

Rules for examinations in Acudo ryu

WORLD ACUDO ASSOCIATION

ALL BELTS: WAA 2022

(Fully Revised 28.07.2022)

NOTE:

- **Digital examinations:**
 - A. Recording: need to be two films close and distance.
 - B. Live stream: flexible.
 - C. Temporal permit given for 2022 and 2023.
- The examiner might skip parts of the curriculum in the examination
- Marked "Group" might be done by a group in the examination to save time
- New section:
 - **Kata is optional.**
 - If no kata, the candidate need to mark points with a pen.
 - Need to be within 5 mm to be correct
 - "Points with pen" are to be done first in the examination.
 - It is not possible to do "kata" if "no kata" is selected and failed.
 - If failed the examination is over.





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.
4. The trainer and the club make their own rules for this degree.



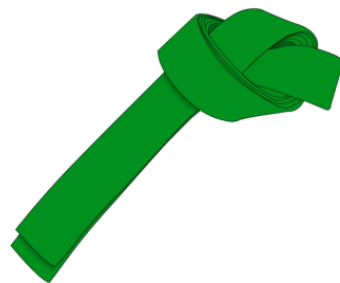
5. kyu – Green belt (Luse Dushu)

Time:

- 2 months of training

Theory: (Group)

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



Acupuncture points to show:

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

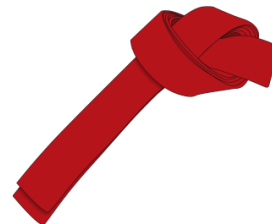
Techniques:

- **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
 - KEY: Need to have 3 correct.
- **Show: (Group)**
 - 5 self-defense using Lung acupuncture points
 - KEY: Need to be with flow and possible.
 - 5 Acudo self defense
 - KEY: Need to be possible and well done.
- **Ukemi (受身)/ Falling technique/ Break falls: (Group)**
 - Yoko-ukemi (横受け身): Sideways breakfall
 - Falling to the side (right/ left)
 - KEY: Need to be done without fear and properly.
- **Nage-waza (投げ技)/Throwing: (Group)**
 - O soto gari (大外刈): Big outer reap
 - Yang Foot throwing
 - KEY: Need to be in control of balance.
 - O uchi gari (大内刈): Big inner reap
 - Yin Foot throwing
 - KEY: Need to be in control of balance.

- **Kamae (構え) / Posture/ Base:** (Group)
 - Show Guard and explain
 - Standing on feet
 - Laying on the floor
 - KEY: Able to explain.
- **Eri, -geri (蹴) Kick:** (Group)
 - Mae geri (前蹴)/ Front Kick
 - Ma washi geri (廻蹴)/ Roundhouse kick with top of foot
 - KEY: Able to show the technique.
- **Uchi Waza (打ち技) / Striking techniques:** (Group)
 - Shuto-uchi (手刀打) Knife-hand Strike
 - KEY: Able to show the technique.
- **Tsuki (突) / Punch (lit. Thrust) techniques:** (Group)
 - Chudan-zuki (中段突) Middle Level Punch
 - KEY: Able to show the technique.
- **Mawashi uke (回し受け) / Circular block:** (Group)
 - Yin Block (Inward)
 - Yang Block (Outward)
 - KEY: Need to perform both correct and explain the difference.
- **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
 - KEY: Explain where the line goes and how it functions.
2. Dantian
 - KEY: Explain where the lower Dantian is located and how to use Dantian.
3. Triangle of force
 - KEY: Explain how it function: inside and outside the triangle of force.
4. First Aid (Bandages, CPR and Resting position)
 - KEY: How to stop bleeding. How to do CPR. How to put a person in a resting position.

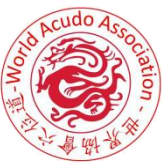
Acupuncture points to show:

- 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
 - KEY: Need to have 4 correct.
 - Examiner ask 5 random points from the Large intestine acupuncture points
 - KEY: Need to have 4 correct.
- **Show: (Group)**
 - 5 self-defense using Large intestine acupuncture points
 - KEY: Need to be practical and direct. To pass 4 need to be accepted.
 - 10 Acudo self defense
 - KEY: Need to be possible and direct. To pass 7 need to be accepted.
- **Ukemi (受身)/ Falling technique/ Break falls): (Group)**
 - Ushiro-ukemi (後ろ受身): Backward breakfall
 - Falling backward
 - KEY: Need to be without fear and correctly.
 - Mae-ukemi (前受け身): Forward breakfall
 - Falling straight forward/ Hands front
 - KEY: Need to be without fear and correctly.

- *Zenpo-Kaiten (前方回転受身): Forward roll*
 - *Rolling forward/ Falling to the front (right/ left)*
 - *KEY: Need to be without fear and correctly.*
- **Nage-waza (投げ技)/Throwing: (Group)**
 - Ō goshi (大腰)/ koshi-nage (腰投)/ Major hip throw
 - Yin technique
 - KEY: Need to preform the throw correctly and explain why this is Yin.
 - Uki Goshi (浮腰)/ Floating hip
 - Yang technique
 - KEY: Need to preform this throw correctly and explain why this is Yang.
- **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
 - KEY: Need to have these chokes perfect
- **Shaolin Qinna:**
 - Shaolin Qinna ten techniques (#1-10)
 - KEY: Need to have 7 correct



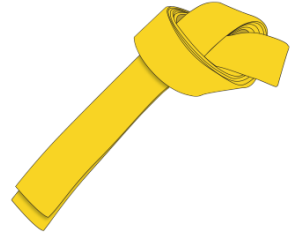
3. kyu Yellow belt (Huang se Dushu)

Time:

- 4 months of training ALE (after last examination)

Theory: (Group)

1. Four corners
 - KEY: Need to answer this question perfect.
2. 45-degree angle
 - KEY: Need to explain the advantage of this angle.
3. Spiral movement
 - KEY: Need to explain examples of where we find spirals in martial arts.
4. How to activate an acupuncture point
 - KEY: Need to show how to activate an acupuncture point.
5. Basic Yin/ yang movements
 - KEY: Need to explain and to show Yin/ Yang movements.
6. Basic First Aid (The concept of RICE: Relax, Ice, Compression and Elevation)
 - KEY: Need to show and explain the RICE concept.



Acupuncture points:

- Stomach acupuncture points, 45 acupoints
- Spleen acupuncture points, 21 acupoints
- KEY: Need to have 40 Stomach – and 18 Spleen acupoints correct; maximum 0,5 cm out.

Techniques:

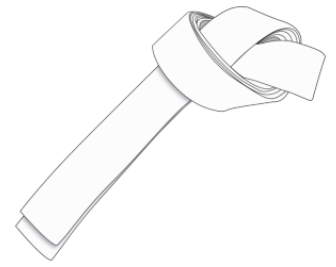
- **Acudo standard techniques:**
 1. QiShe Fa (Stomach 11)
 2. FuTu Fa (Stomach 32)
 3. Jimen Fa (Spleen 11)
 4. FuAi Fa (Spleen 16)
 - KEY: All four need to be correct.
- **Examiner ask:** (Group)
 - Examiner asks 5 random points from the four meridians. Mark with a pen. Then examiner mark. Under 5 mm out is evaluated as correct.
 - KEY: 3 points need to be correct to pass.
- **Show:**
 - 5 self-defense using Stomach acupuncture points
 - KEY: Need to be done efficient and direct. 3 need to be acceptable.
 - 5 self-defense using Spleen acupuncture points
 - KEY: Need to be done efficient and direct. 3 need to be acceptable.
 - 20 Acudo self defense
 - KEY: Need to be done efficient and direct. 15 need to be acceptable.
- **Nage-waza (投げ技)/Throwing:** (Group)
 - Osoto Otoshi (大外落)/ Major Outer Drop
 - KEY: Explain how the throw is done and do it.

- Sumi Gaeshi (隅返)/ Corner throw
 - Explain how the throw is done and do it.
- Sukui Nage (掬い投)/ Double leg takedown
 - Explain how the throw is done and do it.
- **Kansetsu-waza (関節技)/ Joint locks/ Manipulations:** (Group)
 - Kote gaeshi (小手返)/ Forearm return/ supinating wristlock
 - KEY: Explain and do the joint lock.
 - Nikyo (二教)/ Kote mawashi/ Internal rotation of the wrist/ Second technique
 - KEY: Explain and do the joint lock.
- **Shime-waza (絞技): chokes or strangles:** (Group)
 - Sode guruma jime (袖車絞め)/ Hold wrist behind head press neck
 - KEY: Explain how this afflict the blood vessels and do it.
- **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.
 - **NOTE: The Shaolin Qinna kata is optional from 2021.**
 - **Can be changed for 20 “Points with pen”**
 - **KEY: 15 points need to be correct. Maximum 5 mm out to be evaluated as correct. The points are preselected by the candidate himself.**
 - **This part is before anything else in this examination. If failed, the examination is over for the candidate.**
- **Physical test:** (Group)
 - This part is done before the examination. Latest possibility is the last exercise before the exam; trainer verify result.
 - 100 push ups
 - 100 sit ups
 - 50 Burpee jumps
 - 50 Yoko-ukemi (横受け身): Sideways breakfall; 25 right and 25 left
 - 50 Ushiro-ukemi (後ろ受け身): Backward breakfall or 10 Jumping
 - 20 Mae-ukemi (前受け身): Forward breakfall or 5 Jumping
 - 50 Zenpo-Kaiten (前方回転受け身): Forward roll; 25 right and 25 left
 - KEY: It is possible to accept a candidate as “passed” under the condition that he will fill the requirement within a given time. Failing to fill the requirement, he will lose his degree.



2. kyu White belt (Bai se Dushu)

Time:



- 6 months of training ALE (after last examination)

Theory: (Group)

- 1) Explain Acudo ryu
 - KEY: Can give a reasonable explanation.
- 2) Explain Xu li
 - KEY: Can explain the concept Xu li (empty inside) and relate this to meditation.
- 3) Basic Chinese vocabulary to use in directional commands
 - Up/ Down: Shang/ Xia
 - Front/ Behind: Qian/ Hou
 - Side: Pang
 - Left/ Right: Zuo/ You
 - KEY: This is not a language course, but it is needed with some vocabulary understanding.
- 4) Explain the use of acupuncture points
 - KEY: Need to answer this question perfect.

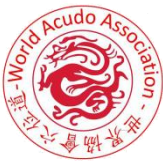
Acupuncture points:

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.

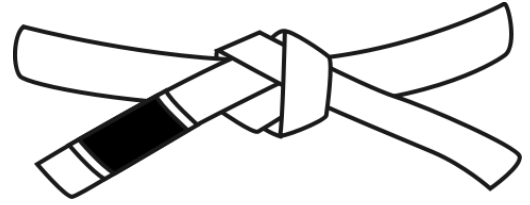
Techniques:

- **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
 - KEY: Need to be done efficient and direct. 3 need to be acceptable.

- 5 self-defense using Small intestine acupuncture points
 - KEY: Need to be done efficient and direct. 3 need to be acceptable.
- 5 self-defense using Urinary bladder acupuncture points
 - KEY: Need to be done efficient and direct. 3 need to be acceptable.
- 5 self-defense using Kidney acupuncture points
 - KEY: Need to be done efficient and direct. 3 need to be acceptable.
- 20 Acudo self defense
 - KEY: Need to be done efficient and direct. 15 need to be acceptable.
- **Demonstration:** (Group)
 - Use 30 acupuncture points without stopping; with Flow.
 - KEY: Need to be done efficient and without hesitation; maximum two tries.
- **Shaolin Qinna:** (Group)
 - Kata part 1 with acupuncture points. The name of the acupuncture points are expressed verbally or shown on uke.
 - KEY: The kata need to be completed without stopping or hesitating. It is tolerable with 2 errors. The candidate might have two tries.
 - NOTE: The Shaolin Qinna kata is optional from 2021.
 - Can be changed for 20 "Points with pen"
 - KEY: 15 points need to be correct. Maximum 5 mm out to be evaluated as correct. The points are preselected by the candidate himself.
 - This part is before anything else in this examination. If failed, the examination is over for the candidate.
 - 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 give this degree to a student that is ready for 1. Dan.
- There is NO examination, but a test might be arranged.
 - The test is analyzed to see if the candidate has the level for the next exam
 - The trainer decides what he want to include in the exam
 - KEY: The trainer or the club make a tradition/ Ceremony for this degree.

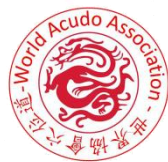
Theory:

- Know everything for 1. Dan Black belt
 - KEY: This is in theory. Now it is time to train for the Black belt examination.
- After getting the 1. Kyu the person is supposed to train for the black belt AND help his master in the classes with students with an inferior rank.

Optional if you want a test: (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
- F: Trainer might construct a test by himself. Abusive trainers will be sanctioned by WAA!

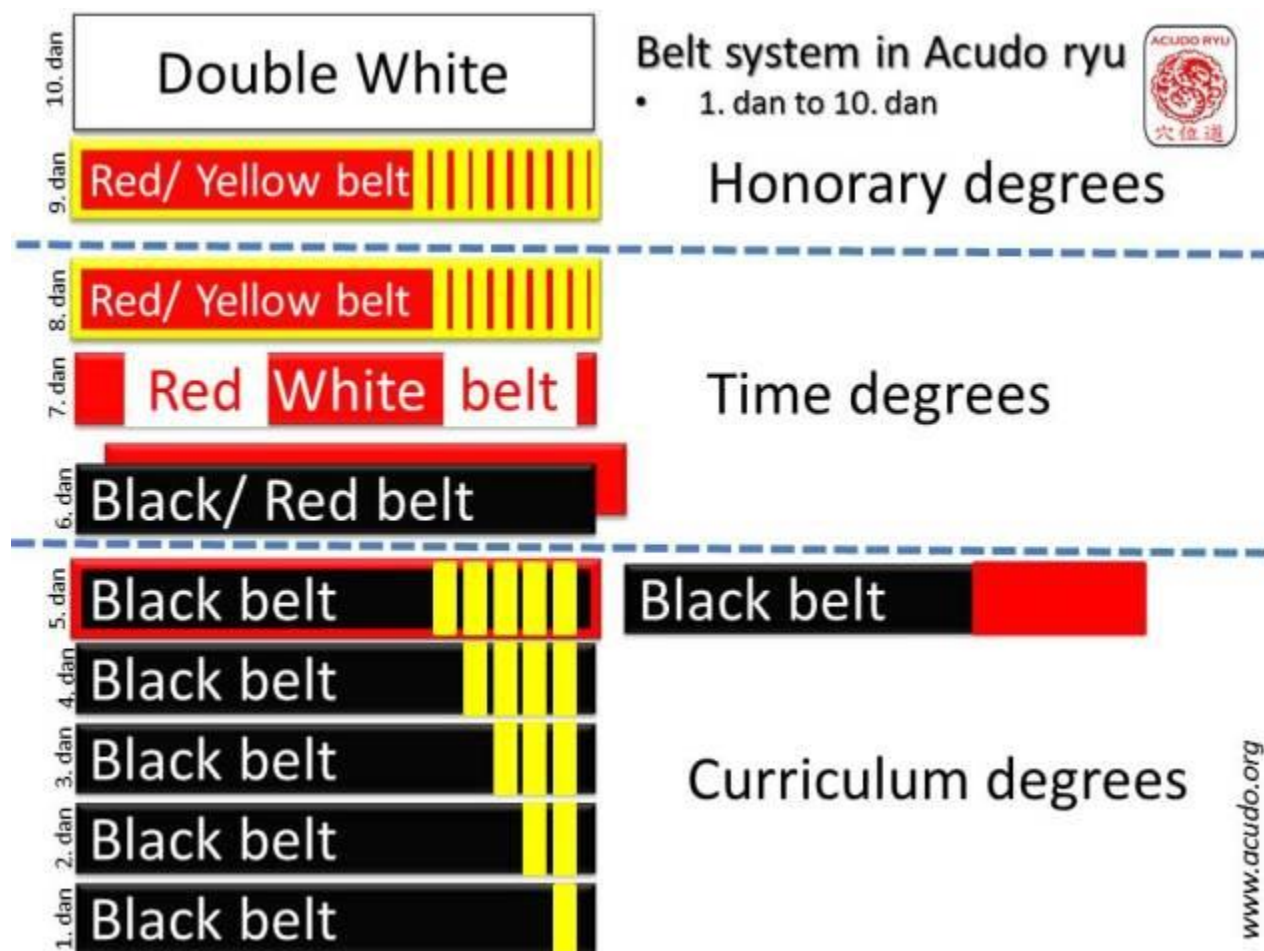
NB! The intention with this degree is to motivate for the black belt examination.



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. From 2023 WAA will reduce the use of Japanese names and use the number of the dan.





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
- To get the white frame you need to be evaluated by the examiner to have the level of an instructor and have worked as an assistant trainer.

Theory:

1. Show meditation
 - KEY: Explain and show a meditation.
2. Locate Zang organs
 - KEY: Point at own body where you find the zang organs.
3. Explain the attack angles
 - KEY: Explain from the 45 degree and the location of the organs.
4. Demonstrate Xu li under stress (Voluntary test only for adults and adolescents)
 - KEY: Perform a technique after the practitioner is exposed for a stressed activity. Examples are water boarding, rappel and other anxiety filled activities.
5. Locate important anatomical places on the body
 - KEY: Arteries, bones, and weak areas.
6. Make a personality strategy and tactic (Optional)
 - KEY: Explain how the best fight strategy are built.

Acupuncture points:

- Lung acupuncture points, 11 acupoints
- Large intestine acupuncture points, 20 acupoints
- Stomach acupuncture points, 45 acupoints
- Spleen acupuncture points, 21 acupoints
- Heart acupuncture points, 9 acupoints
- Small intestine acupuncture points, 19 acupoints
- Urinary bladder acupuncture points, 67 acupoints
- Kidney acupuncture points, 27 acupoints
- Pericardium acupuncture points, 9 acupoints
- San Jiao acupuncture points, 23 acupoints
- Gall bladder acupuncture points, 44 acupoints
- Liver acupuncture points, 14 acupoints
- KEY: Need to have maximum 3 mistakes on each meridian.

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)*
- *KEY: Need to have 15 correct.*

- **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:**

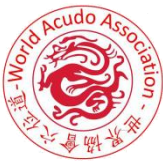
- 5 self-defense using Lung acupuncture points
- 5 self-defense using Large intestine acupuncture points
- 5 self-defense using Stomach acupuncture points
- 5 self-defense using Spleen acupuncture points
- 5 self-defense using Heart acupuncture points
- 5 self-defense using Small intestine acupuncture 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
- KEY: Need to show speed, directness, and decision. Only 1 mistake per meridian.

- **Demonstration**

- Show ONE acudo technique that combines 20 acupuncture points without stopping

- KEY: Need to have flow.
- Breaking:
 - Two boards with Chudan-zuki (中段突) Middle Level Punch; minimum 1.5 cm
 - KEY: Need to do this with ease and break the board.
 - Four boards with Mae geri (前蹴)/ Front Kick; minimum 3 cm
 - KEY: Need to do this with ease and break the board.
- **Shaolin Qinna:**
 - Kata part 1 and part 2.
 - KEY: The kata need to be completed without stopping or hesitating. It is tolerable with 2 errors. The candidate might have two tries.
 - NOTE: The Shaolin Qinna kata is optional from 2021.
 - Can be changed for 30 “Points with pen”
 - KEY: 25 points need to be correct. Maximum 5 mm out to be evaluated as correct. The points are preselected by the candidate himself.
 - This part is before anything else in this examination. If failed, the examination is over for the candidate.
 - Shaolin Qinna thirty-two techniques (#1-32)
 - KEY: Only 3 errors are tolerated

NB! This examination might take a long time. Some parts of the examination might be taken in groups.



2. dan Black belt with two lines (二段 Nidan)

Time/ Requirements:

- 1 year of training ALE (after last examination)
- Must give classes alone
- Sometimes a master title might be awarded at the same time.
 - Sensei



Theory:

1. Thesis (30 minutes presentation)
 - KEY: Need to present an Acudo Ryu related topic.
2. Show how to activate acupuncture points
 - KEY: Need to show and explain on uke.
3. Show how acupuncture points should be combined
 - KEY: Need to show and explain on uke.
4. Use Yin/ Yang theory actively in 10 examples
 - KEY: Need to show and explain.
5. Make a fight strategy based on Tendino muscular meridians (TMM), movements and positions.
 - KEY: Need to show the six basic movements and explain.

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
 - KEY: Need to show speed, directness, and decision. Only 1 mistake per meridian.

- **Small stick/ Needle**
 - 15 acudo techniques using small stick
 - KEY: Explain how to use a small stick on the vital points.
 - How to use an acupuncture needle (fire needle) as a weapon
 - KEY: Explain how to create damage with a needle.

- **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. There are only two unnecessary hesitations accepted on every point. If more the candidate fails the exam.
 - Note: WAA wants the candidate to become tired mentally and physically during this part of the examination.

- **Other**
 - 50 deadly techniques with short explanation
 - KEY: Explanation on uke. Pointing and speaking is sufficient.
 - Note: WAA wants the candidate to show insight in anatomy and physiology.

- **Shaolin Qinna:**
 - The candidate shows one of the following two:
 1. Kata part 1, part 2 and part 3
 - With points
 - Without points
 - KEY: The kata need to be completed without stopping or hesitating. It is tolerable with 2 errors. The candidate might have two tries.
 2. Shaolin Qinna thirty two techniques (#1-32)
 - NOTE: The Shaolin Qinna kata is optional from 2021.
 - Can be changed for 50 "Points with pen"
 - KEY: 45 points need to be correct. Maximum 5 mm out to be evaluated as correct. The points are preselected by the candidate himself.
 - This part is before anything else in this examination. If failed, the examination is over for the candidate.

- With points
- Without points
- KEY: Only 3 errors are tolerated



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
- Sometimes a master title might be awarded at the same time.
 - Shidojin



Theory:

1. Explain treatment aspects with acupuncture points.
 - KEY: Must show minimum 10 acupuncture points.
2. Explain the anatomical and physiological weaknesses of the body.
 - KEY: Must show and explain minimum 5 weaknesses.
3. Explain the Yin/ Yang movements
 - KEY: Must show and explain.
4. Explain the Qi circulation
 - KEY: Must explain the circulation and what Qi is.
5. Analyse
 - Arm-foot-arm
 - Foot-arm-foot
 - Left-right
 - Right-left
 - KEY: Explain the relations. Give examples from TMM.
6. Explain the movements of the Tendino muscular meridians (TMM) (6 yang – 6 yin); positions and movements.
 - Use the six positions as the basis of the explanations.

Acupuncture points:

- Lung acupuncture points, 11 acupoints
- Large intestine acupuncture points, 20 acupoints
- Stomach acupuncture points, 45 acupoints
- Spleen acupuncture points, 21 acupoints
- Heart acupuncture points, 9 acupoints
- Small intestine acupuncture points, 19 acupoints
- Urinary bladder acupuncture points, 67 acupoints
- Kidney acupuncture points, 27 acupoints
- Pericardium acupuncture points, 9 acupoints
- San Jiao acupuncture points, 23 acupoints
- Gall bladder acupuncture points, 44 acupoints
- Liver acupuncture points, 14 acupoints
- 20 extraordinary acupuncture points
- KEY: Only one point per meridian might be wrong.

Techniques:

- How to activate an acupuncture point.
- KEY: Must explain and show
- *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: Must be quick and knowledgeable.
- *Show:*
 - 50 PERFECT self-defense techniques
 - KEY: This need to be optimal techniques.
 - 50 weak areas on the body
 - How to use them
 - How to protect them
 - KEY: The candidate needs to be quick and knowledgeable.
- **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
 - KEY: Must be performed with knowledge.
- **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

- KEY: Must be performed with knowledge.

- **Six step movement form**
 - With explanation
 - Without explanation
 - KEY: Must show and explain the six steps.

- **Shaolin Qinna:**
 - The candidate shows one of the following two:
 1. Kata part 1, part 2 and part 3
 - With points
 - Without points
 - KEY: The kata need to be completed without stopping or hesitating. It is tolerable with 2 errors. The candidate might have two tries.
 -
 - NOTE: The Shaolin Qinna kata is optional from 2021.
 - Can be changed for 50 “Points with pen”
 - KEY: 45 points need to be correct. Maximum 5 mm out to be evaluated as correct. The points are preselected by the candidate himself.
 - This part is before anything else in this examination. If failed, the examination is over for the candidate.
 2. Shaolin Qinna thirty two techniques (#1-32)
 - With points
 - Without points
 - KEY: Only 3 errors are tolerated



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
- Sometimes a master title might be awarded at the same time.
 - Shihan-dai



Theory:

- Analyze the directions and movements related to the acupuncture points.
 - KEY: Know how to manipulate the directions with an acupuncture point.
- Select acupuncture points depending on positions
 - KEY: Know how to select an acupuncture point according to ukes position.
- Dominate the Sheng and Co cycle in points
 - KEY: Know how to accommodate meridian-points according to the cycles.
- The positions according to the TMM
 - KEY: Know how to analyze the positions according to the TMM.
- Understand and explain the qi circulation
 - KEY: Able to explain the circulation of qi according to theory.

Acupuncture points:

- Lung acupuncture points, 11 acupoints
- Large intestine acupuncture points, 20 acupoints
- Stomach acupuncture points, 45 acupoints
- Spleen acupuncture points, 21 acupoints
- Heart acupuncture points, 9 acupoints
- Small intestine acupuncture points, 19 acupoints
- Urinary bladder acupuncture points, 67 acupoints
- Kidney acupuncture points, 27 acupoints
- Pericardium acupuncture points, 9 acupoints
- San Jiao acupuncture points, 23 acupoints
- Gall bladder acupuncture points, 44 acupoints
- Liver acupuncture points, 14 acupoints
- 20 extraordinary acupuncture points
- KEY: Need to locate all the points. Only 5 points might be incorrect!

Techniques:

- How to activate an acupuncture point
 - KEY: Adjust the position of uke to activate a desired 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

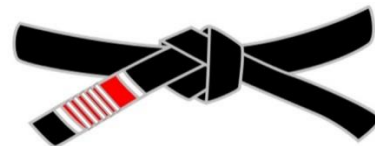
- Examiner ask 5 random points from the Small intestine acupuncture points
- Examiner ask 5 random points from the Urinary bladder acupuncture points
- Examiner ask 5 random points from the Kidney acupuncture points
- Examiner ask 5 random points from the Pericardium acupuncture points
- Examiner ask 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
- KEY: Only 1 point per meridian might be more than 0,5 cm off, but not more than 1,5 cm.
- *Show*
 - 50 PERFECT self-defense techniques
 - KEY: Here all the techniques need to be accepted and possible. If in doubt a technique might be modified or changed, but not more than 10.
- *Shaolin Qinna:*
 - Shaolin Qinna thirty-two techniques (#1-32)



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 up to 1. Dan
- Must have been sensor for five 1. Dan examinations or in total summed as 5. Dan
- It is normal to give a master title at the same time
 - Shihan



Theory:

- Thesis, 50 pages, Acudo related topic
 - Present 1 hour
 - Defend 1 hour
 - KEY: Need the grade B to pass.
- The Tendino muscular regions demonstrated and explained
 - KEY: Need to be shown on uke and explained as to a student.
- Chinese medical philosophy in martial arts. EG.
 - Eight trigrams in positions and correlated trigram.
 - 64 hexagrams used to analyze positions and to select active acupuncture points
 - KEY: Need to show insight. Just telling is not enough.

Techniques:

Show:

- 100 PERFECT self-defense techniques
 - KEY: Need to be according to Street Acudo foundation.
- How to activate an acupuncture point
 - KEY: Show some trix to activate a point.

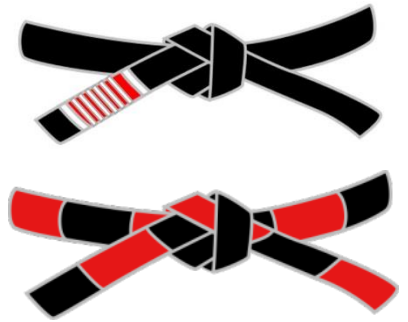


Time degrees

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

Time/ Requirements:

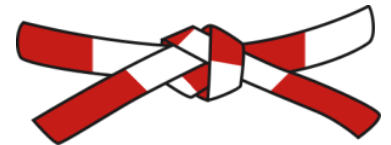
- 5 year of training ALE (after last examination)
- First time degree, but might be a formal examination
 - 5 topics from 1-5 dan examination
- WAA or Doshu are responsible for the degree
- This degree can be given to exceptional practitioners by Doshu.
- Belt
 - Dan stripes if given
 - There might be some minor requirements
 - Sectors if examination
- Sometimes a master title might be awarded at the same time.
 - Renshi



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 or Doshu are responsible for the degree
- Sometimes a master title might be awarded at the same time.
 - Kyoshi
 - Person with this title is a Grand Master in the Acudo Ryu system.



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 there might be an examination
 - Normally conducted as a seminar.
- WAA board members might temporarily use this degree
- WAA or Doshu are responsible for the degree
- A 8. dan is a Grand master in the Acudo Ryu system.
- It is normal to give a grand master title at the same time.
 - Hanshi

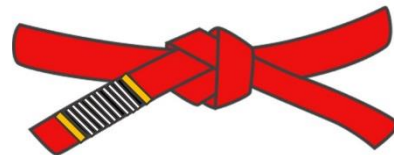




9. dan Red belt with end (九段 Kudan)

Time/ Requirements:

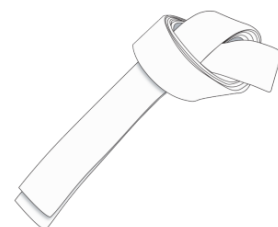
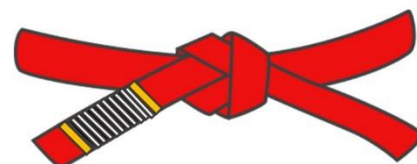
- 5 year of training ALE (after last examination)
- Second honorary degree, but might be a formal examination
 - Normally conducted as a seminar.
- WAA senior board members might temporarily use this degree
- WAA or Doshu are responsible for the degree



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 or Doshu are responsible for the degree

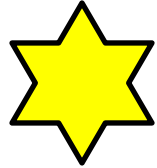


Other aspects with degrees



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 stripe will be used 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 Ryu degree and not an examination degree. Persons with Higher Degrees like 8. dan, 9. dan or 10. dan (if given as an honorary degree) do not to use star since their belt are considered as a normal Acudo Ryu 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 Ryu examination after 25 years of ACTIVE training have a 3. dan in Acudo ryu with a star. The trainer is responsible for this process. It is normal and proper to arrange a ceremony. Note: This is honorary degree and not examination degree!

Honorary degrees or Additional increase 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 within 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 Acudo Ryu 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 he finds 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 increase is a normal degree and not an honorary degree. It is WAA and Doshu that decides additional dan degrees. Please inform WAA about persons that might qualify for additional dan increase.

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 mean that it is not possible.

Who might conduct Acudo ryu examinations?

Only WAA accredited or Doshu pointed persons might conduct examinations. All permissions from WAA have to be in written to be void. All permissions from Doshu are given like Doshu 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 Doshu 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.