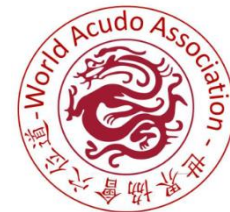


Seminar i Acudo ryu

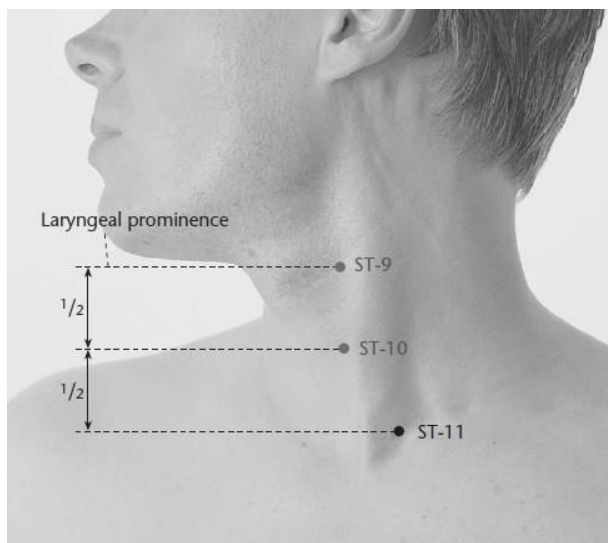


Hvordan, Når og Hvor

Vitalpunkter er et komplement til vanlige teknikker

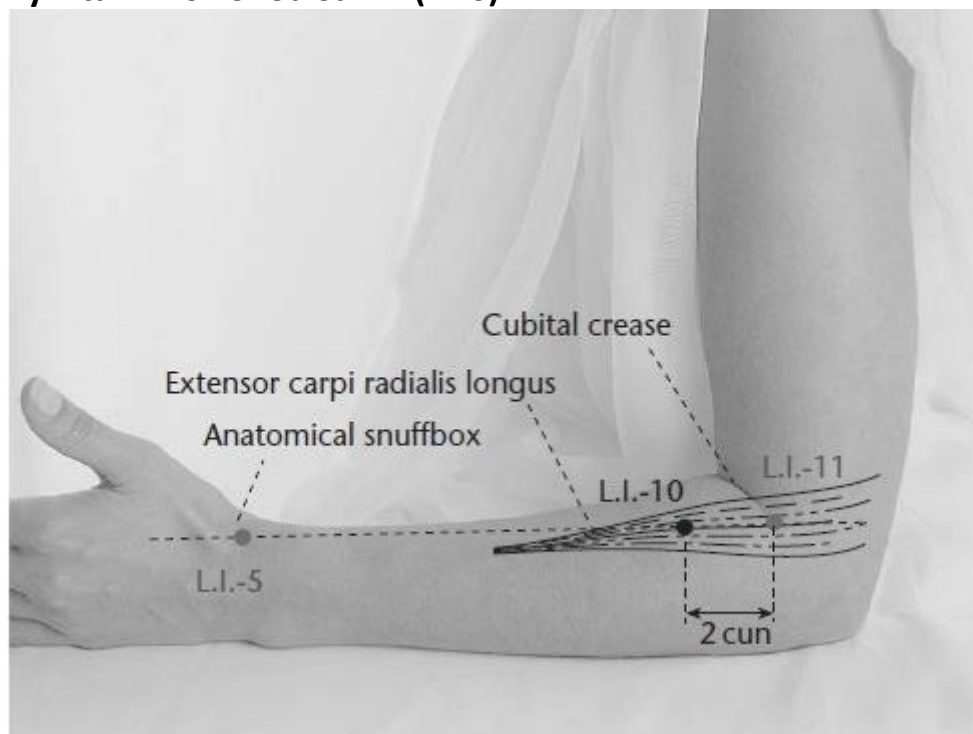
Generelle punkter

Mage 11 - Qi She (St11)

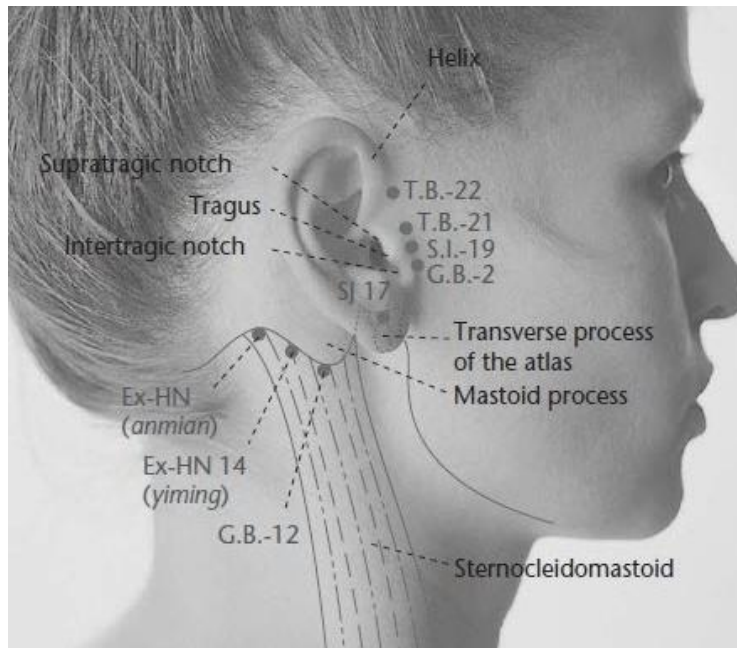


GM Nils Erik Volden, Doshu
8. dan Rødt belte Acudo ryu (2014)
5. dan Sort belte Shaolin Qinna (2010)
1. dan Sort belte judo (2005)

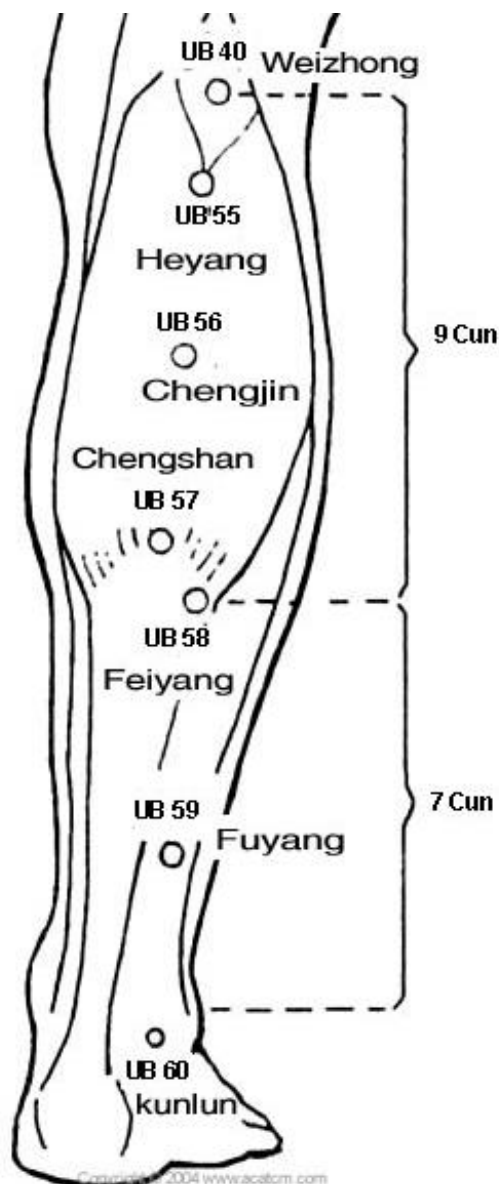
Tykkertarm 10 - Shou San Li (Li10)

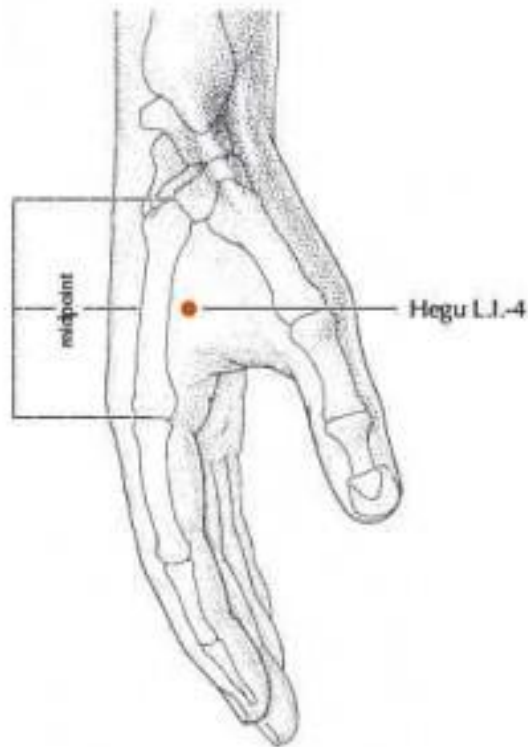


Galleblære 2 - Ting Hui (Gb2)



Blære 58 - Fei Yang (UB58)





Grunnleggende Street acudo

- Kraftens-triangel
- T-teori
- Motorferdigheter (når finmotorikken forsvinner)
- Adrenalin dump
- 30 sekunders regelen
- Refleksfokus (Hjernen gjetter hva som vil skje)
- De tre reflekser (Beskytte hodet, beskyttende (komme seg unna), Fange trussel)
- Hicks lov (Jo flere valg, jo mer tid)

