



Intensive course in Acudo ryu - 2015



Place: Mexico city
Trainer: Doshu Nils Volden, 8. Dan, President World Acudo Association (WAA)
Place: CALZADA DE TLALPAN 902, COL. NATIVITAS, DELEGACIÓN BENITO JUAREZ
Students: Open
Training time: 11.00 – 14.00 on Sunday
Traning date: 20.09.2015 **Next Training date:** 18.10.2015
Other: Contact The Mexican Acudo Association (MAA) for detaljs. Tel. 5579-5869
 The seminar are WPMFAF approved 2015



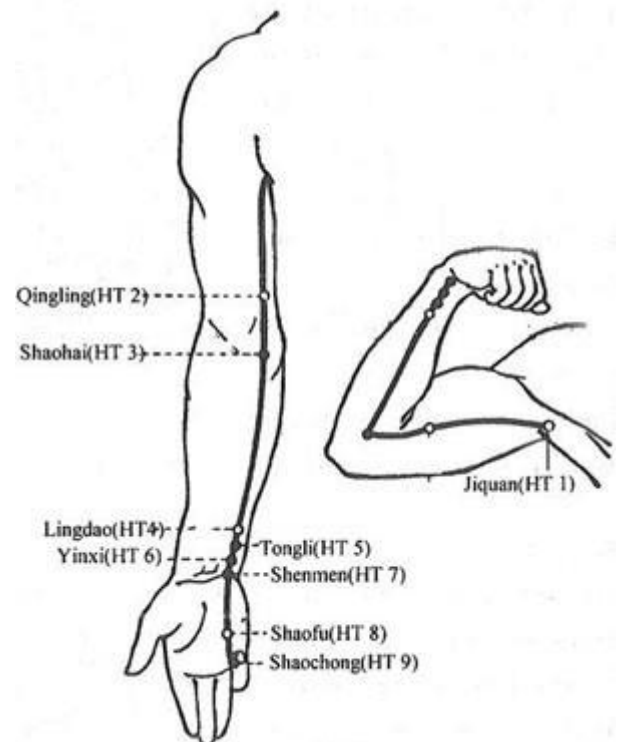
World Personal Martial Arts Federation

Ritual: Beginning

- Shaolin greeting
- 敬重Jing zhong (Mandarin for: Deep Respect)
- Sit, Bows 出发Chun fa (Mandarin for: To start)

Ritual 2: End

- Sit down on the floor with feet folded
- 歇心 Xie xin (Take away all thoughts)
- 瞑 Ming (Close the eyes)
- Bow to the floor 竣Jun (Finish or complete)
- Stand up
- Salutes with the Shaolin greeting 敬重 Jing zhong (Deep respect)



Acudo Self defense Heart acupuncture points

