



The Vital Point CAMP 2016

Doshu Nils Volden 8. dan Acudo ryu



65 hours in one week

Marathon

Vital points - Acupuncture points - Acudo ryu - Shaolin Qinna



World Acudo Association

Celebrating 23 Years with an

- INTENCIVE EASTER VACATION MARATHON SEMINAR –
“THE VITAL POINT CAMP”



- What:** *65 hours Vital point Marathon in 1 Week!*
- Focus areas:** Vital points in Martial arts
- Where:** Tlalpan, DF, Mexico City
- When:** Easter 2016: 22.03.2016 – 27.03.2016
- Whom:** All persons interested in Martial arts – All styles

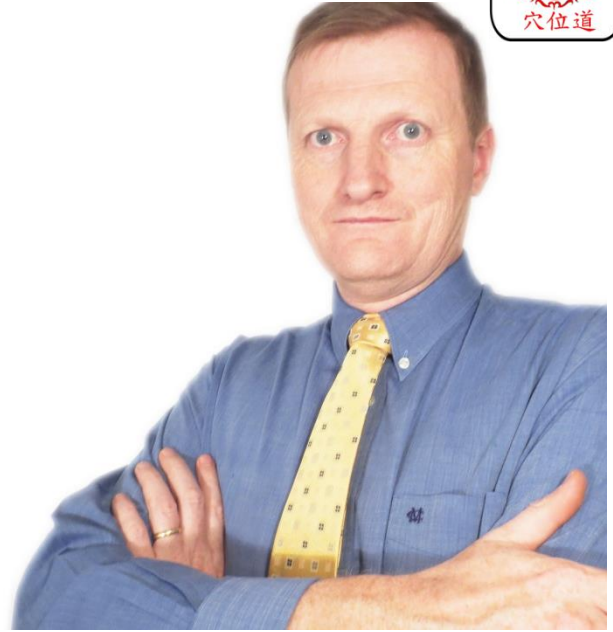
INFORMATION: nils@volden.mx or (0052-55)56 71 95 21



Preliminary program revised 2



Main Instructor:



Nils Volden

President, World Acudo Association (WAA)

President, World Personal Martial Arts Federation (WPMFAF)

Doshu in the Acudo ryu system

35 years in Martial arts

8. dan Acudo ryu, 5 dan Shaolin Qinna, 1 dan Judo and 6.4 Level Operator Street Acudo

24 years as Acupuncturist and Professor in Chinese medicine and Psychology



No Secrets – Pure Direct Knowledge

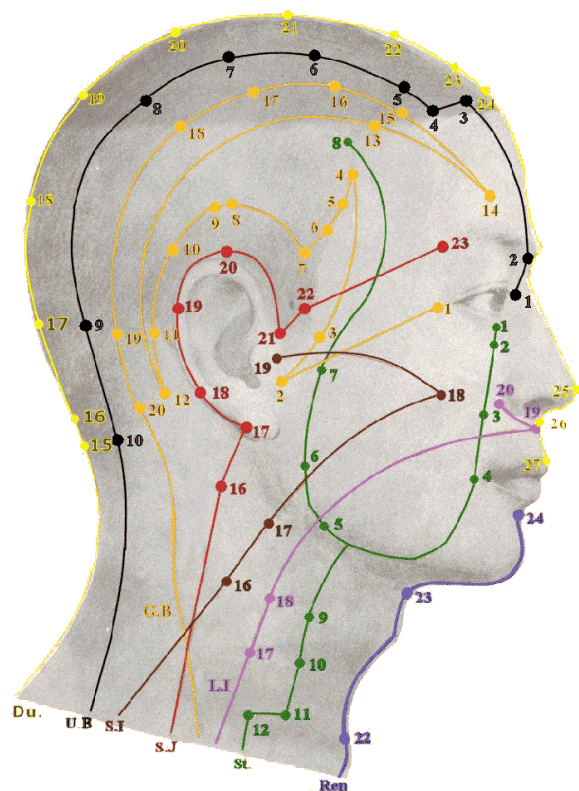


6 Years after the First Marathon

ARE YOU READY?

YOU WILL LEARN:

- 365 Acupuncture points used in Martial arts
- How to manipulate Vital points
- The Six Essential Arm - and Foot positions (TMM)
- The Complete Shaolin Qinna Kata and 32 Techniques
- First Aid in Martial arts (Shaolin Style)
- Street Acudo (Real Self Protection)



SPECIALS:

- Stress test – FEAR!
- Fight under Adrenaline dump
 - Shooter Scenarios
 - Kidnapping Scenarios
 - Combat Acudo
 - Sun Kempo
 - Mizudo

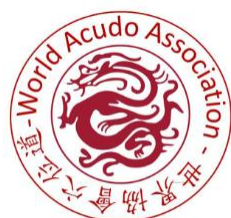


Pre-Seminar

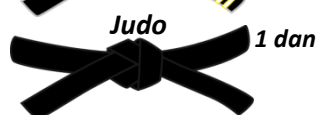
Tuesday 22.03.2016	Class	What/ Who
10.00-14.00	Street Acudo 	Doshu Nils Volden Level 1 Inceptor WHITE Self defense 1 (5 basic techniques) Bully 1 and – 2 (The bubble, intensity and level theory in bullying) Self defense 2 (Upper and lower techniques) Dimmak – Special Acudo ryu
14.00 – 16.00	Lunch	
15.00 – 20.00	Combat Acudo 	Shihan Shino Wilberg 5 dan Acudo ryu from Norway. Founder of Combat Acudo and inventor of Wu long Acudo kata. Black/ red belt 5. Dan in Acudo ryu, Black belt 2. Dan Kodokan judo (soon 3. Dan), and Black belt 1 dan Atemi judo. Shihan Wilberg has also founded Mizudo combat systems. Shihan Wilberg studied Muay Thai, Bujinkan Ninjitsu, Capoeira, Brazilian Jujitsu and Norwegian Jujitsu before.
Wednesday 23.03.2016	Class	
10.00 – 14.00	Street Acudo 	Doshu Nils Volden Level 2 Task Force BLUE Self defense 3 (Floor techniques – “A floor to win”) Self defense 4 (Elbow-Knee fury) Shooter 1 – Special Street Acudo Kidnapping 1 – Special Street Acudo
14.00 – 15.00	Break	

Preliminary program revised 2

15.00 – 20.00	Sun Kempo 	GM Anders Falck founder of Sun Kempo from Norway. Black/ Red belt 5. Dan in Sun Kempo, Black belt 2 dan in Kempo Karate, and Black belt 1. Dan in Ninjutsu, GM Falck have also studied Jujitsu, Shotokan karate, Lex San Pai Aikido, American Police defense, Tae kwon do, Tai chi chuan and Kyukushinkai karate. 6.4 Level Operator Street Acudo
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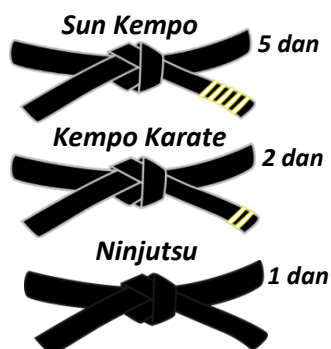


GM Nils Volden



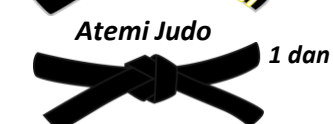
Doshu Nils Volden

Acudo ryu/ Street Acudo/ Judo/
Shaolin Qinna



GM Anders Falck

Sun Kempo/ Kempo karate/
Ninjutsu/ Aikido

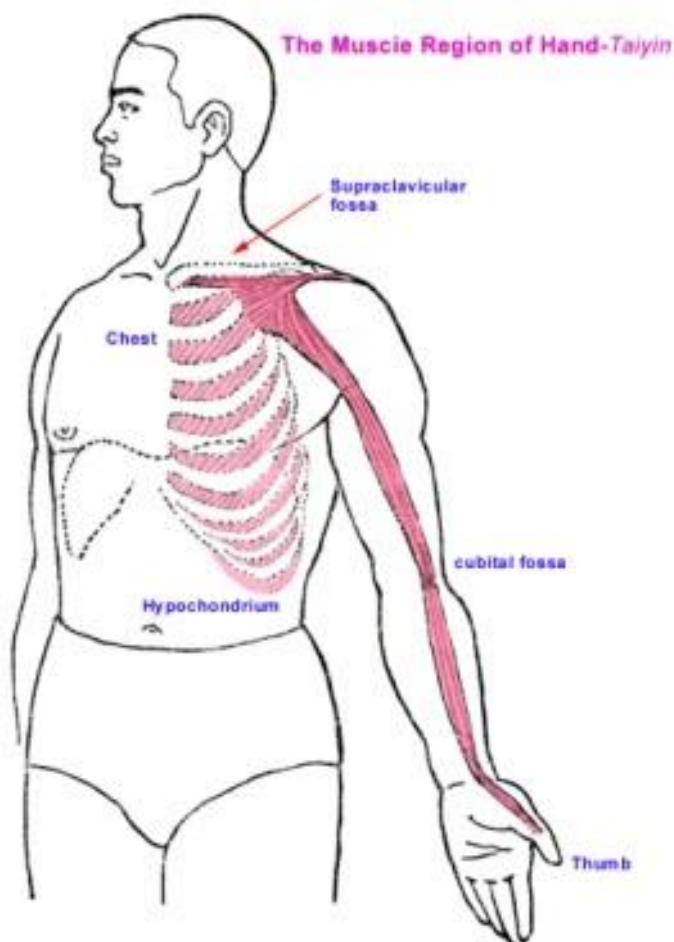


Shihan Shino Wilberg

Acudo ryu /Judo/
Atemi Judo/ Mizudo

Seminar

Thursday 24.03.2016	Class	Who
09.00 – 09.30	Official opening Ceremony/ Registration	Doshu Nils Volden
09.30 – 10.30	Introduction to Acudo ryu	Doshu Nils Volden
10.30 – 12.00	Lung and large intestine acupuncture points	Doshu Nils Volden
12.00 – 13.00	Stomach acupuncture points	Doshu Nils Volden
13.00 – 14.00	Spleen and Heart acupuncture points	Doshu Nils Volden
14.00 – 15.00	Lunch	
15.00 – 16.00	Shaolin Qinna 1 -5 Technique	Doshu Nils Volden
16.00 – 17.00	Shaolin Qinna 6-10 Technique	Doshu Nils Volden
17.00 – 18.00	Techniques Lu-Li-St-Sp-Ha acupuncture points	Doshu Nils Volden
18.00 – 19.00	The six Arm – and Feet positions in Bio mechanics Tendino muscular meridians TMM	Doshu Nils Volden



Preliminary program revised 2

Friday	Class	Who
25.03.2016		
06.00 – 07.00	Shaolin Qinna Kata seminar	Doshu Nils Volden
07.00 – 08.00	Application of Kata	Doshu Nils Volden
08.00 – 09.00	Breakfast	
09.00 – 09.45	Repetition Vital points	Doshu Nils Volden
10.00 – 11.00	Small intestine acupuncture points	Doshu Nils Volden
11.00 – 12.00	Urinary bladder acupuncture points	Doshu Nils Volden
12.00 – 13.00	Urinary bladder acupuncture points	Doshu Nils Volden
13.00 – 14.00	Kidney acupuncture points	Doshu Nils Volden
14.00 – 15.00	Lunch	
15.00 – 16.00	Shaolin Qinna 11-16 Technique	Doshu Nils Volden
16.00 – 17.00	Shaolin Qinna 17-25 Technique	Doshu Nils Volden
17.00 – 18.00	Mizudo Combat System. Basic concepts	Shihan Shino Wilberg
18.00 – 19.00	Sun Kempo. Vital points	GM Anders Falck



Saturday	Class	Who
26.03.2016		
06.00 – 07.00	Shaolin Qinna Kata seminar II	Doshu Nils Volden
07.00-08.00	Application of Kata	Doshu Nils Volden
08.00-09.00	Breakfast	
09.00 – 09.45	Repetition Vital points	Doshu Nils Volden
10.00 - 11.00	Pericardium & San Jiao acupuncture points	Doshu Nils Volden
11.00 - 12.00	Gall bladder acupuncture points	Doshu Nils Volden
12.00 - 13.00	Gall bladder & Liver acupuncture points	Doshu Nils Volden
13.00 - 14.00	Repetition Vital Points	Doshu Nils Volden
14.00 - 15.00	Lunch	
15.00 - 16.00	Shaolin Qinna 26-32 Techniques	Doshu Nils Volden
16.00 - 17.00	Anatomy - Danger areas and Special techniques Level 3 Special Services Group SA # 2 First Aid	Doshu Nils Volden
17.00 - 18.00	Techniques Lu-Liv acupuncture points	Doshu Nils Volden
18.00 - 19.00	Street Acudo BROWN – BLACK Level 3 Special Services Group SA # 3 Dump Level 4 Delta Force SA # 1 Adrenaline <i>“The Concept of Fear”</i>	Doshu Nils Volden



Preliminary program revised 2

Sunday	Class	Who
27.03.2016		
09.00 – 09.45	Examination	Test
10.00 – 11.00	Examination	Test
11.00 – 12.00	Examination	Test
12.00 – 13.00	<i>Open Mexican Championship Vital points 2016</i>	WAA-MAA
13.00 – 14.00	OMC	WAA-MAA
14.00 – 15.00	OMC	WAA-MAA
15.00 – 16.00	OMC	WAA-MAA
16.00 – 17.00	Finals OMC	WAA-MAA
17.00 – 18.00	Closing ceremony seminar	Diplomas
18.00 – Late	Closing Dinner	





Preliminary program revised 2



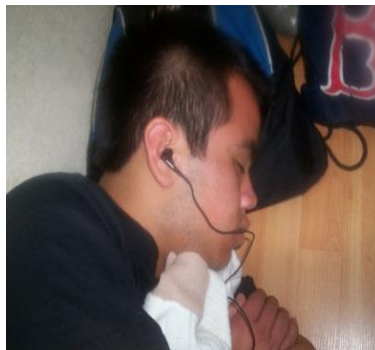
Clothes:

- Gi with belt or regular training clothes
- Martial arts shoes or jogging shoes



Food & Drink:

Bring something to eat to get energy, remember you will be training up to 14 hours a day!



Preliminary program revised 2

It is very warm and you are going to train all day long. Bring minimum 2 liters of liquid.



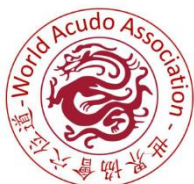
Other:

- Pen and paper
- Photo camera



Mexico Acudo Association - MAA





Preliminary program revised 2

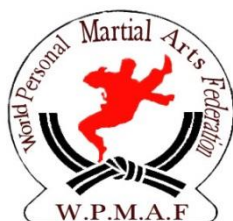


Cost:

Not included: Flight, Hotel and Food.

- **Two seminars: 750 USD**
 - **Main Seminar (45 hours)**
(Includes training, papers, T-shirt, diploma and Closing dinner)
 - 540 USD
 - **Pre-seminar (20 hours)**
(Includes training, papers, T-shirt and diploma)
 - An exclusive taste of Martial arts - 210 USD
- **“Open Mexican Championship Vital points 2016”**
 - Competition fee 350 Pesos for persons not entering the seminar
- **Examination fee** (curriculum on request)
 - Lower degree AR (5. kyu – 1. Kyu) 27 USD
 - Higher degree AR (1. Dan – 5. Dan) 120 USD
 - Shaolin Qinna 1. Dan 120 USD
 - Street Acudo (4 levels to BB) 30 USD per level
 - NOTE: Minimum requirement 5 years Martial arts or 1. Dan in other martial art
- **Other costs or request:**
 - Uniforms
 - Embroidery and Print on training clothes
 - Belts
 - Name cards etc.

The Seminar is accepted by the World Acudo Association (WAA) and the World Personal Martial Arts Federation (WPMF)



*This is the second revision (14.12.2015)
Minor Changes might apply to this Program
Final program to be officially published 22.02.2016*

