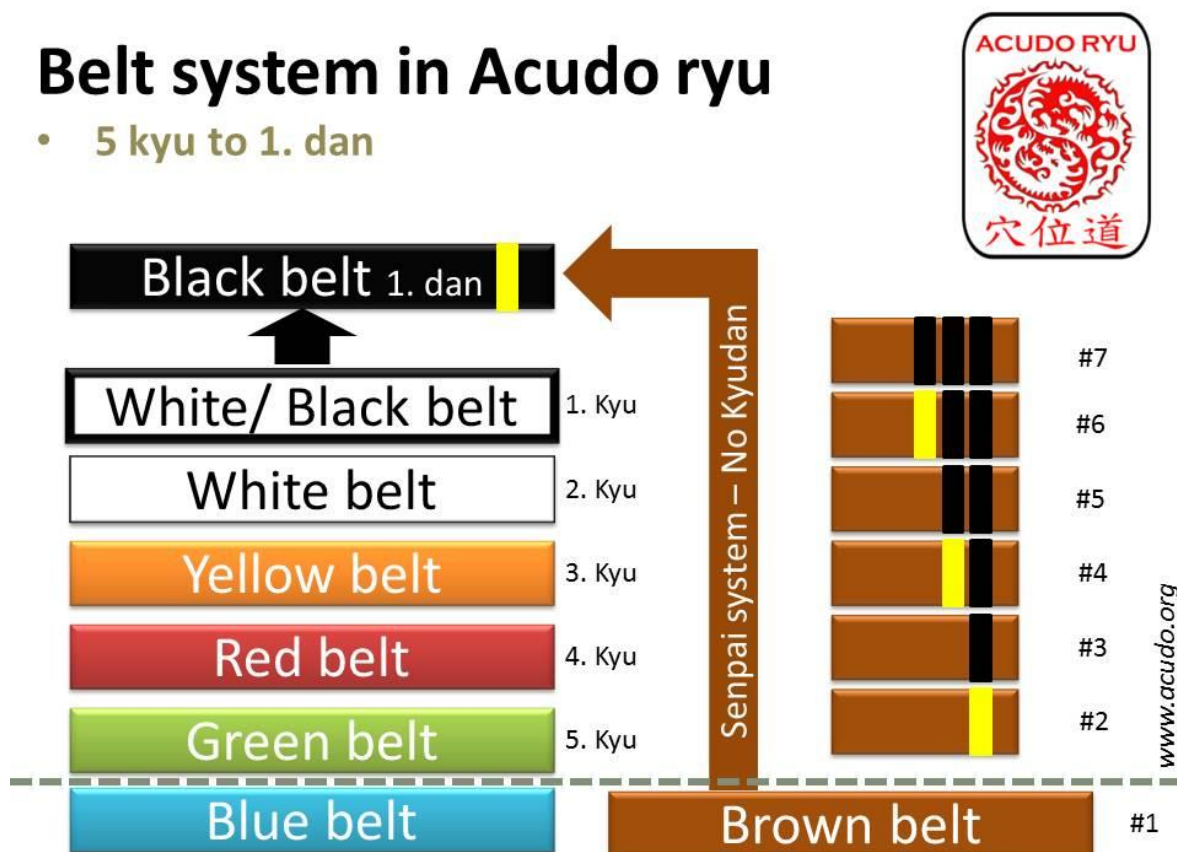


Rules for examinations in Acudo ryu according to WAA

(Revised 15.12.2015)

Belt system in Acudo ryu

- 5 kyu to 1. dan



6. kyu Blue belt



Time:

- After the first training or when the master is finding you worthy
- There is NO formal examination

Theory:

- Just beginning to train
- Some masters give the blue belt to persons that understands the basic dojo culture
- Might be used as an initial motivational factor

5. kyu – Green belt (Luse Dushu)

Time:

- 2 months of training

Theory:

- T-Theory
- Count to ten in Chinese
- Push and Pull



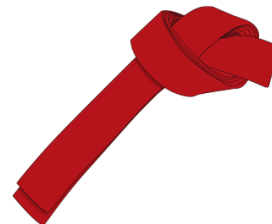
Acupuncture points:

- Lung acupuncture points, 11 acupoints

Techniques:

- *Examiner ask:*
 - Examiner ask 5 random points from the lung acupuncture points
- *Show:*
 - 5 self-defense using Lung acupuncture points
 - 5 Acudo self defense
- *Falling/ Throwing:*
 - Falling to the side (right/ left)
 - Throwing with use of foot (Yin/ Yang)
- *Kick/ Hit/ Guard/ Block:*
 - Show Guard (Standing/ laying down)
 - Front kick
 - Swing kick
 - Knife, hit
 - Fist, hit
 - Block (Yin/Yang)
- *Shaolin Qinna:*
 - Shaolin Qinna five techniques (#1-5)

4. kyu – Red belt (Hong se Dushu)



Time:

- 4 months of training ALE (after last examination)

Theory:

- Centerline
- Dantian
- Triangle of force

Acupuncture points:

- Lung acupuncture points, 11 acupoints
- Large intestine acupuncture points, 20 acupoints

Techniques:

- *Examiner ask:*
 - Examiner ask 5 random points from the Lung acupuncture points
 - Examiner ask 5 random points from the Large intestine acupuncture points
- *Show:*
 - 5 self-defense using Lung acupuncture points
 - 5 self-defense using Large intestine acupuncture points
 - 10 Acudo self defense
- *Falling/ Throwing:*
 - Falling to the front (right/ left)
 - Falling backward
 - Hip throw (Yin/ Yang)
- *Manipulations/ strangulations:*
 - Show two ways of manipulate a joint
 - Show strangulation from behind on the neck
 - Show strangulation from front with hands crossed front
- *Shaolin Qinna:*
 - Nothing

3. kyu Yellow belt (Huang se Dushu)

Time:

- 4 months of training ALE (after last examination)

Theory:

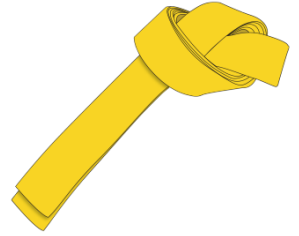
- Four corners
- 45 degree angle
- Spiral movement
- Basic Yin/ yang movements
- Basic First Aid, The concept of RICE: Relax, Ice, Compression and Elevation

Acupuncture points:

- Lung acupuncture points, 11 acupoints
- Large intestine acupuncture points, 20 acupoints
- Stomach acupuncture points, 45 acupoints
- Spleen acupuncture points, 21 acupoints

Techniques:

- How to activate an acupuncture point
- *Examiner ask:*
 - Examiner ask 5 random points from the Lung acupuncture points
 - Examiner ask 5 random points from the Large intestine acupuncture points
 - Examiner ask 5 random points from the Stomach acupuncture points
 - Examiner ask 5 random points from the Spleen acupuncture points
- *Show:*
 - 5 self-defense using Lung acupuncture points
 - 5 self-defense using Large intestine acupuncture points
 - 5 self-defense using Stomach acupuncture points
 - 5 self-defense using Spleen acupuncture points
 - 20 Acudo self defense
- *Armlocks/ strangulation:*
 - Manipulations in six different ways
 - Strangulate with legs
- *Shaolin Qinna:*
 - Kata part 1



2. kyu White belt (Bai se Dushu)

Time:

- 6 months of training ALE (after last examination)



Theory:

- Explain Acudo ryu
- Explain Xu li
- Explain the use of acupuncture points

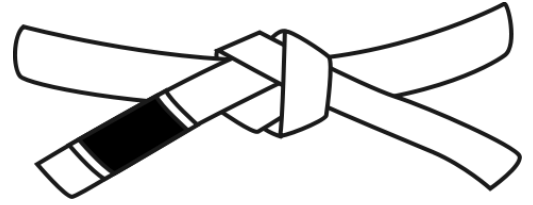
Acupuncture points:

- Lung acupuncture points, 11 acupoints
- Large intestine acupuncture points, 20 acupoints
- Stomach acupuncture points, 45 acupoints
- Spleen acupuncture points, 21 acupoints
- Heart acupuncture points, 9 acupoints
- Small intestine acupuncture points, 19 acupoints
- Urinary bladder acupuncture points, 67 acupoints
- Kidney acupuncture points, 27 acupoints

Techniques:

- How to activate an acupuncture point
- *Examiner ask:*
 - Examiner ask 5 random points from the Lung acupuncture points
 - Examiner ask 5 random points from the Large intestine acupuncture points
 - Examiner ask 5 random points from the Stomach acupuncture points
 - Examiner ask 5 random points from the Spleen acupuncture points
 - Examiner ask 5 random points from the Heart acupuncture points
 - Examiner ask 5 random points from the Small intestine acupuncture points
 - Examiner ask 5 random points from the Urinary bladder acupuncture points
 - Examiner ask 5 random points from the Kidney acupuncture points
- *Show:*
 - 5 self-defense using Lung acupuncture points
 - 5 self-defense using Large intestine acupuncture points
 - 5 self-defense using Stomach acupuncture points
 - 5 self-defense using Spleen acupuncture points
 - 5 self-defense using Heart acupuncture points
 - 5 self-defense using Small intestine acupuncture points
 - 5 self-defense using Urinary bladder acupuncture points
 - 5 self-defense using Kidney acupuncture points
 - 20 Acudo self defense
- *Demonstration:*
 - Use 30 acupuncture points without stopping; with Flow
- *Shaolin Qinna:*
 - Kata part 1, with acupuncture points
 - Shaolin Qinna twenty techniques (#1-20)

1. kyu White with black part (Qiheide bufen Dushu)



Time:

- When READY; Trainer decides to give this degree when the student is ready for 1. Dan.
- There is NO examination

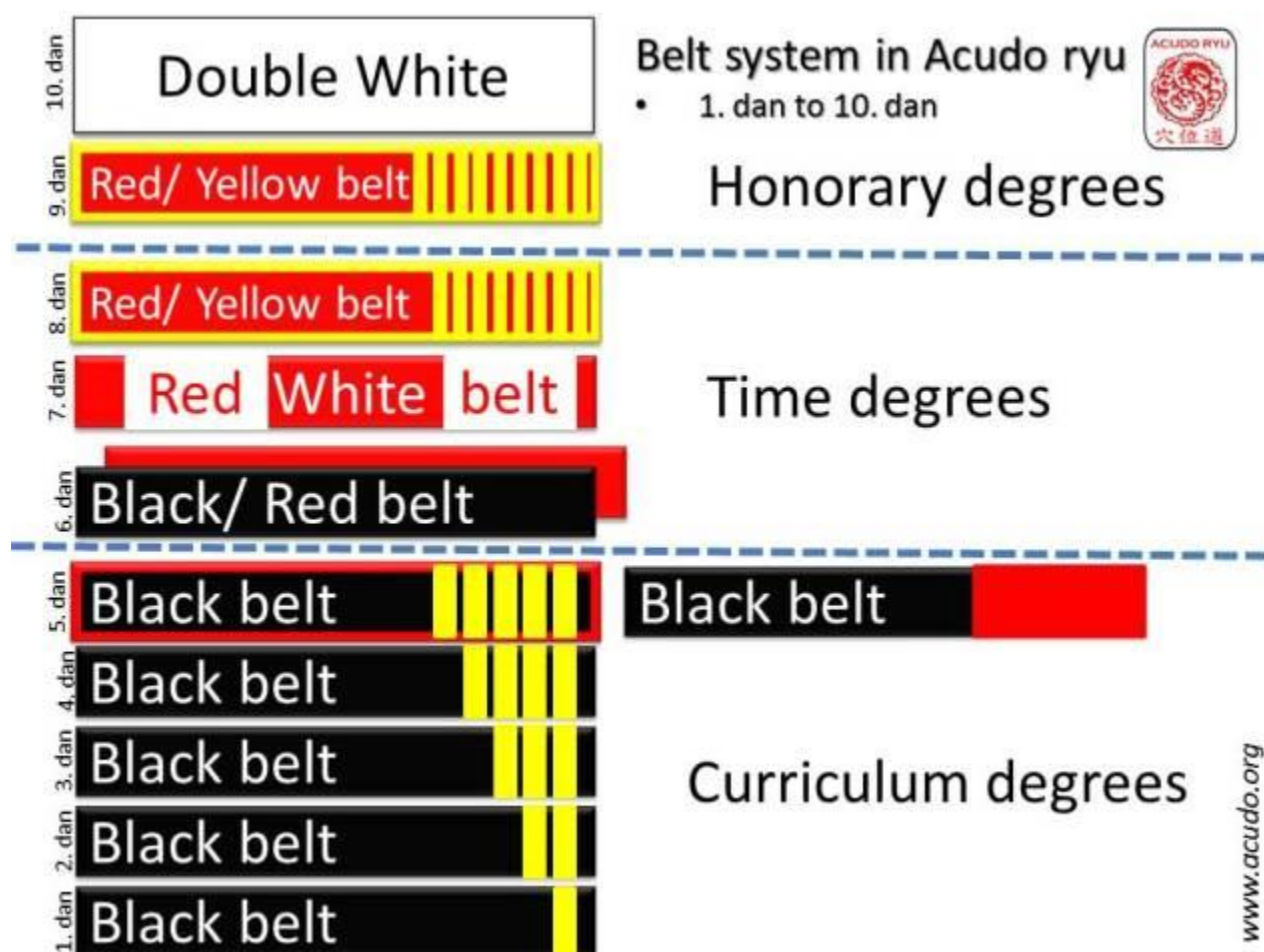
Theory:

- Know everything for 1. Dan Black belt
- After getting the 1. Kyu the person are supposed to train for the black belt AND help his master in the classes with inferior students.

Requierments for higher Acudo degrees

Degree	1st Dan	2nd Dan	3rd Dan	4th Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan	10th Dan
<i>Pronunciation</i>	Shodan	Nidan	Sandan	Yodan	Godan	Rokudan	Shichidan	Hachidan	Kudan	Jūdan
<i>Japanese</i>	初段	二段	三段	四段	五段	六段	七段	八段	九段	十段

WAA decided to use Japanese names of the dans from 2014; leaving a 20 year tradition with Chinese names.



1.dan Black belt (初段 Shodan)



Time:

- 1 year of training ALE (after last examination)
- More than 6 years actively training Acudo ryu might qualify for direct 1. Dan examination

Theory:

- Show meditation
- Locate Zang organs
- Explain the attack angles
- Demonstrate Xu li under stress (Voluntary test for adults and adolescents)
- Locate important anatomical places on the body
- Make a personality strategy and tactic (Optional)

Acupuncture points:

- Lung acupuncture points, 11 acupoints
- Large intestine acupuncture points, 20 acupoints
- Stomach acupuncture points, 45 acupoints
- Spleen acupuncture points, 21 acupoints
- Heart acupuncture points, 9 acupoints
- Small intestine acupuncture points, 19 acupoints
- Urinary bladder acupuncture points, 67 acupoints
- Kidney acupuncture points, 27 acupoints
- Pericardium acupuncture points, 9 acupoints
- San Jiao acupuncture points, 23 acupoints
- Gall bladder acupuncture points, 44 acupoints
- Liver acupuncture points, 14 acupoints

Techniques:

- How to activate an acupuncture point
- *Examiner ask:*
 - Examiner ask 5 random points from the Lung acupuncture points
 - Examiner ask 5 random points from the Large intestine acupuncture points
 - Examiner ask 5 random points from the Stomach acupuncture points
 - Examiner ask 5 random points from the Spleen acupuncture points
 - Examiner ask 5 random points from the Heart acupuncture points
 - Examiner ask 5 random points from the Small intestine acupuncture points
 - Examiner ask 5 random points from the Urinary bladder acupuncture points
 - Examiner ask 5 random points from the Kidney acupuncture points
 - Examiner ask 5 random points from the Pericardium acupuncture points
 - Examiner ask 5 random points from the San Jiao acupuncture points
 - Examiner ask 5 random points from the Gall bladder acupuncture points
 - Examiner ask 5 random points from the Liver acupuncture points

- *Show:*
 - 5 self-defense using Lung acupuncture points
 - 5 self-defense using Large intestine acupuncture points
 - 5 self-defense using Stomach acupuncture points
 - 5 self-defense using Spleen acupuncture points
 - 5 self-defense using Heart acupuncture points
 - 5 self-defense using Small intestine acupuncture points
 - 5 self-defense using Urinary bladder acupuncture points
 - 5 self-defense using Kidney acupuncture points
 - 5 self-defense using Pericardium acupuncture points
 - 5 self-defense using San Jiao acupuncture points
 - 5 self-defense using Gall bladder acupuncture points
 - 5 self-defense using Liver acupuncture points
 - 25 Acudo self defense
- *Demonstration*
 - Show ONE acudo technique that combines 20 acupuncture points without stopping
 - Breaking
 - Two boards with Yang hit; minimum 1.5 cm
 - Four boards with side kick; minimum 3 cm
- *Shaolin Qinna:*
 - Kata part 1 and part 2
 - Shaolin Qinna thirty two techniques (#1-32)

2. dan Black belt with two lines (二段 Nidan)

Time/ Requirements:

- 1 year of training ALE (after last examination)
- Must give classes alone



Theory:

- Show how to activate acupuncture points
- Show how acupuncture points should be combined
- Use Yin/ Yang theory actively in 10 examples
- Make a fight strategy based on Tendino muscular meridians (TMM)

Acupuncture points:

- Lung acupuncture points, 11 acupoints
- Large intestine acupuncture points, 20 acupoints
- Stomach acupuncture points, 45 acupoints
- Spleen acupuncture points, 21 acupoints
- Heart acupuncture points, 9 acupoints
- Small intestine acupuncture points, 19 acupoints
- Urinary bladder acupuncture points, 67 acupoints
- Kidney acupuncture points, 27 acupoints
- Pericardium acupuncture points, 9 acupoints
- San Jiao acupuncture points, 23 acupoints
- Gall bladder acupuncture points, 44 acupoints
- Liver acupuncture points, 14 acupoints
- 20 extraordinary acupuncture points

Techniques:

- How to activate an acupuncture point
- *Examiner ask:*
 - Examiner ask 5 random points from the Lung acupuncture points
 - Examiner ask 5 random points from the Large intestine acupuncture points
 - Examiner ask 5 random points from the Stomach acupuncture points
 - Examiner ask 5 random points from the Spleen acupuncture points
 - Examiner ask 5 random points from the Heart acupuncture points
 - Examiner ask 5 random points from the Small intestine acupuncture points
 - Examiner ask 5 random points from the Urinary bladder acupuncture points
 - Examiner ask 5 random points from the Kidney acupuncture points
 - Examiner ask 5 random points from the Pericardium acupuncture points
 - Examiner ask 5 random points from the San Jiao acupuncture points
 - Examiner ask 5 random points from the Gall bladder acupuncture points
 - Examiner ask 5 random points from the Liver acupuncture points

- *Show:*
 - 10 self-defense using Lung acupuncture points
 - 10 self-defense using Large intestine acupuncture points
 - 10 self-defense using Stomach acupuncture points
 - 10 self-defense using Spleen acupuncture points
 - 10 self-defense using Heart acupuncture points
 - 10 self-defense using Small intestine acupuncture points
 - 10 self-defense using Urinary bladder acupuncture points
 - 10 self-defense using Kidney acupuncture points
 - 10 self-defense using Pericardium acupuncture points
 - 10 self-defense using San Jiao acupuncture points
 - 10 self-defense using Gall bladder acupuncture points
 - 10 self-defense using Liver acupuncture points
 - 25 Acudo self defense
- Small stick/ Needle/
 - 15 acudo techniques using small stick
 - How to use an acupuncture needle (fire needle) as a weapon
- Throws/ Controls/ Hits/ Kicks/ Finger techniques
 - Show 30 Acudo throws
 - Show 25 Acudo controls
 - Show 50 Acudo hits
 - Show 20 Acudo joint locks
 - Show 50 Acudo kicks
 - Show 100 Acudo finger techniques
- Other
 - 50 deadly techniques
- *Shaolin Qinna:*
 - Kata part 1, part 2 and part 3
 - With points
 - Without points
 - Shaolin Qinna thirty two techniques (#1-32)
 - With points
 - Without points

3.dan black belt with three lines (三段 Sandan)

Time/ Requirements:

- 2 year of training ALE (after last examination)
- Must give classes alone; internationally



Theory:

- Explain treatment aspects with acupuncture points
- Explain the weaknesses in the body
- Explain the Yin/ Yang movements
- Explain the Qi circulation
- Analyse
 - Arm-foot-arm
 - Foot-arm-foot
 - Left-right
 - Right-left
- Explain the movements of the Tendino muscular meridians (TMM) (6 yang – 6 yin)

Acupuncture points:

- Lung acupuncture points, 11 acupoints
- Large intestine acupuncture points, 20 acupoints
- Stomach acupuncture points, 45 acupoints
- Spleen acupuncture points, 21 acupoints
- Heart acupuncture points, 9 acupoints
- Small intestine acupuncture points, 19 acupoints
- Urinary bladder acupuncture points, 67 acupoints
- Kidney acupuncture points, 27 acupoints
- Pericardium acupuncture points, 9 acupoints
- San Jiao acupuncture points, 23 acupoints
- Gall bladder acupuncture points, 44 acupoints
- Liver acupuncture points, 14 acupoints
- 20 extraordinary acupuncture points

Techniques:

- How to activate an acupuncture point
- *Examiner ask:*
 - Examiner ask 5 random points from the Lung acupuncture points
 - Examiner ask 5 random points from the Large intestine acupuncture points
 - Examiner ask 5 random points from the Stomach acupuncture points
 - Examiner ask 5 random points from the Spleen acupuncture points
 - Examiner ask 5 random points from the Heart acupuncture points
 - Examiner ask 5 random points from the Small intestine acupuncture points
 - Examiner ask 5 random points from the Urinary bladder acupuncture points
 - Examiner ask 5 random points from the Kidney acupuncture points
 - Examiner ask 5 random points from the Pericardium acupuncture points

- Examiner ask 5 random points from the San Jiao acupuncture points
 - Examiner ask 5 random points from the Gall bladder acupuncture points
 - Examiner ask 5 random points from the Liver acupuncture points
- *Show:*
 - 50 PERFECT self-defense techniques
 - 50 weak areas on the body
 - How to use them
 - How to protect them
- Other
 - Six step movement form
 - With explanation
 - Without explanation
- *Shaolin Qinna:*
 - Kata part 1, part 2 and part 3
 - With points
 - Without points
 - With explanation
 - Shaolin Qinna thirty two techniques (#1-32)
 - With points
 - Without points
 - With explanation
- Repeat two aspects from every previous level

4. dan Black belt with four stripes (四段 Yodan)

Time/ Requirements:

- 2 year of training ALE (after last examination)
- Must give classes alone; internationally



Theory:

- Analyze the movements of the acupuncture points
- Select acupuncture points depending on positions
- Dominate the Shang and Co cycle in points and positions (TMM)
- Understand and explain the qi circulation
- Analyze positions

Acupuncture points:

- Lung acupuncture points, 11 acupoints
- Large intestine acupuncture points, 20 acupoints
- Stomach acupuncture points, 45 acupoints
- Spleen acupuncture points, 21 acupoints
- Heart acupuncture points, 9 acupoints
- Small intestine acupuncture points, 19 acupoints
- Urinary bladder acupuncture points, 67 acupoints
- Kidney acupuncture points, 27 acupoints
- Pericardium acupuncture points, 9 acupoints
- San Jiao acupuncture points, 23 acupoints
- Gall bladder acupuncture points, 44 acupoints
- Liver acupuncture points, 14 acupoints
- 20 extraordinary acupuncture points

Techniques:

- How to activate an acupuncture point
- *Examiner ask:*
 - Examiner ask 5 random points from the Lung acupuncture points
 - Examiner ask 5 random points from the Large intestine acupuncture points
 - Examiner ask 5 random points from the Stomach acupuncture points
 - Examiner ask 5 random points from the Spleen acupuncture points
 - Examiner ask 5 random points from the Heart acupuncture points
 - Examiner ask 5 random points from the Small intestine acupuncture points
 - Examiner ask 5 random points from the Urinary bladder acupuncture points
 - Examiner ask 5 random points from the Kidney acupuncture points
 - Examiner ask 5 random points from the Pericardium acupuncture points
 - Examiner ask 5 random points from the San Jiao acupuncture points
 - Examiner ask 5 random points from the Gall bladder acupuncture points
 - Examiner ask 5 random points from the Liver acupuncture points
- *Show:*
 - 50 PERFECT self-defense techniques

- *Shaolin Qinna:*
 - Kata part 1, part 2 and part 3
 - Shaolin Qinna thirty two techniques (#1-32)
- Repeat two aspects from every previous level

5.dan Black belt with red end (五段 Godan)

Time/ Requirements:

- 2 year of training ALE (after last examination)
- Must give classes alone; internationally
- Must have an Acudo ryu club
- Must have trained students from beginning to 1. Dan
- Must have been sensor for five 1. Dan examinations or in total summed as 5. dan



Theory:

- Thesis, 50 pages, Acudo related topic
 - Present 1 hour
 - Defend 1 hour
- Eight trigrams in positions and correlated trigram
- 64 hexagrams used to analyze positions and to select active acupuncture point

Techniques:

- *Show:*
 - 100 PERFECT self-defense techniques
- Repeat three aspects from every previous level

Time degrees

6. dan Black/ red belt (六段 Rokudan)

Time/ Requirements:

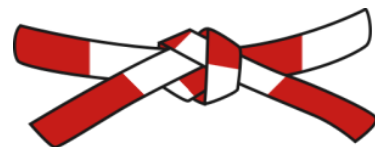
- 5 year of training ALE (after last examination)
- First time degree, but might be a formal examination
- WAA responsible for the degree



7.dan White with red parts (七段 Shichidan)

Time/ Requirements:

- 3 year of training ALE (after last examination)
- Second time degree, but might be a formal examination
- WAA responsible for the degree



Honorary degrees

8. dan Red belt with golden edge (八段 Hacnidan)

Time/ Requirements:

- 5 year of training ALE (after last examination)
- First honorary degree, but might be a formal examination
- WAA board members might use this degree
- WAA responsible for the degree



9. dan Red belt with golden edge (九段 Kudan)

Time/ Requirements:

- 5 year of training ALE (after last examination)
- Second honorary degree, but might be a formal examination
- WAA senior board members might use this degree
- WAA responsible for the degree



10. dan White belt with golden letters (十段 Judan)

Time/ Requirements:

- 5 year of training ALE (after last examination)
- Highest honorary degree; given for life and cannot be withdrawn
- WAA responsible for the degree



Other aspects with degrees

Stripe:

Everybody who can document a degree in another martial art system might put a stripe on their right side of their belt with the proper color. This until they have a similar or higher degree in Acudo ryu than in the other martial art.

Star:

Acudo ryu degrees given honorific is indicated with a star connected on the belt. This is to show that this is an honorary Acudo degree and not an examination degree. Persons with Higher Degrees like 8. dan, 9. dan or 10. dan (if given as a honorary degree) do not to use star since their belt are considered as a normal degree.

Brown, 7 kyu:

Everybody who decides not to enter kyudan belt degrees should add a black stripe on the right – and left side of the brown belt for every year they have been training acudo ryu. If he chooses to join the Kyudan system and to take a normal exam he has to start at 5. kyu as everybody else and work himself up. However after six years with 7. kyu he might pass directly to the 1. dan exam. After ten years of active acudo ryu practice he will automatically be given a 1. dan Black belt with a star. As a symbol of dedication and knowledge. For every five years he will automatically be given one additional dan; making a person NEVER attending an acudo examination after 25 years of ACTIVE training have a 3. dan in Acudo ryu with a star. The trainer is responsible for this mechanism. Note: This is honorary degree and not examination degree!

Honorary degrees or Additional rice in Dan degrees

It is not common to give honorary degrees in Acudo ryu, but it might be given to persons that have done something special for the development of Acudo ryu locally or globally. 8. -, 9. – and 10. dan is ONLY given in very special cases. Lower degrees (1. to 5. dan) might be given.

Honorary degrees might be given when:

- Something special happens as for example a special event, high age or special abilities.
 - Normally it is given 1. Dan to persons with no Acudo ryu knowledge
 - Persons in the Acudo ryu system normally get 3. Dan or 5. Dan
 - Extraordinary events qualify for 8. Dan, 9. Dan and 10. Dan.

Additional rise in dan might be given when:

- A person found a national federation (one dan extra).
 - If two persons found together both will get the degree.
- Persons that lift Acudo ryu in special ways get one additional dan.
- Trainers that have trained five persons up to extra dan.
 - Another additional dan after ten, twenty and fourth 1. dans.
- Persons that have filled some specific other requirements.

This rise is a normal degree and is not an honorary degree. It is WAA and the founder that decides additional dan degrees. Please inform WAA about persons that might qualify for additional dan rise.

Note: It is not a tradition to give additional dans to trainers for students presenting higher degrees than 1. dan, to older practitioners of Acudo ryu or persons that do an honorable job outside Acudo ryu. This does not indicate that it is not possible.

Who might conduct Acudo ryu examinations?

Only WAA accredited or Founder pointed persons might conduct examinations. All permissions from WAA have to be in written to be void. All permissions from Founder are given like the founder chooses to give it.

Void examinations

All persons conducting examinations without permission will be expelled from WAA and stripped from all previous official distinctions in Acudo ryu; meaning a 3 Dan in Acudo ryu will lose his 3 dan by conducting an unlawful examination. Persons that knowingly enters a void examination without informing WAA or Founder will be expelled from WAA and stripped from all official distinctions in Acudo ryu; meaning if a 2. Kyu will lose his 2. Kyu by knowingly undergoing an unlawful examination.