

Vital Point Marathon

63 Hours in 5 days

The Vital Point Camp

With Doshu Nils Volden
8 dan Acudo ryu

www.acudo.org





Preliminary program revised 3



World Acudo Association

Celebrating 23 Years with an

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



- What:** *63 hours Vital point Marathon in 5 days!*
Focus areas: Vital points in Martial arts
Where: Tlalpan, DF, Mexico City
When: Easter 2016: 23.03.2016 – 27.03.2016
Whom: All persons interested in Martial arts – All styles

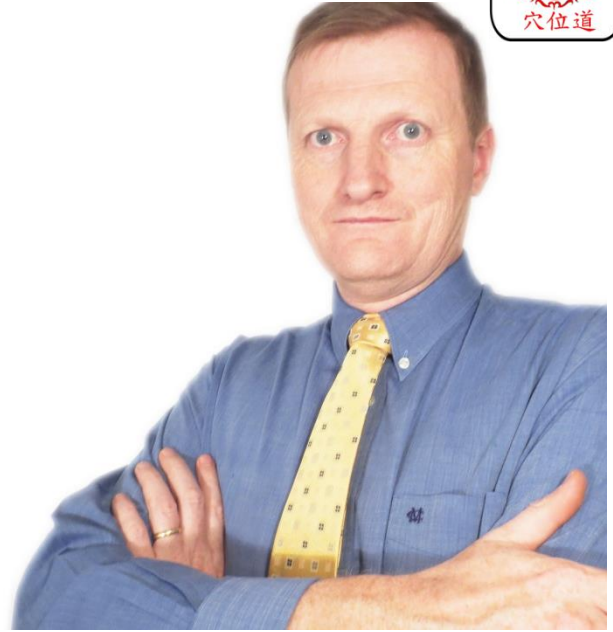
INFORMATION: nils@volden.mx or (0052-55)56 71 95 21



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Main Instructor:



Nils Volden

President, World Acudo Association (WAA)

President, World Personal Martial Arts Federation (WPMF)

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

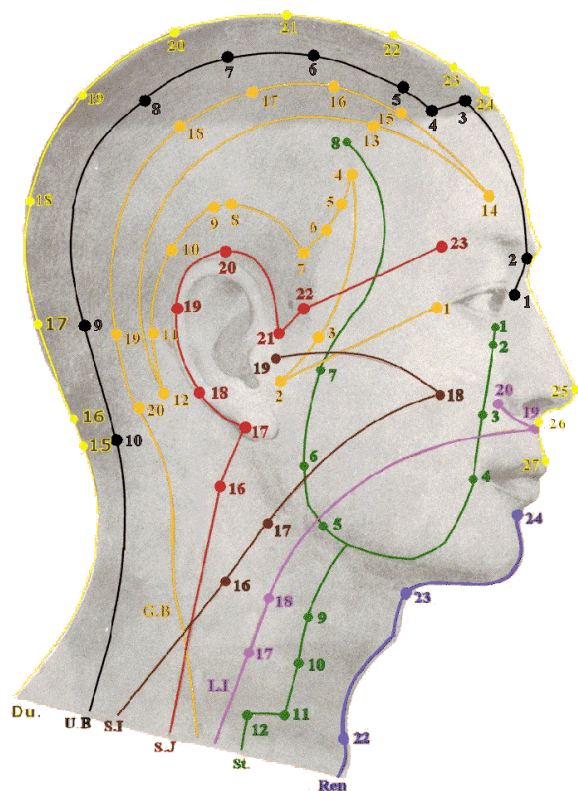


6 Years after the First Marathon

ARE YOU READY?

YOU WILL LEARN:

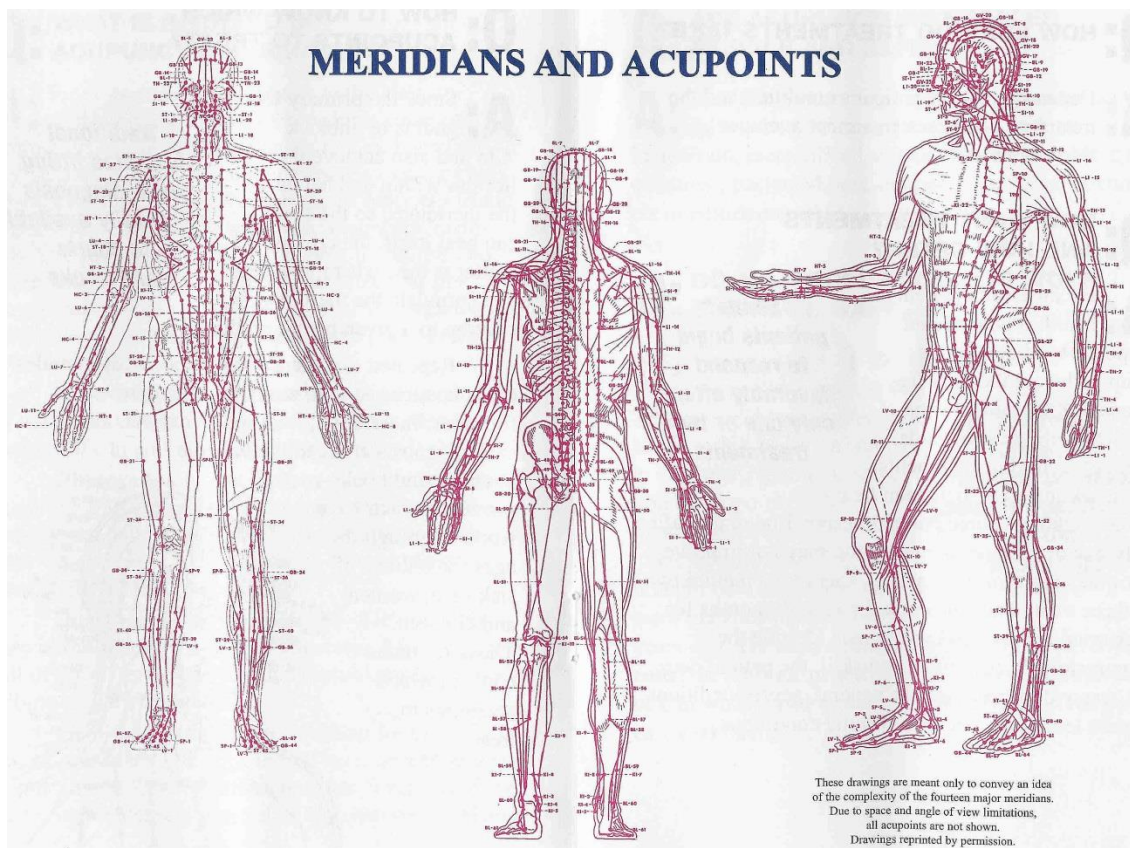
- 309 Acupuncture points used in Martial arts
- How to manipulate Vital points
- The Six Essential Arm - and Foot positions (TMM)
- The Complete Shaolin Qinna Kata and 32 Techniques
- First Aid in Martial arts (Shaolin Style)
- Street Acudo (Real Self Protection)



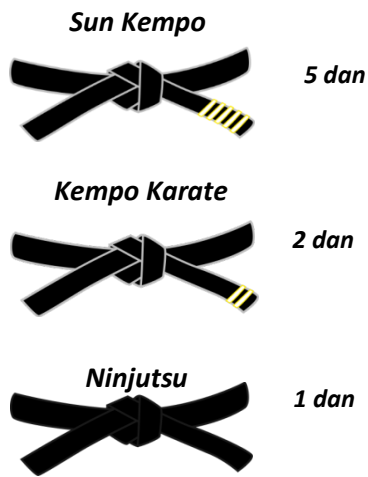
SPECIALS:

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

Wednesday 23.03.2016	Class	Who
09.00 – 09.30	Official opening Ceremony/ Registration	Doshu Nils Volden
09.30 – 10.00	Introduction to Acudo ryu	Doshu Nils Volden
10.00 – 11.00	Lung acupuncture points – 11 points	Doshu Nils Volden
11.00 – 12.00	Large intestine acupuncture points – 20 points	Doshu Nils Volden
12.00 – 13.00	Self-protection combos with Vital points	Doshu Nils Volden
13.00 – 14.00	Lunch	
14.00 – 16.00	Dimmak – Special Acudo ryu	Doshu Nils Volden
16.00 – 17.00	Stomach acupuncture points – 45 points SA	Doshu Nils Volden
17.00 – 18.00	Stomach acupuncture points II	Doshu Nils Volden
18.00 – 19.00	Self-protection combos with Vital points II	Doshu Nils Volden
19.00 – 20.00	The six arm – and feet positions in Biomechanics Tendino muscular meridians TMM	Doshu Nils Volden



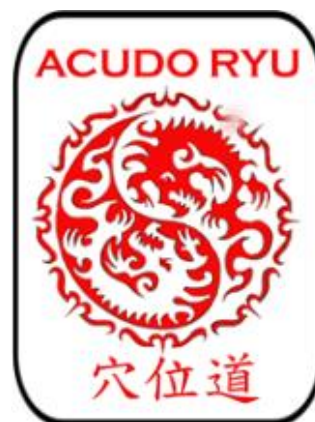
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GM Anders Falck
Sun Kempo/ Kempo karate/
Ninjutsu/ Aikido



Doshu Nils Volden
Acudo ryu/ Street Acudo/ Judo/
Shaolin Qinna



Thursday 24.03.2016	Class	Who
06.00 – 07.00	Shaolin Qinna Kata I	Doshu Nils Volden
07.00- 08.00	Self-defense 1 (5 basic techniques) SA Self-defense 3 (Floor – “A floor to win”) SA	Doshu Nils Volden
08.00-09.00	<i>Breakfast</i>	
09.00 – 11.00	Spleen acupuncture points – 21 points	Doshu Nils Volden
11.00 – 12.00	Self-defense 2 (Upper and lower techniques) SA Self-defense 4 (Elbow-Knee fury) SA	Doshu Nils Volden
12.00 – 13.00	Bully 1 and – 2 (The bubble, intensity and level theory in bullying)	Doshu Nils Volden
13.00 – 14.00	<i>Lunch</i>	
14.00 – 15.00	Shooter 1 – Special Street Acudo	Doshu Nils Volden
15.00 – 16.00	Heart acupuncture points - 9 points	Doshu Nils Volden
16.00 – 17.00	Small intestine acupuncture points (19)	Doshu Nils Volden
17.00 – 18.00	Self-protection combos with Vital points II	Doshu Nils Volden
18.00 – 19.00	First Aid Shaolin Style	Doshu Nils Volden
19.00 – 20.00	The six Arm – and Feet positions in Bio mechanics Tendino muscular meridians TMM	Doshu Nils Volden



World Health Organization (WHO) Standard Acupuncture Nomenclature (1993)

Basis for the Marathon: 361 classical acupuncture points – 309 of these in this seminar

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Friday 25.03.2016	Class	Who
06.00 – 07.00	Shaolin Qinna Kata II	Doshu Nils Volden
07.00 – 08.00	Shaolin Qinna 1-5 techniques	Doshu Nils Volden
08.00 – 09.00	<i>Breakfast</i>	
09.00 – 09.45	Repetition 106 Vital points: Lu, Li, St, Sp & Ha	Doshu Nils Volden
10.00 – 12.00	Urinary bladder acupuncture points (67)	Doshu Nils Volden
12.00 – 13.00	Self-protection combos with vital points III	Doshu Nils Volden
13.00 – 14.00	Shaolin Qinna 6-15 techniques	Doshu Nils Volden
14.00 – 15.00	<i>Lunch</i>	
15.00 – 16.00	Kidney acupuncture points (27)	Doshu Nils Volden
16.00 – 17.00	Repetition 200 Vital points: Lu, Li, St, Sp, Ha, Ub & Ki	Doshu Nils Volden
17.00 – 18.00	Sun Kempo. An introduction	GM Anders Falck
18.00 – 19.00	Sun Kempo. Vital points	GM Anders Falck
19.00 – 20.00	Quick Acudo hand combos	Doshu Nils Volden



Saturday	Class	Who
26.03.2016		
06.00 – 07.00	Shaolin Qinna 5-15 Techniques	Doshu Nils Volden
07.00-08.00	Shaolin Qinna 16-32 Techniques	Doshu Nils Volden
08.00-09.00	<i>Breakfast</i>	
09.00 – 09.45	Repetition 219 Vital points: Lu, Li, St, Sp, Ha, Si, Ub & Ki	Doshu Nils Volden
10.00 – 11.00	Pericardium acupuncture points (9)	Doshu Nils Volden
11.00- 12.00	San Jiao acupuncture points (23)	Doshu Nils Volden
12.30 – 14.00	Gall bladder acupuncture points (44)	Doshu Nils Volden
14.00 – 14.30	Liver acupuncture points (14)	Doshu Nils Volden
14.00 – 15.00	<i>Lunch</i>	
15.00 – 16.00	Repetition 309 Vital Points: Lu, Li, St, Sp, Ha, Si, Ub, Ki, P, SJ, Gb & Liv	Doshu Nils Volden
16.00 – 17.00	Repetition 309 Vital Points II	Doshu Nils Volden
17.00 – 18.00	Anatomy – Danger areas and Special techniques Level 3 Special Services Group SA # 2 First Aid	Doshu Nils Volden
18.00 – 19.00	Kidnapping 1 – Special Street Acudo Level 3 Special Services Group SA # 3 Dump Level 4 Delta Force SA # 1 Adrenaline “The Concept of Fear”	Doshu Nils Volden
19.00-20.00	Quick Acudo leg/ knee combos	Doshu Nils Volden



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Sunday	Class	Who
27.03.2016		
08.00 – 09.00	309 Vital points drill	Doshu Nils Volden
09.00 – 10.00	Repetition of Classical techniques Lu, Li, St & Sp	Doshu Nils Volden
10.00 – 11.00	Repetition of Classical techniques Ha, Si, Ub & Ki	Doshu Nils Volden
11.00 – 12.00	Repetition of Classical techniques Sj, P, Gb & Liv	Doshu Nils Volden
12.00 – 13.00	<i>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





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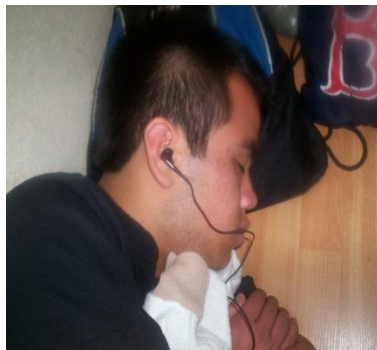
Clothes:

- 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!



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



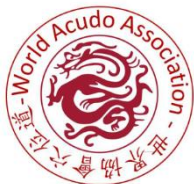
Other:

- Pen and paper
- Photo camera



Mexico Acudo Association - MAA





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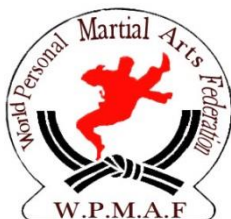
Cost:

Not included: Flight, Hotel and Food.

- **Seminar: 750 USD**
 - **Main Seminar (63 hours)**
(Includes training, papers, T-shirt, diploma and Closing dinner)
- **“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 arranged by the World Acudo Association (WAA) and
Revised the World Personal Martial Arts Federation (WPMAF)*



*This is the third revision (18.01.2016)
Minor Changes might apply to this Program
Final program to be officially published 22.02.2016*



GM Nils Volden

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