

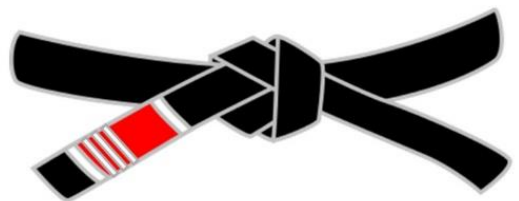
Rules for examinations in Acudo ryu

ALL BELTS: WAA 2018

(Fully Revised 14.01.2018)

NOTE:

- The examiner might skip parts of the curriculum in the examination
 - Marked Group might be done in group
- Starting from 2018 Candidates that do not fulfill **KEY requirements** will FAIL!
- All candidates need to be evaluated in written and in points, and get feedback.
 - A feedback should be given to trainer after examination.





6. kyu Blue belt

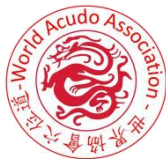


Time:

1. After the first training or when the master is finding you worthy
2. There is NO formal examination
3. KEY: Trains regularly.

Theory:

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



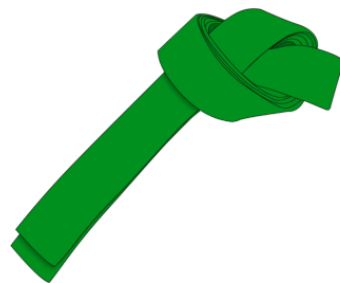
5. kyu – Green belt (Luse Dushu)

Time:

- 2 months of training

Theory: (Group)

1. T-Theory
 - a. KEY: Need to answer this question perfect.
2. Count to ten in Chinese
3. Push and Pull
 - a. KEY: Need to answer this question perfect.
4. General knowledge about Acudo ryu history and techniques



Acupuncture points to show:

1. Lung acupuncture points, 11 acupoints
2. KEY: Need to have 9 correct.

Techniques:

- **Acudo standard techniques:**
 1. TianFu Fa (Lung 3)
 2. ChiZe Fa (Lung 5)
 - KEY: Need to have both correct
- **Examiner ask:**
 - Examiner ask 5 random points from the Lung acupuncture points
- **Show: (Group)**
 - 5 self-defense using Lung acupuncture points
 - 5 Acudo self defense
- **Ukemi (受身) / Falling technique/ Break falls: (Group)**
 - Yoko-ukemi (横受身): Sideways breakfall
 - Falling to the side (right/ left)
- **Nage-waza (投げ技)/Throwing: (Group)**
 - O soto gari (大外刈): Big outer reap
 - Yang Foot throwing
 - O uchi gari (大内刈): Big inner reap
 - Yin Foot throwing
- **Kamae (構え) / Posture/ Base: (Group)**
 - Show Guard and explain
 - Standing on feet
 - Laying on the floor
- **Eri, -geri (蹴) Kick: (Group)**
 - Mae geri (前蹴)/ Front Kick

- Ma washi geri (廻蹴)/ Roundhouse kick with top of foot

-

Uchi Waza (打ち技)/ Striking techniques: (Group)

- Shuto-uchi (手刀打) Knife-hand Strike
- **Tsuki (突)/ Punch (lit. Thrust) techniques: (Group)**
 - Chudan-zuki (中段突) Middle Level Punch
- **Mawashi uke (回し受け)/ Circular block: (Group)**
 - Yin Block (Inward)
 - Yang Block (Outward)
 - KEY: Need to perform both correct.
- **Shaolin Qinna: (Group)**
 - Shaolin Qinna five techniques (#1-5)
 - KEY: Need to have 3 correct



4. kyu – Red belt (Hong se Dushu)



Time:

- 4 months of training ALE (after last examination)

Theory: (Group)

1. Centerline
2. Dantian
3. Triangle of force
 - a. KEY: Need to answer this question perfect.
4. First Aid (Bandages, CPR and Resting position)

Acupuncture points to show:

- Large intestine acupuncture points, 20 acupoints
- KEY: Need to have 15 correct

Techniques:

- **Acudo standard techniques:**
 - ShouSanLi Fa (Large intestine 10)
 - TianDing Fa (Large intestine 17)
 - KEY: Need to have both correct
- **Examiner ask:**
 - Examiner ask 5 random points from the Lung acupuncture points
 - Examiner ask 5 random points from the Large intestine acupuncture points
- **Show: (Group)**
 - 5 self-defense using Large intestine acupuncture points
 - 10 Acudo self defense
- **Ukemi (受身)/ Falling technique/ Break falls): (Group)**
 - Ushiro-ukemi (後ろ受身): Backward breakfall
 - Falling backward
 - Mae-ukemi (前受け身): Forward breakfall
 - Falling straight forward/ Hands front
 - Zenpo-Kaiten (前方回転受身): Forward roll
 - Rolling forward/ Falling to the front (right/ left)
- **Nage-waza (投げ技)/Throwing: (Group)**
 - Ō goshi (大腰)/ koshi-nage (腰投)/ Major hip throw
 - Yin technique
 - Uki Goshi (浮腰)/ Floating hip
 - Yang technique

- **Kansetsu-waza (関節技)/ Joint locks/ Manipulations:** (Group)
 - Jūji-gatame (十字固め)/Cross -/ Straight armbar/ Back-lying perpendicular armbar
 - Ude-garami (腕絡): Arm entanglement or "figure-four" key lock
 - KEY: Need to have both these joint locks perfect.

- **Shime-waza (絞技): chokes or strangles:** (Group)
 - Hadaka-jime (裸絞): Naked strangle from behind/ Hand in armpit from behind
 - Okuri-eri-jime (送襟絞): Sliding lapel strangle/ Hold clothes and pull down other side

- **Shaolin Qinna:**
 - Shaolin Qinna ten techniques (#1-10)
 - KEY: Need to have 7 correct



3. kyu Yellow belt (Huang se Dushu)

Time:

- 4 months of training ALE (after last examination)

Theory: (Group)

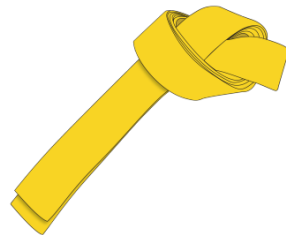
1. Four corners
 - a. KEY: Need to answer this question perfect.
2. 45 degree angle
3. Spiral movement
4. How to activate an acupuncture point
5. Basic Yin/ yang movements
6. Basic First Aid (The concept of RICE: Relax, Ice, Compression and Elevation)
 - KEY: Need to answer this question perfect.

Acupuncture points:

- Stomach acupuncture points, 45 acupoints
- Spleen acupuncture points, 21 acupoints
- KEY: Need to have 40 Stomach – and 18 Spleen acupoints correct.

Techniques:

- **Acudo standard techniques:**
 1. QiShe Fa (Stomach 11)
 2. FuTu Fa (Stomach 32)
 3. Jimen Fa (Spleen 11)
 4. FuAi Fa (Spleen 16)
 1. KEY: All four need to be correct.
- **Examiner ask:** (Group)
 - Examiner asks 5 random points from the four meridians. Mark with a pen. Then examiner mark. Maximum 5 mm out is evaluated as correct.
 - KEY: 3 points need to be correct to pass.
- **Show:**
 1. 5 self-defense using Stomach acupuncture points
 2. 5 self-defense using Spleen acupuncture points
 3. 20 Acudo self defense
- **Nage-waza (投げ技)/Throwing:** (Group)
 1. Osoto Otoshi (大外落)/ Major Outer Drop
 2. Sumi Gaeshi (隅返)/ Corner throw
 3. Sukui Nage (掬い投)/ Double leg takedown
- **Kansetsu-waza (関節技)/ Joint locks/ Manipulations:** (Group)



1. Kote gaeshi (小手返)/ Forearm return/ supinating wristlock
2. Nikyo (二教)/ Kote mawashi/ Internal rotation of the wrist/ Second technique

- **Shime-waza (絞技): chokes or strangles:** (Group)

- Sode guruma jime (袖車絞め)/ Hold wrist behind head press neck

- **Shaolin Qinna:** (Group)

- Kata part 1
 - KEY: The kata need to be completed without stopping or hesitating. It is tolerable with 2 errors. The candidate might have two tries.

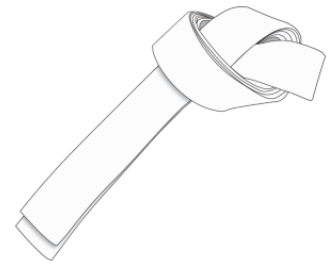
- **Physical test:** (Group)

- *This part can done at the last exercise before the exam; trainer verify result*
 - 1) 100 push ups
 - 2) 100 sit ups
 - 3) 50 Burpee jumps
 - 4) 50 Yoko-ukemi (横受け身): Sideways breakfall; 25 right and 25 left
 - 5) 50 Ushiro-ukemi (後ろ受け身): Backward breakfall or 10 Jumping
 - 6) 20 Mae-ukemi (前受け身): Forward breakfall or 5 Jumping
 - 7) 50 Zempo-Kaiten (前方回転受け身): Forward roll; 25 right and 25 left



2. kyu White belt (Bai se Dushu)

Time:



- 6 months of training ALE (after last examination)

Theory: (Group)

- 1) Explain Acudo ryu
- 2) Explain Xu li
- 3) Basic Chinese vocabulary to use in directional commands
 - Up/ Down: Shang/ Xia
 - Front/ Behind: Qian/ Hou
 - Side: Pang
 - Left/ Right: Zuo/ You
- 4) Explain the use of acupuncture points
 - KEY: Need to answer this question perfect.

Acupuncture points:

1. Heart acupuncture points, 9 acupoints
 2. Small intestine acupuncture points, 19 acupoints
 3. Urinary bladder acupuncture points, 67 acupoints
 4. Kidney acupuncture points, 27 acupoints
- KEY: Only three errors on each meridian is tolerable.

Techniques:

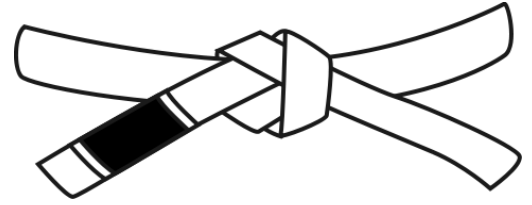
- **Acudo standard techniques:**
 - QingLing Fa (Heart 2)
 - ShaoHai Fa (Heart 3)
 - YangGu Fa (Small intestine 5)
 - TianRong Fa (Small intestine 17)
 - TianZu Fa (Urinary bladder 10)
 - FeiYang Fa (Urinary bladder 58)
 - HenGu Fa (Kidney 11)
 - ShuFu Fa (Kidney 27)
 - KEY: All points need to be correct.
- **Examiner ask:** (Group)
 - Examiner asks 5 random points from the four meridians. Mark with a pen. Then examiner mark. Maximum 5 mm out is evaluated as correct.
 - KEY: 3 points need to be correct to pass.
- **Show:** (Group)
 - 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:** (Group)
 - Use 30 acupuncture points without stopping; with Flow

- **Shaolin Qinna:** (Group)
 - Kata part 1, with acupuncture points
 - KEY: The kata need to be completed without stopping or hesitating. It is tolerable with 2 errors. The candidate might have two try's.
 - Shaolin Qinna twenty techniques (#1-20)
 - KEY: Only 3 errors are acceptable



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, but a test might be arranged.
 - The test are analyzed to see if the candidate have the level for the next exam

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.

Optional tests: (Select one of the following)

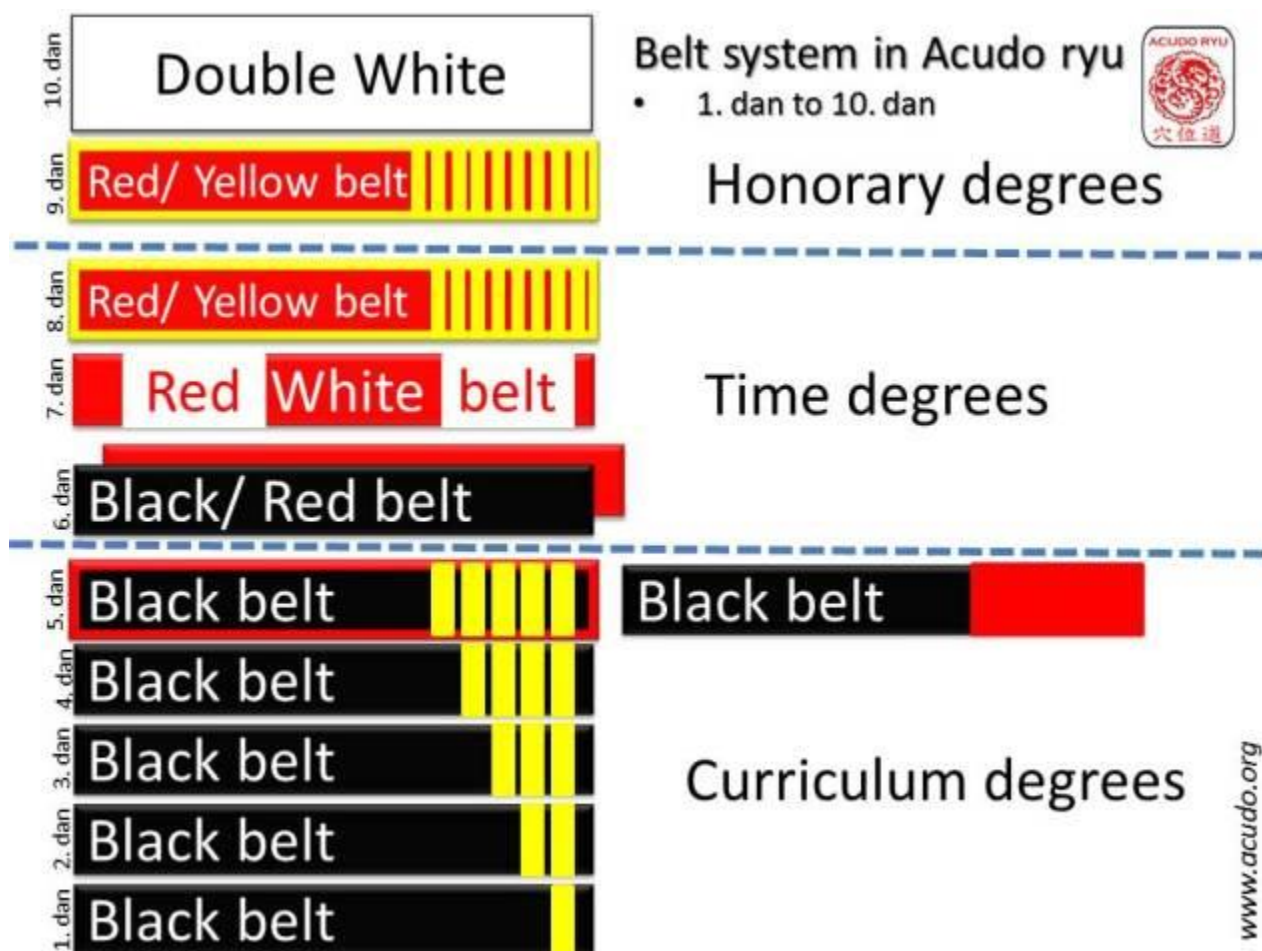
- A
 - The 24 standard acudo techniques with 5 variations
- B
 - All the acupuncture points (Lung to kidney)
 - Time limit 10 minutes
- C
 - All the Nage-waza (投げ技)/Throwing and Shime-waza (絞技): chokes or strangles
- D
 - All the Kansetsu-waza (関節技)/ Joint locks/ Manipulations
- E
 - 100 Acudo self-protection techniques



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
- Under 16 years, without white frame

Theory:

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

Acupuncture points:

1. Lung acupuncture points, 11 acupoints
2. Large intestine acupuncture points, 20 acupoints
3. Stomach acupuncture points, 45 acupoints
4. Spleen acupuncture points, 21 acupoints
5. Heart acupuncture points, 9 acupoints
6. Small intestine acupuncture points, 19 acupoints
7. Urinary bladder acupuncture points, 67 acupoints
8. Kidney acupuncture points, 27 acupoints
9. Pericardium acupuncture points, 9 acupoints
10. San Jiao acupuncture points, 23 acupoints
11. Gall bladder acupuncture points, 44 acupoints
12. Liver acupuncture points, 14 acupoints

Techniques:

- **Acudo standard techniques:**
 - TianFu Fa (Lung 3)
 - ChiZe Fa (Lung 5)
 - ShouSanLi Fa (Large intestine 10)
 - TianDing Fa (Large intestine 17)
 - QiShe Fa (Stomach 11)
 - FuTu Fa (Stomach 32)
 - Jimen Fa (Spleen 11)
 - FuAi Fa (Spleen 16)
 - QingLing Fa (Heart 2)
 - ShaoHai Fa (Heart 3)
 - YangGu Fa (Small intestine 5)
 - TianRong Fa (Small intestine 17)
 - TianZu Fa (Urinary bladder 10)
 - FeiYang Fa (Urinary bladder 58)
 - HenGu Fa (Kidney 11)

- *ShuFu Fa* (Kidney 27)
- *QuZe Fa* (Pericardium 3)
- *NeiGuan Fa* (Pericardium 6)
- *HouXi Fa* (San jiao 3)
- *TianYou Fa* (San jiao 16)
- *FengChi Fa* (Gallbladder 20)
- *FengShi Fa* (Gallbladder 31)
- *ZhongDu Fa* (Liver 6)
- *ZhangMen Fa* (Liver 13)

- **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
- KEY: Only 2 points wrong per meridian

- **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 Chudan-zuki (中段突) Middle Level Punch; minimum 1.5 cm
- Four boards with Mae geri (前蹴) Front Kick; minimum 3 cm

- **Shaolin Qinna:**

- Kata part 1 and part 2
- Shaolin Qinna thirty two techniques (#1-32)
- KEY: Only 3 errors are tolerated



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:

1. Thesis (30 minutes presentation)
2. Show how to activate acupuncture points
3. Show how acupuncture points should be combined
4. Use Yin/ Yang theory actively in 10 examples
5. Make a fight strategy based on Tendino muscular meridians (TMM)

Acupuncture points:

1. Lung acupuncture points, 11 acupoints
 2. Large intestine acupuncture points, 20 acupoints
 3. Stomach acupuncture points, 45 acupoints
 4. Spleen acupuncture points, 21 acupoints
 5. Heart acupuncture points, 9 acupoints
 6. Small intestine acupuncture points, 19 acupoints
 7. Urinary bladder acupuncture points, 67 acupoints
 8. Kidney acupuncture points, 27 acupoints
 9. Pericardium acupuncture points, 9 acupoints
 10. San Jiao acupuncture points, 23 acupoints
 11. Gall bladder acupuncture points, 44 acupoints
 12. Liver acupuncture points, 14 acupoints
 13. 20 extraordinary acupuncture points
- KEY: Only 2 points located wrong per meridian are tolerated

Techniques:

- **Examiner ask:**
 - Examiner asks 5 random points from the four meridians. Mark with a pen. Then examiner mark. Maximum 5 mm out is evaluated as correct. 3 points need to be correct to pass.

- **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
 - KEY: Hesitation are not permitted. After the second unnecessary hesitation the candidate fail the exam.
- **Other**
 - 50 deadly techniques with short explanation
- **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 wiht three lines (三段 Sandan)

Time/ Requirements:

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



Theory:

1. Explain treatment aspects with acupuncture points
2. Explain the weaknesses in the body
3. Explain the Yin/ Yang movments
4. Explain the Qi circulation
5. Analyse
 - a. Arm-foot-arm
 - b. Foot-arm-foot
 - c. Left-right
 - d. Right-left
6. Explain the movements of the Tendino muscular meridians (TMM) (6 yang – 6 yin)

Acupuncture points:

1. Lung acupuncture points, 11 acupoints
 2. Large intestine acupuncture points, 20 acupoints
 3. Stomach acupuncture points, 45 acupoints
 4. Spleen acupuncture points, 21 acupoints
 5. Heart acupuncture points, 9 acupoints
 6. Small intestine acupuncture points, 19 acupoints
 7. Urinary bladder acupuncture points, 67 acupoints
 8. Kidney acupuncture points, 27 acupoints
 9. Pericardium acupuncture points, 9 acupoints
 10. San Jiao acupuncture points, 23 acupoints
 11. Gall bladder acupuncture points, 44 acupoints
 12. Liver acupuncture points, 14 acupoints
 13. 20 extraordinary acupuncture points
- KEY: Only one point per meridian might be wrong.

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
- **Nage-waza (投げ技)/Throwing: (Group)**
 - O soto gari (大外刈): Big outer reap
 - O uchi gari (大内刈): Big inner reap
 - Ō goshi (大腰)/ koshi-nage (腰投): Major hip throw
 - Uki Goshi (浮腰): Floating hip
 - Osoto Otoshi (大外落): Major Outer Drop
 - Sumi Gaeshi (隅返): Corner throw
 - Sukui Nage (掬い投): Double leg takedown
 - Tani Otoshi (谷落): Valley/ Leg behind
 - Tawara gaeshi (俵返): Bow down/ Hold like a belt
 - Tomoe Nage (巴投): Bow throwing
- **Shime-waza (絞技): chokes or strangles: (Group)**
 - Hadaka-jime (裸絞): Naked strangle from behind/ Hand in armpit from behind
 - Okuri-eri-jime (送襟絞): Sliding lapel strangle/ Hold clothes and pull down other side
 - Sode guruma jime (袖車絞め): Hold wrist behind head press neck
 - Nami juji jime (並十字絞): Hand in neck from front, thumbs inside, pull hands together
 - Kataha jime (片羽絞): Hand in front head, other hand under arm and behind head
 - Ryote jime (両手絞): Press carotid artery with bilateral fist
 - Tsukkomi jime (突込絞): Pull uniform, press uniform in front of neck
 - Kata te jime (片手絞): Grasp uniform, press underarm over neck
 - Jigoku jime (地獄絞): Hell strangle/ catch shoulder with arm and leg, strangle
- **Six step movement form**
 - With explanation
 - Without explanation
- **Shaolin Qinna:**
 - Kata part 1, part 2 and part 3
 - With points
 - Without points

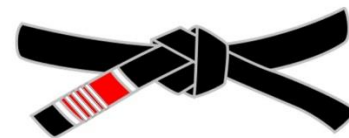
- With explanation
 - Shaolin Qinna thirty two techniques (#1-32)
 - With points
 - Without points
 - With explanation
- Repeat two aspects from every previous level



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:

1. Analyze the movements of the acupuncture points
2. Select acupuncture points depending on positions
3. Dominate the Shang and Co cycle in points and positions (TMM)
4. Understand and explain the qi circulation
5. Analyze positions

Acupuncture points:

1. Lung acupuncture points, 11 acupoints
 2. Large intestine acupuncture points, 20 acupoints
 3. Stomach acupuncture points, 45 acupoints
 4. Spleen acupuncture points, 21 acupoints
 5. Heart acupuncture points, 9 acupoints
 6. Small intestine acupuncture points, 19 acupoints
 7. Urinary bladder acupuncture points, 67 acupoints
 8. Kidney acupuncture points, 27 acupoints
 9. Pericardium acupuncture points, 9 acupoints
 10. San Jiao acupuncture points, 23 acupoints
 11. Gall bladder acupuncture points, 44 acupoints
 12. Liver acupuncture points, 14 acupoints
 13. 20 extraordinary acupuncture points
- KEY: Only 5 points might be incorrect!

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 five stripes (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:

1. Thesis, 50 pages, Acudo related topic
 - a. Present 1 hour
 - b. Defend 1 hour
2. Muscular regions demonstrated and explained
3. Eight trigrams in positions and correlated trigram
4. 64 hexagrams used to analyze positions and to select active acupuncture point

Techniques:

- 1) *Show:*
- 2) 100 PERFECT self-defense techniques
- 3) Repeat three aspects from every previous level
 - KEY: No error will be tolerated

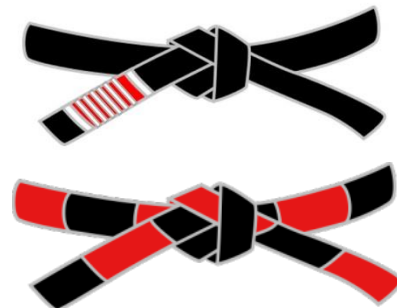
Time degrees



6. dan Black/ red belt or six stripes (六段 Rokudan)

Time/ Requirements:

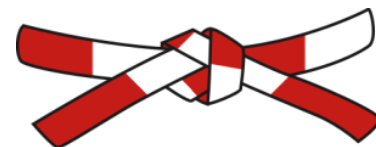
- 5 year of training ALE (after last examination)
- First time degree, but might be a formal examination
- WAA responsible for the degree
- This degree can be given to exceptional practitioners by Doshu.



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

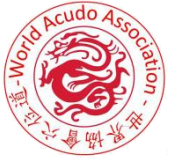


8. dan Red belt with golden edge (八段 Hacnidan)

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

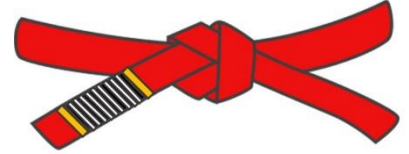




9. dan Red belt with end (九段 Kudan)

Time/ Requirements:

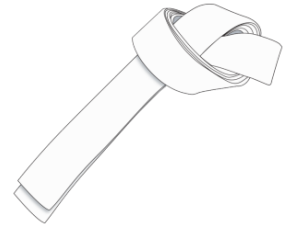
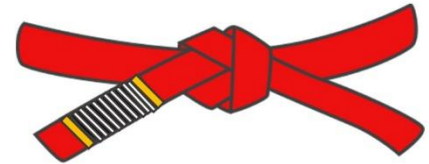
- 5 year of training ALE (after last examination)
- Second honorary degree, but might be a formal examination
- WAA senior board members might use this degree
- WAA responsible for the degree



10. dan Red belt with end (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

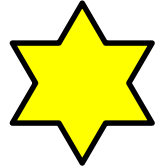


Other aspects with degrees



Stripe:

Everybody who can document a degree in another martial art system have the right to 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 rise 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. 6. – and 7. Dan are to be used in extraordinary cases.

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 7. 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 or two additional Dan.
 - Limited to maximum two times from WAA
 - Doshu can give as many times he find proper
- Trainers that have trained five persons up to extra Dan.
 - Another additional Dan after 10, 20 and 40 new 1. Dans.
- Persons doing important work for WAA might qualify for a more proper degree
- Persons that have filled other specific 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 valid. 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.