

# Combat Acudo Explained.

A short explanation of the origin, philosophies, training methods and development stages of its practitioners by the founder of Combat Acudo.

*Wise man say: Never misjudge my calm demeanor for an inability for violence.*

I have no idea who said this, personally I found this text in a picture of a warrior somewhere online. Nevertheless, it is some truth to the statement, as true warriors never really want to fight, but neither will they back down from one if it cannot be avoided.

In this document, I shall try to explain what Combat Acudo is.

## Combat Acudo

Combat Acudo was founded in 2012 by Shino Wilberg Shihan from Norway after some time trying to find a way to show the efficacy of Acudo Ryu to non-martial artist without having to go through the motions of learning all the theory required to move through the ranks of Acudo Ryu. It was initially designed to be taught at self-defense seminars only, but it eventually evolved in scope to the form it is today.

Thou Combat Acudo was founded in 2012, and used sporadically in classes of other martial arts by the founder, it would not be specifically taught, and thus presented to the public until February of 2015 during the seminars given by Nils Volden Doshu and Shino Wilberg Shihan in Mexico City.

Combat Acudo is an advanced form of Acudo Ryu, that does not teach the meridians, nor spends time teaching the whereabouts and how to locate each acupuncture point, as you do in Acudo Ryu, but rather expects the students to already know this, so the focus of Combat Acudo is the practical applications of the acupoints and qinna techniques from Acudo Ryu in a combat-setting.

To systematically study and master Combat Acudo, the easiest way is to first attain at minimum 2.kyu in Acudo Ryu, so the student has the tools required to excel faster.

The purpose of Combat Acudo as it stands today is to teach Acudo Ryu based Self Defense, influenced by the principles and philosophies of the Mizudo Combat System, also founded by Shino Wilberg Shihan.

The main feature of Combat Acudo, is simplicity. There are no fancy tricks or moves, just simple techniques and tactics that goes straight to the point of ending the confrontation after it have become physical, either by K.O. or attaining supreme control of your opponent.

### ***The Philosophies of Combat Acudo:***

Combat Acudo shares some principal philosophies with Acudo Ryu, Street Acudo and Mizudo. Combat Acudo holds no particularly complex sets of techniques to learn, but does hold true to the teaching philosophies that have been used in the martial traditions for centuries.

Combat Acudo is not meant for military use, nor is it intended for law enforcement, whom both have different sets of tools available to them, such as fire-arms, and a clear understanding of

### ***How Combat Acudo conditions you for conflict as a civilian:***

The training process in Combat Acudo includes physical conditioning, mental conditioning, combat psychology, tactics and techniques for escape and control both on the ground and standing up.

You will learn how to spot some of the signs aggressors have in their body language, to read your surroundings, and use what is around you to your advantage.

### ***The stages of development:***

Every aspect of training in Combat Acudo, whether it is in seminar form, or systematical, long-term study follows two basic principles: 1: The KISS principle, (Keep It Simple, Stupid). This is the most important one, as it is to remind us not to get tempted with overly complicated stuff that looks cool, but would get you injured or worse, should you ever be in a tight spot. 2: The principle of progressive compounding of training. This means that we go through several stages of development in each technique, tactic or scenario we train for. The stages are as follows:

#### **1 – Initial learning:**

Stage 1 is all about becoming familiar with the technique/tactic/scenario. Stage 1 is often the stage one spends the shortest amount of time, as this is just about learning the basic stuff. It may vary from individual to individual how fast the progression past stage 1 will be as everyone learns and understands what they are taught at different speeds.

#### **2 – Gaining proficiency:**

At stage 2 you have become familiar with the technique/tactic/scenario and the training will take on the characteristics of proficiency training. This means

making the techniques go from conditioned responses to reflex, from being able to perform them on one certain partner to being able to adapt your approach to any opponent.

Stage 2 training will take time. You are developing your understanding of your own limitations, the mechanics of the technique/tactic/scenario, and how/when to apply them.

### 3 – Mushin

Mushin is a Japanese word meaning (roughly translated) No Mind. Stage 3 is all about repetition until everything will become like instinct. In stage 3 training you already know how your technique and tactics work, now it is time to make you able to perform them effectively without having to use precious time to contemplate and analyze, so you can just act.

To achieve this the stage 3 training will focus on different forms of randori, or free practice. The randoris will be 1-1, 2-1, the Bull-Ring, and situational randoris.

The Stage 3 training will never end.

### 4 – maintenance

At stage 4 you can utilize the technique in every situation you will face, that the technique is appropriate for. Now it is a matter of maintaining your proficiency with it while you are adding to your repertoire.

The outlined stages of training is universal to any martial art, and is a dynamic structure. A student may be at different stages at the same time, depending on how far along the student have come in his or her studies.

### ***Comparing Combat Acudo with other similar systems:***

There is no denying the fact that in the modern world, there are an increasing number of martial arts that resembles each other. This is especially true to systems spawned from the same parent, such as Combat Acudo and Street Acudo. Both are derived from the “traditional” Acudo Ryu and developed to give the system a more “sharp edge” for use in self-defense and survival.

Not only sibling systems, such as SA and CA, but Acudo Ryu and Kyushu Jutsu, Dimmak and other internal martial arts, as well as some of the more modern martial arts developed by various military bodies, such as the Israeli

system of Krav Maga, and the American MCMAP. All of these systems have more or less the same goals; to be effective in combat and conflict that is not governed by dojo or tournament rules.

The biggest differences in these systems are the tools they have at their disposal and who the practitioners of these systems are.

For the military version of Krav Maga, and MCMAP, these are not open to civilians, and so contain the use of firearms in their curriculum. Most other systems are emptyhanded or use more traditional weapons, such as blades and staffs (bo's, jo's, escrima stics, tonfa's ect)

### ***The Psychology at work.***

*A duck floats calmly on the water, seemingly tranquil and at ease despite the current in the water.. Nobody sees its feet working feverishly to maintain the ducks position in the water.*

This mental image perfectly illustrates an important point; appearances matter, and they matter a great deal regarding how other people view us.

Your mental aptitude plays an important part in the outcome of any situation, whether that be competition or a “sharp engagement” in the street, in school or on the way home from shopping.

Combat Acudo teaches how to carry yourself in a manner that signals “I am not an easy target”, and how to spot potential threats.

By understanding what I like to call “combat psychology” (I am sure some professional psychologist/psychiatrist have a more clinically correct name for it, but I don't care) you can more easily get out of most situations before it escalates catastrophically, by reading a situation and make an educated guess as to what will happen, and how to avoid a physical confrontation.

Combat Psychology, as you will find in some aspect or another in any martial art you can think of, includes body posturing, stances, ways of thinking and how to avoid panic, Combat Acudo is no different in this respect.

### ***RoE!***

RoE, or rules of engagement gives us the guidelines for how, when and how hard to fight.

In a dojo, and in tournaments, there are a certain set of rules that must be uphold in order to win a fight. The extent of these rules may vary a great deal, form

organized martial arts schools and tournaments that are strictly regulated and refereed, to the “fight clubs” of backyard fighting. Every time there is a preset agreement between the fighters, there will be rules, even if there is only the rule that nobody intervenes.

In an assault however, no such rules and regulations exists, so we do not have to limit ourselves when we first must fight. Everything is permitted, but in Combat Acudo, we train to recognize when we are safe to stop. This is one of the most important parts of training in any form of self-defense system, knowing the difference between self-defense and assault, between self-defense and murder. It is generally accepted that self-defense is whatever you do to end the threat, anything beyond that is considered by most law-enforcement to be assault, and you can end up being the one going to jail.

### ***Targets and techniques of Combat Acudo***

Combat Acudo aims to give its practitioners a well-rounded arsenal of techniques, tactics and targets, to be able to effectively resolve most of the situations you can find yourself in.

This includes the use of Acupuncture points, Dimmak points, nerve strikes, soft-tissue attacks, joint locks, throwing techniques, escape-techniques and -strategies, striking and kicking techniques and mental trickery as well as the usage of everyday objects as weapons (you’d be surprised as to what can be utilized advantageously for self-defense)

#### **DISCLAIMER!!!!**

Training in any kind of martial art or combat art will not make you neither bulletproof nor invincible.. It will only make you more likely to survive an attack compared to an untrained individual. Anyone who claims anything different is a liar, or does not know what he/she is talking about!