TAKEN.

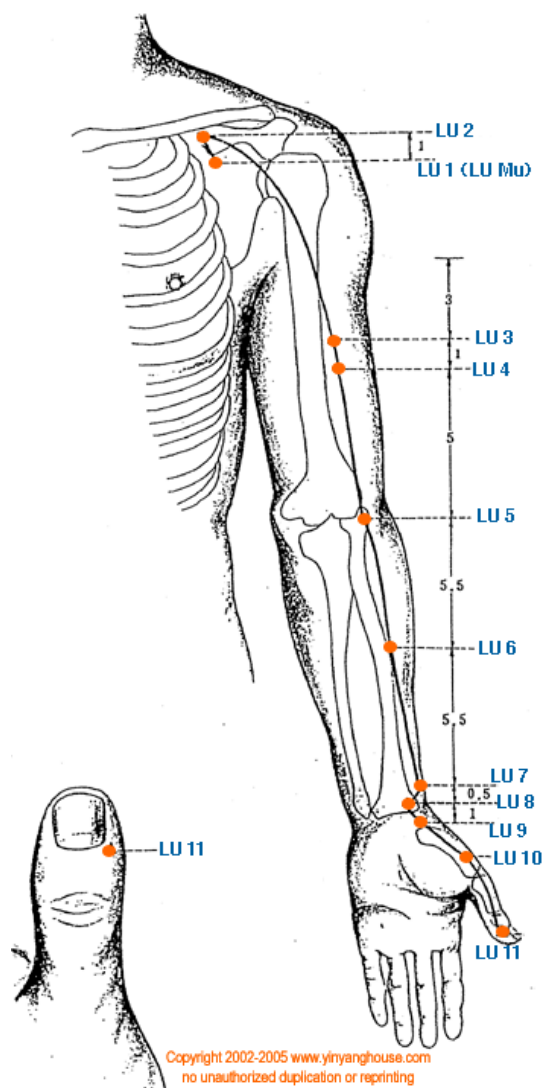
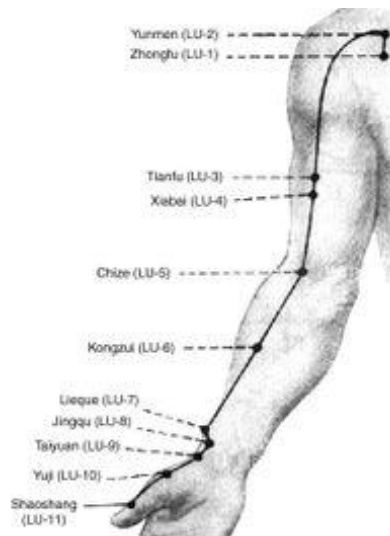
PERSONS KNOWINGLY TAKING PART IN AN UNAUTHORIZED ACUDO TRAINING AND/ OR AN UNAUTHORIZED ACUDO EXAMINATION WILL AUTOMATICALLY BE PUT UNDER INVESTIGATION BY THE WORLD ACUDO ASSOCIATION. OTHER ACTIONS CAN AND WILL BE TAKEN.

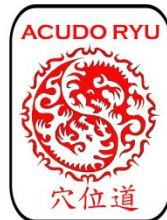
CURRICULUM Acudo_{ryu} Belt Degrees

5. Kyu - Green belt (Luse Dushu)

- Normally two 2 months training before examination
- Localize all the eleven lung acupuncture points (without mistake)
- Theoretically tasks:
 - T-Theory (understanding)
 - Push and pull theory (understanding)
 - Count to ten in Chinese (clear and fast)

Normal	Value	Pīnyīn
○	0	Líng
一	1	Yī
二	2	Èr
三	3	Sān
四	4	Sì
五	5	Wǔ
六	6	Liù
七	7	Qī
八	8	Bā
九	9	Jiǔ
十	10	Shí





Vocabulary to the rituals

- | | | | | |
|------|---|------------|---|---------------------------|
| - 敬重 | - | Jing zhong | - | Deep respect |
| - 出发 | - | Chun fa | - | To start |
| - 歇心 | - | Xie xin | - | To take away all thoughts |
| - 瞑 | - | Ming | - | Close the eyes |
| - 竣 | - | Jun | - | Finish or complete |

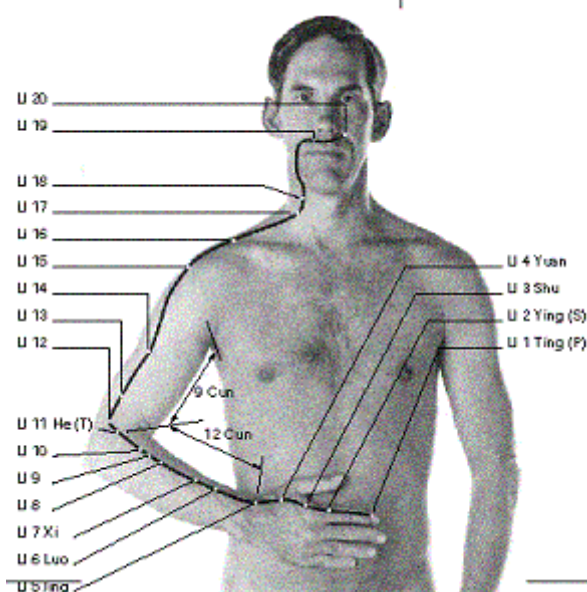
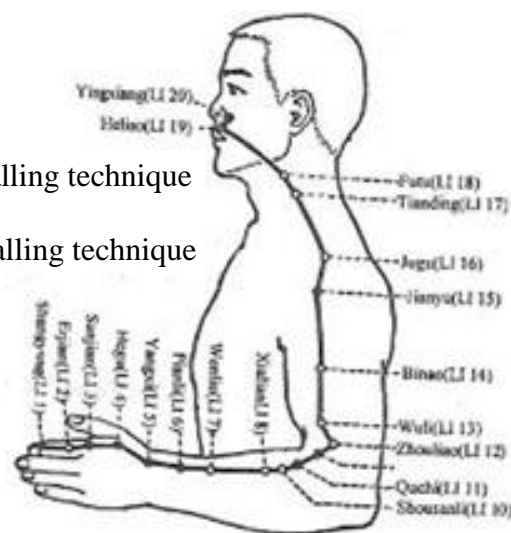
Techniques

- Show techniques on lung acupuncture points
 - o The candidate has to give a impression that he understand how to use the lung points
 - o The examiner select two to four points
 - o Then show five self defense on lung points
- Falling technique to the side
 - o The candidate has to show that he understand how to fall to the side
 - o He has to fall without fear!
- Throwing with foot (yin and yang)
 - o Both sides
- Show guard standing and laying
 - o Show and explain the advantages of a guard
- Show kicks swing and front
 - o Show with both legs
- Show hitting with fist and knife hand
 - o Show three times with the three basic targets: Head, Ren17 and Ren8
- Show block (yin and yang)
 - o Show this against a fist
 - Yin block
 - Yang block
 - o The candidate need to show energy and coordination
- Show Five Acudo ryu self defense
 - o The candidate uses what acupuncture points he want
 - o Need to have a technique that is usable in combat
 - o The techniques is not totally similar
 - o The examiner can ask for more techniques if not satisfied
- Show five Shaolin Qin na techniques with - and without acupuncture points
 - o Recommended techniques is:
 - Golden Silk Enwind Wrist
 - Hook Wrist with Palm Cutting
 - Kneel down to Beg
 - Xiang Zi Carries Basket
 - Protect Both Shoulders
 - o Any five Shaolin Qinna technique will do

- Alternative the three first moves in the Shaolin Qinna Kata

4. kyu - Red belt (Hong se Dushu)

- Normally four 4 months training after last examination
- Localize all the twenty Large intestine acupuncture points (without mistakes)
 - Also locate the past acupuncture points
- Theoretically tasks:
 - Weight principle
- Show techniques on large intestine acupuncture points
 - The examiner want to see that the candidate master the two meridians until now
 - Show four to six techniques on points selected by examiner
 - If not satisfied examiner ask for more techniques
 - Then show five self defense on lung points and then five on large intestine points
- Show falling technique forward and backward
 - Normal falling technique forward
 - Normal falling technique backward
 - Both without fear!
- Prestation moment:
 - Jump over a standing forward bent person with forward falling technique
 - Or
 - Jump over three persons lying on the floor with forward falling technique
- Show two throws over hip
 - Yin technique
 - Yang technique
- Show two falling to ground throws
 - Yin technique
 - Yang technique
- Show bending on hand and hammerlock
- Show strangulation
 - Neck from behind
 - Hands crossed from the front
- Show back fist
- Show Kicks:
 - Side kick
 - Round kick
 - Yin technique
 - Yang technique
- Show ten Acudo™ ryu self-defense techniques
 - The candidate uses what acupuncture points he want
 - Need to have a technique that is usable in combat





- The techniques is not totally similar
- The examiner can ask for more techniques if not satisfied
- Show ten Shaolin Qin na techniques
 - Recommended techniques are: (See 5. Kyu for other five recommendations)
 - o Hold the Moon in Arms
 - o Fold Elbow
 - o King of Heaven Holds the Tower
 - o Hold Hand and Catch Fingers
 - o Skillfully Catch Two Fingers
 - Alternative the six first moves in the Shaolin Qinna Kata

3. Kyu - Yellow belt (Huang se Dushu)

- Normally four 4 months training before examination
- Localize all the forty five stomach acupuncture points and all the twenty one spleen acupuncture points (without mistakes).
- Localize all the previous acupuncture points (without mistakes)
- Theoretically tasks:
 - Four corners (understanding)
 - Spiral movement
 - 45 degree angle theory
 - Yin/ yang theory
 - Explain how to make a self defense technique
 - Basic first aid
- Arm locks
 - Six ways to manipulate the wrist joint
- Strangulation
 - Strangulate using the legs
- Treatment:
 - Show a symptomatic acupressure treatment
 - Show a tuina massage on the neck and the back
- Show how to activate an acupuncture point
- Use the elbow in four directions



Techniques

- Show techniques on stomach and spleen acupuncture points
 - o The candidate has to give a impression that he understand how to use the stomach and spleen points
 - o The examiner select two to four points on the two meridians
 - o Then show five self defense on stomach and then five on the spleen points. Then show five techniques on the pervious meridians.
- Show Twenty Acudo ryu self defense techniques
 - o The candidate uses what acupuncture points he want
 - o Need to have a technique that is usable in combat
 - o The techniques is not totally similar
 - o The examiner can ask for more techniques if not satisfied

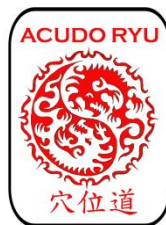


- Show fifteen Shaolin Qin na techniques with - and without acupuncture points
 - Recommended techniques is:
 - Push the Boat Along with the Current
 - Bawang Withness Battle Array
 - Pat Chest and Twist Elbow
 - Plum Blossom Hands
 - Twist Wrist and Carry Elbow Golden Silk Enwind Wrist
 - Any fifteen Shaolin Qinna technique will do
 - Alternative the first part of the Shaolin Qinna Kata



2. Kyu – White belt (Bai se Dushu)

- Normally six 6 months training before examination
- Localize all the nine heart acupuncture points, nineteen small intestine acupuncture points, sixty seven urinary bladder acupuncture points and all the twenty seven kidney acupuncture points (without mistakes).
- Localize all the previous acupuncture points (without mistakes)
- Theoretically tasks:
 - Explain the philosophy behind an acudo self defense technique
 - Explain how a acupressure treatment of muscular-sceletone system is done
 - Explain the concept of xu li in the context of relaxation
- Make a demonstration of using Acudo techniques on all meridians until now.
 - The demonstration should include minimum 30 acupuncture points applied in a proper manner.
 - Examiner can ask for reply of parts of the demonstration for explanation
 - The examiner have the power if is not satisfied to ask for a new demonstration (not the old one) or terminate the examination at this point.
 - It the candidate cannot provide a new demonstration the examination is terminated.
- Show techniques heart -, small intestine -, urinary bladder - and kidney acupuncture points acupuncture points
 - o The candidate has to give a impression that he understand how to use the stomach and spleen points
 - o The examiner select two to four points on the four meridians
 - o Then show five self defense techniques on heart, then five on the small intestine, then five on urinary bladder, and finally five on kidney points. Then show five techniques on the pervious meridians.
- Show Forty Acudo ryu self defense techniques
 - o The candidate uses what acupuncture points he want
 - o Need to have a technique that is usable in combat
 - o The techniques is not totally similar
 - o The examiner can ask for more techniques if not satisfied
- Show twenty one Shaolin Qin na techniques with - and without acupuncture points
 - o Recommended techniques is:
 - Show five Shaolin Qin na techniques and the fifteen from before
 - Turn the oar over along with the current
 - Twist elbow and look throat
 - Lead away a goat in passing
 - Hold arm and hold elbow
 - Turn round and carry elbow
 - o Any twenty one Shaolin Qinna technique will do
 - o Alternative the complete two first parts of the Shaolin Qinna Kata



1. kyu – White and black belt (Qiheide bufen Dushu)

This degree is given by the Acudo master when he see that the candidate is ready for the 1. Dan black belt examination.

Requirements for the evaluation:

1. Has an official 2. Kyu degree or is evaluated directly by the national association to have that level.
2. Know all the acupuncture points
3. Know how to use the acupuncture points
4. Know the Shaolin Qinna kata
5. Have the right attitude
6. Give the Acudo master the impression that this person is made of the right material

Procedure for awarding 1. Kyu in Acudo directly from the club

1. The trainer make the evaluation for this degree
2. The main trainer at the club will grant this degree directly to the practitioner
3. To get the certificate the main trainer need to contact the national Acudo association; who get the diploma from WAA.
4. At a ceremony at the club the trainer of the Acudo ka himself will give this degree to him
5. The candidate have to understand that this belt is an honor degree

Procedure for awarding 1 kyu in Acudo ryu directly from World Acudo Association

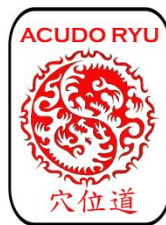
1. Fulfills the requirements as stated above.
 2. Attends and passes an official evaluation by the World Acudo Association
- NOTE: This is exceptions from the normal rule. Exception normally is taken when the practitioner have a deep martial arts knowledge from before and have acquired this new knowledge.

Since this is an honor degree the club and the Acudo association cannot charge money for awarding it. 1. Kyu degrees is not indicated as a normal honorary degree with a star!

This degree is only to be seen as a temporary degree. It indicates that the holder is approved by his trainer to attend a 1. Dan examination.

If the holder of a 1. Kyu fails to pass the examination he will lose his 1. Kyu and go back to 2. Kyu. The trainer who granted the 1. Kyu degree will lose his rights to grant a 1. Kyu degree to this person for the future. To get another possibility for a 1. Kyu the person need to attend a formal examination for a 1. Kyu. The curriculum for this examination will be made by the examiner. So, there is no formal curriculum for this examination other than proving the requirements stated above.

The time from 1. Kyu white and black belt to 1. Dan black belt should not be more than 6 months. If more than 2 years passes the 1. Kyu will be withdrawn and the person will have to go back to 2. kyu.



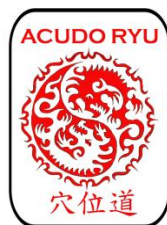
1. Dan – Black belt (Heise Dushu)

- Normally one 1 year training after 1. Kyu before examination
- See five years rule for other qualification regulations
- Must have arranged classes in Acudo ryu alone, regional level

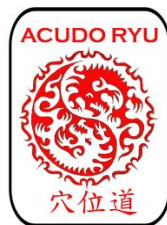
- Localize all the acupuncture points (without mistakes).

Techniques

- Show techniques on all meridians
 - The candidate has to give a impression that he understand how to use the acupuncture points
 - The examiner select two to four points on all meridians; 24 – 48 in total.
 - Then show five self defense on all meridians; 60 in total.
- Show Twenty five Acudo ryu self defense techniques
 - The candidate uses what acupuncture points he want
 - Need to have a technique that is usable in combat
 - The techniques is not totally similar
 - The examiner can ask for more techniques if not satisfied
- Show all 32 Shaolin Qin na techniques with - and without acupuncture points or simply the Shaolin qinna kata
 - Recommended techniques in addition to 20 mentioned in lower degrees are:
 - Golden cock turn its head
 - Hold arm and press shoulder
 - Twist wrist and press shoulder
 - Raise elbow and pin arm
 - carry arm and press shoulder
 - Envelop elbow and discharge shoulder
 - Entwine neck and look throat
 - Iron arm look throat
 - Boy worship Budda
 - Hold head and press wrist
 - Fold knee and bundle legs
 - Blue dragon bows its head
- Prestation moment
 - Break two boards with yang hit, or
 - Break four boards with a side kick
- Multiple points
 - Use an acudo ryu technique who combines a minimum of 20 acupuncture points without stopping
 - If the examiner is not satisfied the candidate have to do it again with NEW points
- Stress test
 - Show meditation or xu li under stress
- Locate the zang organs and other anatomical places on a person



- Repeat parts of 5.- 2. Kyu examination if examiner finds it needed
- Extra credit
 - Treatment of sport injuries
 - Make a strategy based on personality and mental activity



2. Dan – Black belt

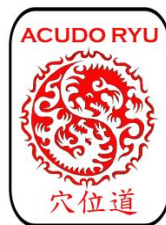
- Normally one 1 year training after 1. Dan before examination
- Must give classes in Acudo ryu alone, national level
- Localize all the acupuncture points (without mistakes).
- Localize 20 extraordinary acupuncture points (without mistakes)
- Demonstrate how to activate acupuncture points using yin/ yang theory
- Demonstrate how to make combinations of acupuncture points
 - This will be questioned in technical section

Techniques

- Show 15 advanced Acudo ryu techniques with small stick
- Demonstrate the use of acupuncture needle as a weapon
- Show a general massage where the use of acupuncture points is present
- Show techniques on all meridians
 - o The candidate has to give a impression that he understand how to use the acupuncture points
 - o The examiner select ten points on all meridians; 120 in total.
 - o Then show five self defense on all meridians; 60 in total.
- Show Twenty five Acudo ryu self defense techniques
 - o The candidate uses what acupuncture points he want
 - o Need to have a technique that is usable in combat
 - o The techniques is not totally similar
 - o The examiner can ask for more techniques if not satisfied
- Show Thirty Acudo ryu throws
 - o The candidate uses what acupuncture points he want
 - o Need to have a technique that is usable in combat
 - o The techniques is not totally similar
 - o The examiner can ask for more techniques if not satisfied
- Show Twenty five Acudo ryu controlling techniques
 - o The candidate uses what acupuncture points he want
 - o Need to have a technique that is usable in combat
 - o The techniques is not totally similar
 - o The examiner can ask for more techniques if not satisfied
 - o
- Show fifty Acudo ryu hitting techniques
 - o The candidate uses what acupuncture points he want
 - o Need to have a technique that is usable in combat
 - o The techniques is not totally similar
 - o The examiner can ask for more techniques if not satisfied



- Show Twenty Acudo ryu joint manipulations
 - The candidate uses what acupuncture points he want
 - Need to have a technique that is usable in combat
 - The techniques is not totally similar
 - The examiner can ask for more techniques if not satisfied
- Show fifty Acudo ryu kicking techniques
 - The candidate uses what acupuncture points he want
 - Need to have a technique that is usable in combat
 - The techniques is not totally similar
 - The examiner can ask for more techniques if not satisfied
- Show One hundred Acudo ryu finger techniques
 - The candidate uses what acupuncture points he want
 - Need to have a technique that is usable in combat
 - The techniques is not totally similar
 - The examiner can ask for more techniques if not satisfied
- Show fifty Acudo ryu deadly techniques
 - The candidate uses what acupuncture points he want
 - Need to have a technique that is usable in combat
 - The techniques is not totally similar
 - The examiner can ask for more techniques if not satisfied
- Show all 32 Shaolin Qin na techniques with - and without acupuncture points
- Show the complete Shaolin qinna kata 1-2-3. With the use of acupuncture points
- Make a fight strategy
- Explain how to use herbal mixtures in fighting



3. Dan – Black belt

- Normally two 2 year active training after 2. Dan before examination
- Must give classes in Acudo ryu alone, and have given classes on a international level
- Localize all the acupuncture points (without mistakes).
- Localize 20 extraordinary acupuncture points (without mistakes)
- Be able to explain both treatment and destruction elements with all the acupuncture points
- Show the weaknesses on the body
- Explain how the body works in an understandable way in martial arts terms
 - Give a theoretical explanation of:
 - o Qi
 - o Yin/ yang
 - o Meridians

Techniques

- Show fifty weak areas on the body and do Acudo ryu on them
 - o Show proper techniques on five of them
- Demonstrate the use of acupuncture needle as a weapon in combat
- Show a general massage where the use of acupuncture points is present
- Show the use of acupuncture in sports injuries
- Show techniques on all meridians
 - o The candidate has to give a impression that he understand how to use the acupuncture points
 - o The examiner select ten points on all meridians; 120 in total.
 - o Then show five self defense on all meridians; 60 in total.
- Show fifty Acudo ryu favorite self defense techniques
 - o The candidate uses what acupuncture points he want
 - o Need to have a technique that is usable in combat
 - o The techniques is not totally similar
 - o The examiner can ask for more techniques if not satisfied
- Show the complete Shaolin Qinna kata with acupuncture points
 - o The kata are to be shown three times
 - One normal kata
 - One with explanation
 - One with marked acupuncture points

Repeat aspects from 2. Dan examination if examiner thinks it is needed

Curriculum for 4., 5., 6., 7., 8., 9., and 10. Dan on request



WAA Seminars

- WAA will arrange seminars on a regular basis.
- National associations and - federations will support this seminars

National association/ federation seminar

- WAA have to approve the seminar before it is commercialized
- The main instructor of any seminar need to have minimum 3. Dan in Acudo ryu or have a written permission from WAA.
 - o If the main instructor has a higher degree within other martial arts WAA can and should be flexible with the 3. Dan requirement.
- Any seminar arranged without respecting the rules given by WAA will create a reaction from WAA.