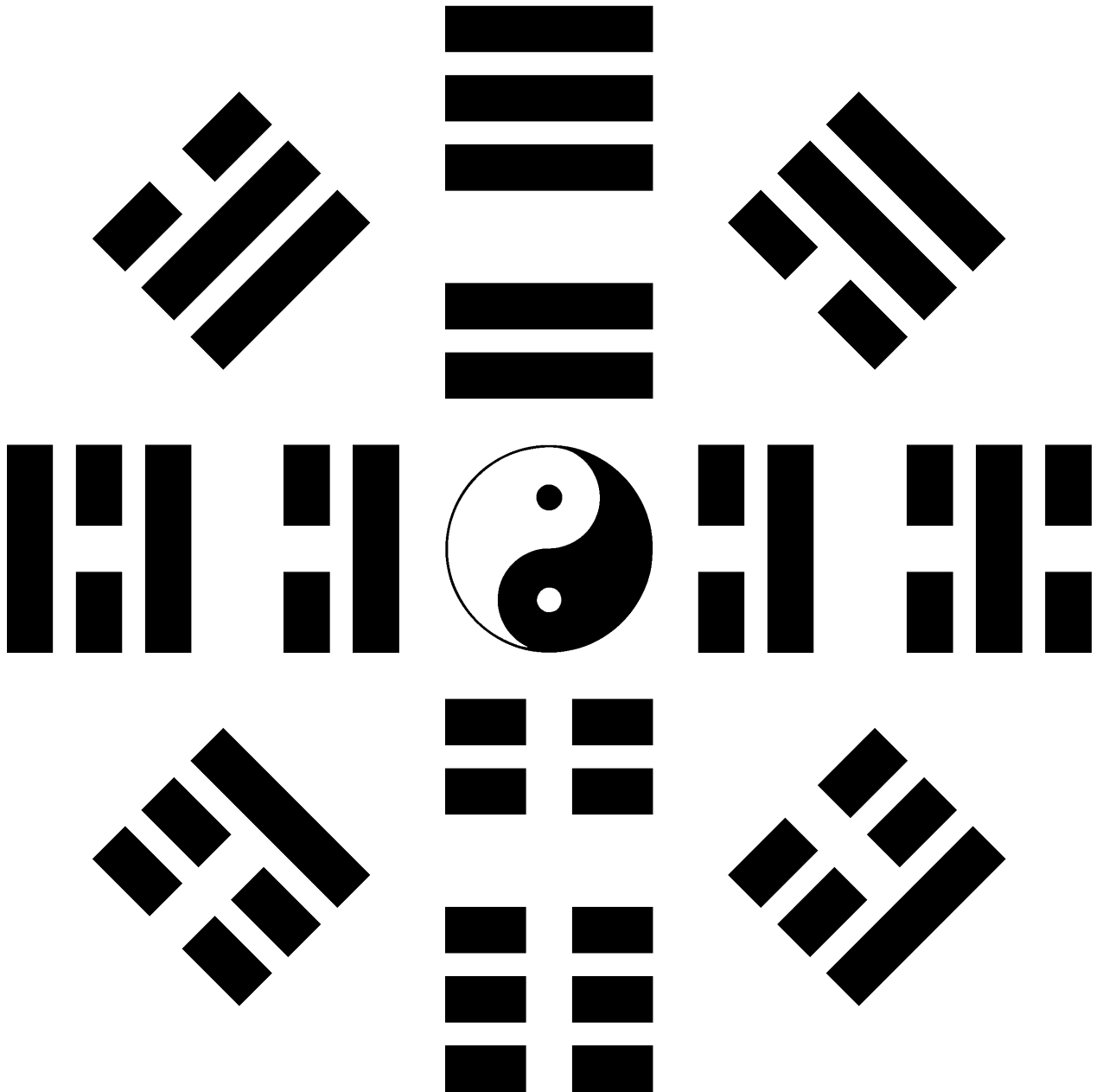


The EIGHT Analytic Methods in

Acudo ryu

Nils Erik Volden, 7 dan



Level 1 - Unigram

Divide into Yin or Yang

General:

Yang: Active, rapid, changing and superficial thinking

Yin: Passive, slow, little-changing and deep thinking

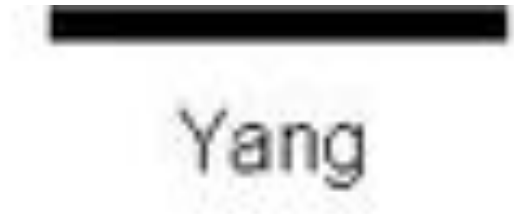


Yang

- Mental: fast, but superficial and ever changing
- Physical: Strong and fast
- Social: Very active, sociable and with a large social network
- Martial art factor: aggressive, progressive and direct
- In general: Positive or extreme

Yin

- Mental: slow, but deep and stable
- Physical: weak and slow
- Social: passive, few friends
- Martial art factor: passive, overthinking and overcomplicated
- In general: Negative or passive



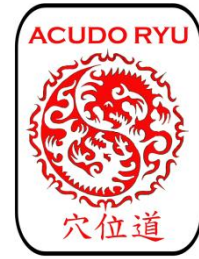
Level 2 - Bigram

Divide into TWO levels of Yin or Yang

General:

Bottom level indicate internal (e.g. thinking)

Top level indicate external (e.g. physical activity)



The bottom line - internal

Mainly based on an impression of the function of the brain

Yang

- Fast, but superficial and ever changing
- Aggressive, progressive and direct
- Positivity
- Extreme and sudden actions

Yin

- Slow, but deep and stable
- Passive, overthinking and overcomplicated
- Negativity
- Confirmative and predictable actions

The top line - external

Mainly based on an impression of the function of the physical body

Yang

- Strong body
- Fast movements
- Aggressive and direct movements
- The movements have an extreme impression

Yin

- Weak body
- Slow movements
- Passive and indirect movements
- The movements have an predictable impression

The four possibilities

Autumn

Bottom line: YIN

Top line: YANG

Summer

Bottom line: YANG

Top line: YANG

Winter

Bottom line: YIN

Top line: YIN

Spring

Bottom line: YANG

Top line: YIN



Old Yang



Young Yang



Young Yin



Old Yin



Level 3 - Trigram

Divide into THREE levels of Yin or Yang

General:

Bottom level indicate subconscious (e.g. what you do not know your brain is thinking about)

Middle level indicate conscious mental activities (e.g. Actual brain work)

Top level indicate external (e.g. physical activity)

The bottom line - subconscious

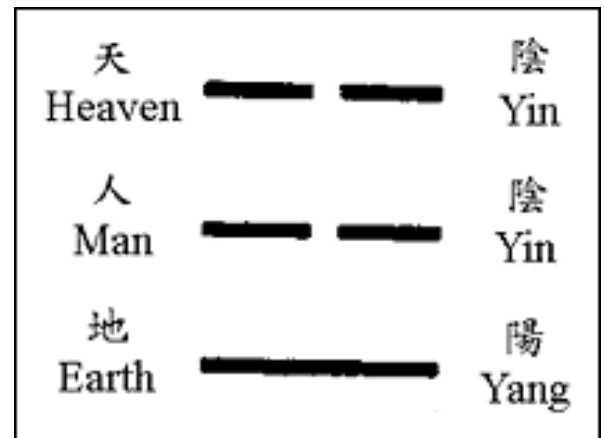
Mainly based on an impression of the function of the subconscious

Yang

- Fast and changing
- Positivity

Yin

- Slow and stable
- Passive
- Negativity



The middle line – the conscious brain

Mainly based on an impression of the function of the conscious brain

Yang

- Fast
- Superficial and ever changing
- Aggressive, progressive, possessive and direct
- Positivity
- Extreme emotions
- Extreme - and sudden actions

Yin

- Slow
- Deep, thoughtful and stable
- Passive, overthinking, overcomplicated and indirect
- Negativity
- Stable emotions (often a tone of anxiety and nerves)
- Confirmative and predictable actions
- Nothing extreme or sudden



The top line - external

Mainly based on an impression of the function of the physical body

Yang

- Strong body
- Fast movements
- Aggressive and direct movements
- The movements have an extreme impression

Yin

- Weak body
- Slow movements
- Passive and indirect movements
- The movements have an predictable impression

he eight combinations

Young yin

Li (yang-yin-yang) - Fire

Zhen (yang-yin-yin) - Thunder

Old Yang

Qian (yang-yang-yang) - Heaven

Dui (yang-yang-yin) - Sea

Old Yin

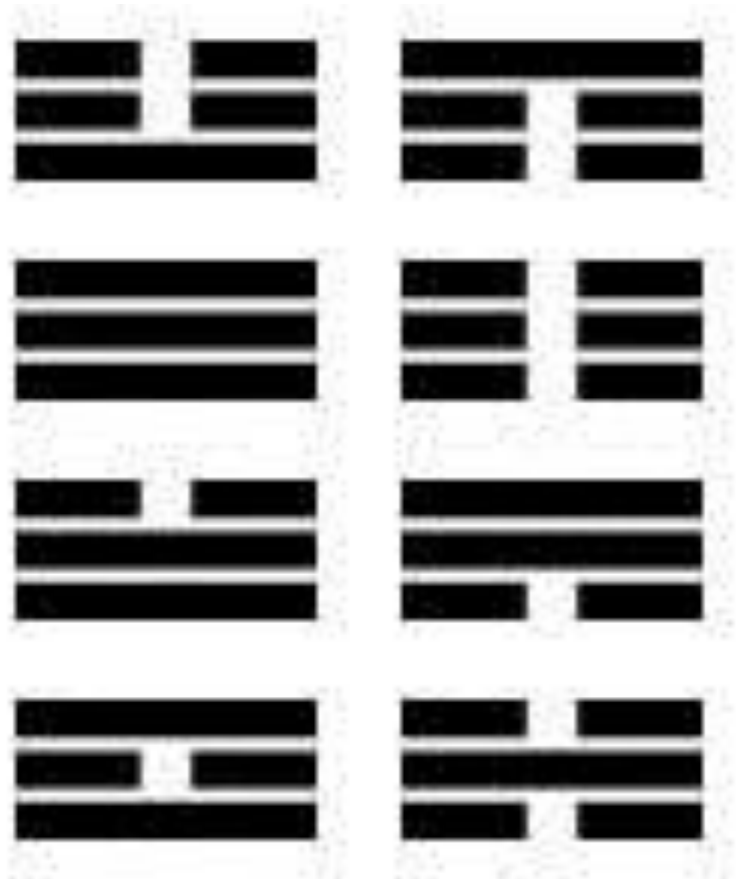
Gen (yin-yin-yang) - Mountain

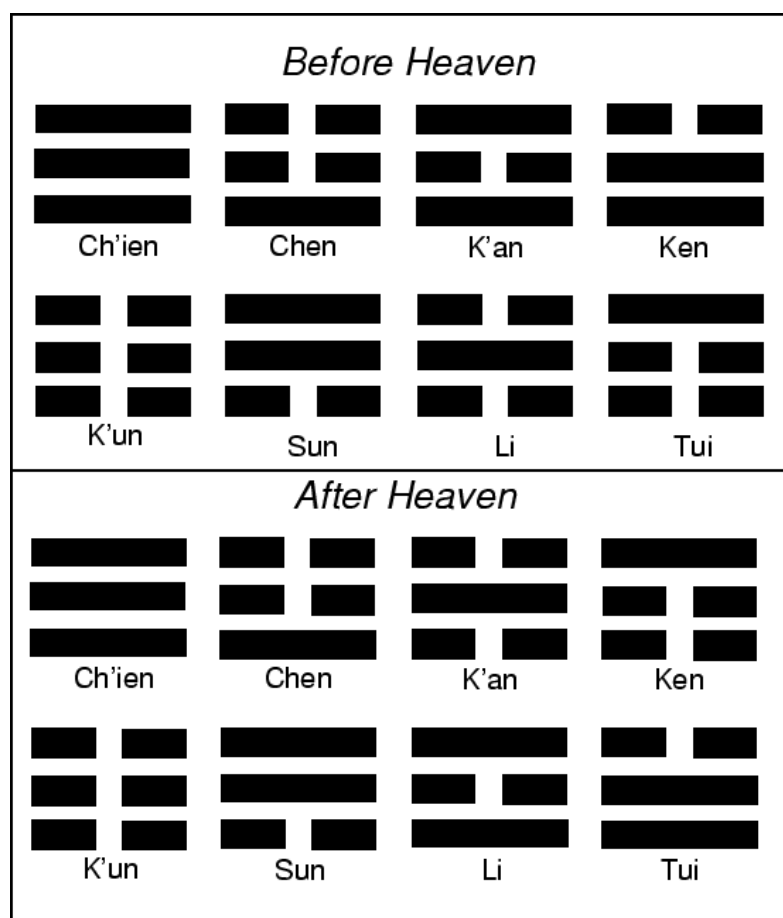
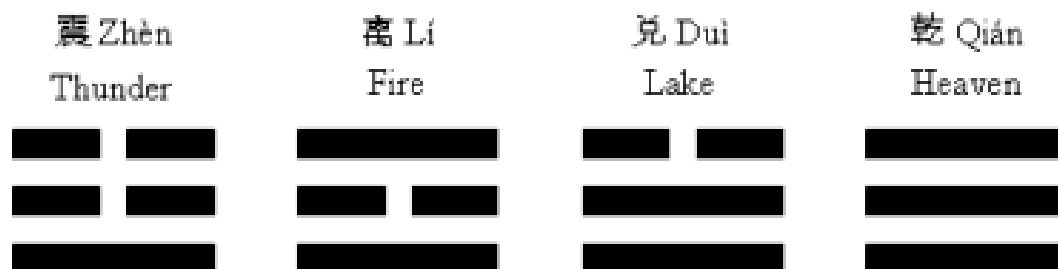
Kun (yin-yin-yin) - Earth

Young Yang

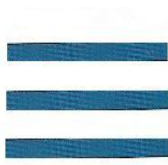
Kun (yin-yang-yang) – Wind

Kan (yin-yang-yin) - Water





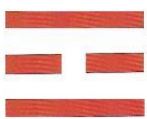
Suggestion for possible interpretation



Qian, Wind - Hyperactive on all levels



Dui, Lake – Active inside, passive outside

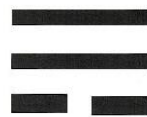


Li, Fire – Active, but calm in mind

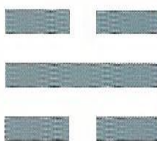
ALLWAYS CONSIDER THAT A YIN OR YANG WILL
CHANGE TO THE OPPOSITE;
INTERTRANSFORMATION - 4TH YIN/ YANG LAW



Zhen, Thunder – Looks calm, but will at a point explode



Xun, Wind – Looks active, but is not guided



Kan, Water – The brain heats up, and little new happens



Gen, Mountain – A lot of activity, but lacks motivation and inner drive



Kun, Earth – Little activity on all levels