



SEMINAR IN ACUDO RYU – 2010

By Nils Erik Volden

Morning

09.00 – 10.00	Basic Acudo ryu with the most common points.
10.00 – 11.00	Lung acupuncture points (11 points)
11.00 – 12.00	Self defense

Afternoon

12.30 – 13.30	Basic Acudo ryu with most common points
13.30 – 14.30	Lung acupuncture points (11 points)
14.30 – 15.30	Large intestine acupuncture points (20 points)
15.30 – 16.00	Shaolin Qinna
16.00 – 17.00	Self defense



Acudo ryu Ritual

STARTING

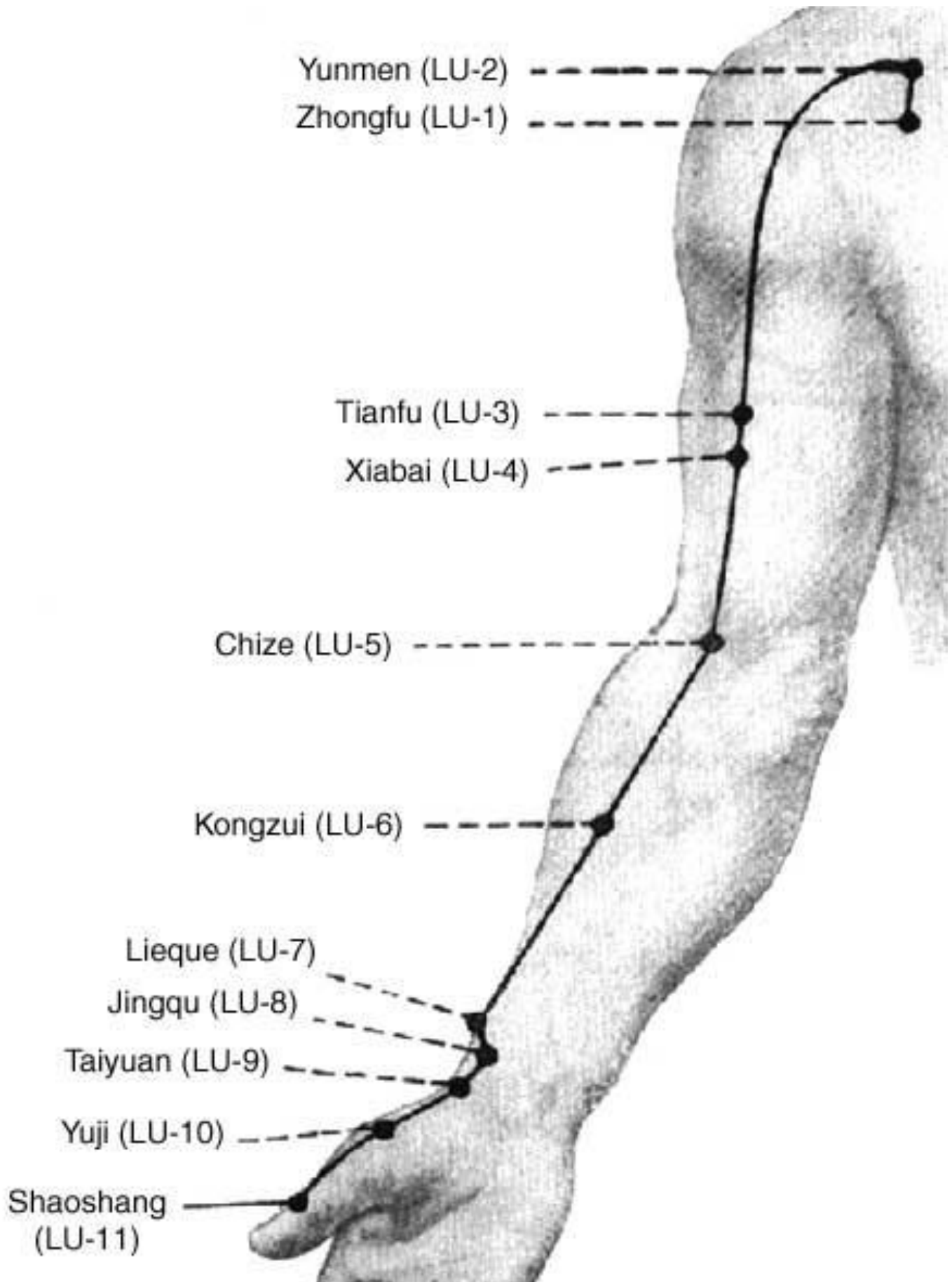
1. Line up, standing
2. Salute with the Shaolin greeting
3. Trainer says: 敬重 **Jing zhong** (Mandarin for: *Deep Respect*)
 - a. Then the students reply the same: Jing zhong
4. Sits down on the floor with feet folded.
5. Trainer Bows to the floor
 - a. When doing this he says: 出发 **Chun fa** (Mandarin for: To start)
6. Students bows to the floor
 - a. When doing this they say: Chun fa.
 - b. The training is now officially initiated.

FINISHING

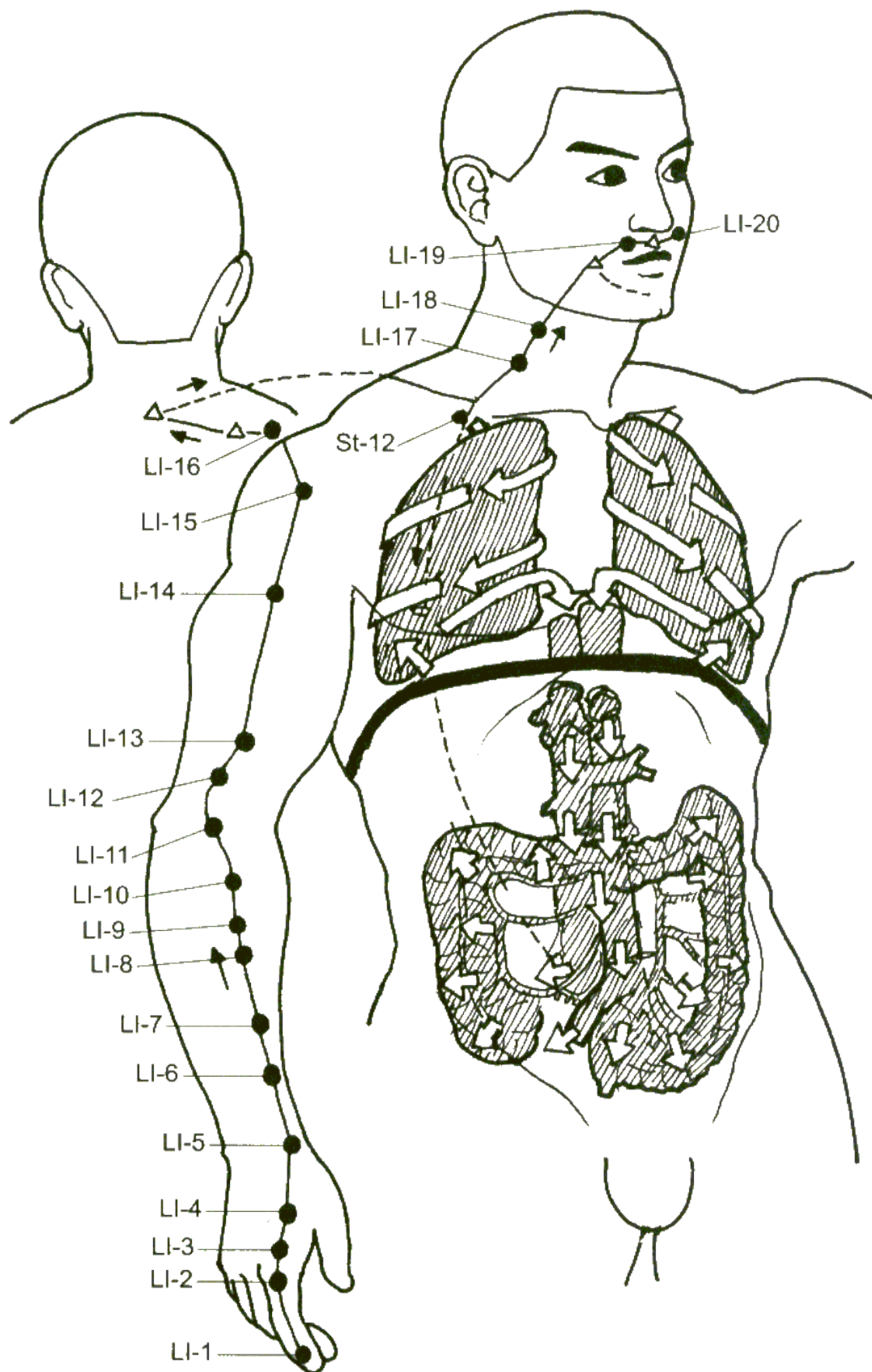
1. Line up, sitting
2. Trainer says: 歇心 **Xie xin** (Mandarin for: *Take away all thoughts*)
 - a. Then the students reply the same: Xie xin
3. Trainer say: 瞑 **Ming** (Mandarin for: Close the eyes)
 - a. Everybody remains totally quiet with the eyes closed.
4. Trainer Bows to the floor
 - a. When doing this he says: 竣 **Jun** (Mandarin for: Finish or complete)
5. Students bows to the floor
 - a. When doing this they say: Jun
6. Trainer stands up
 - a. Then the students stands up
7. Salutes with the Shaolin greeting
 - a. Trainer says: 敬重 **Jing zhong** (Mandarin for: *Deep Respect*)
 - i. Then the students reply: Jing zhong
8. Everybody turns and go
 - a. The training is now officially finished.

Acupuncture points at this introduction seminar

Lung acupuncture meridian - YIN



Large intestine acupuncture meridian – YANG



The Internal and External Qi Flow of the Large Intestine (LI) Channels