

# Myanmar Traditional Boxing Volume 1

*Bull Rush Techniques and Principles*

By

**Christopher McGrath**  
**Arts of Ancient Wisdom, Inc.**  
**[www.aawisdom.com](http://www.aawisdom.com)**



Copy right 2005 Arts of Ancient Wisdom, Inc. All rights reserved. mcgrath\_ch@hotmail.com.

# Myanmar Traditional Boxing

## 0. My Martial Arts and Personal Background

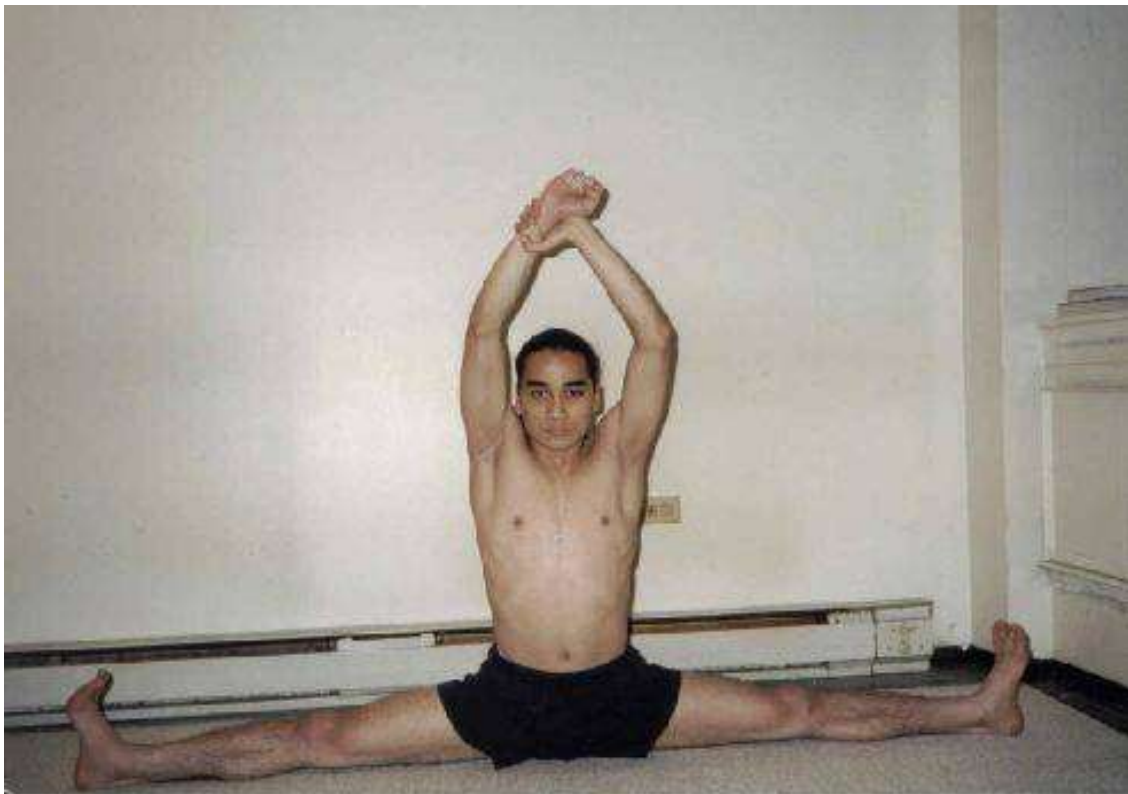


Figure 0. Christopher McGrath

I am a real martial artist born in Myanmar. I am a native-born Myanmar martial artist who speaks, writes, and reads English very well. I am educated in the USA with BS in Applied Mathematics degree. I have read many junk books and instructions on the subject of kickboxing and Maui Thai (Muay Thai). I sympathize the people who really want to learn and know the truth have to suck with liars. I will not mention the name of those liars.

I started training when I was six. When I was seven, I became a very good boxer (more into western principles than MTB) under my grandfather's coaching and tips. I always

got into many fights and friendly sparring matches. The only difference about real fight and sparring in Myanmar is that your opponent is enemy or friend. I started learning kicking after I met people who could kick. I learned kicking when I was eight. Still I would not say I knew systematic MTB then. Anyway, when you are into martial arts in Myanmar, you received regular friendly challenges. Occasionally some one seeks your help for protection from bullies. By the time, I was ten I have fought more than 50 times and lost none to challengers—but my “teachers.”

I did have teachers informally, whom I could not even touch in each sparring match until I was fifteen. I am not 100% Burmese. I am a descendant of Anglo-Burmese mixture. That is why I have a name Christopher McGrath and I am Roman Catholic. We spoke, read, and wrote English from boyhood.

We lived on a land about one and half acres fields with a lot of trees, a pond, and many livestock. We needed workers to take care of our land and livestock and house works. We had many workers, and maids. Some of the workers (gardeners) were extremely strong fighters. I hung out a lot with them. In the evenings, when their work was done, we exercised and trained martial arts in our backyard. My teachers were those Burmese workers and innumerable opponents I have fought in my life.

## **1. Introduction**

I am writing this in honor of all the MTB men back home. I am not doing glory to myself. I feel injustice when Myanmar Traditional Boxing exists as a shadow of Thailand and Maui Thai Boxing. When I say I know kickboxing, my friends automatically assume that I mean Maui Thai Boxing and that I am from Thailand. When I say Myanmar Traditional Boxing, they would say, “What’s that?”

### **1.1. Myanmar Traditional Boxing Origin**

I am not going to argue whether Thailand stole Myanmar Boxing system or Myanmar stole Thai system, but MTB certainly is a very independent system. Children in Myanmar, especially in suburbs and remote county sites, villages, and states are very tough. They hunt, fish, and fight for sport, pleasure, and other reasons.

Those who do well in the rings never learn formally from one master. Rather, they learn from the culture itself and many teachers, who could be their close friends, other kids he get into fight with, and oral traditions. For example, it is a common knowledge in Myanmar to know that MTB men have very tough shins and knuckles and various ways of methods to develop it. In addition, typical MTB tactics/methods are no secrets for those who follow martial arts.

Children condition their shins and knuckles because they know from experience that their shins and knuckles hurt when they hit in a sparring match or real fight. The important fact is that they fight a great deal. They fight with friends for fun; they fight with enemies for honor. No one has ever died in fights or got permanent injuries. Usually, after they fight,

these kids become friends for life. As they grow up and mature, they fight less and can pick up and identify those warrior type people like themselves instinctively and develop beautiful friendships and respect. If we change this nature with any other human whim, regardless of wherever we live, it will not work.

MTB flourishes and continues to exist under ancient tradition and mentality that fighting is the best and honorable way to resolves conflicts. Notice I mention fighting, not war. It is not a crime to get into hand-to-hand fights when you get into a hostile social conflicts and arguments, or insults in the old days. However, when that tension is refrained and interrupted, hatred, ill feelings continue to exist and potential for war starts to brew. There is one way to avoid having an obligation to assume responsibilities for our action (fights): that is not to do and say wrong to others. Inferior men think, however, it is not fair to be punished for their wrong deeds and actions and they try very hard to put down warriors. War does not have to be war among nations or groups, but individuals can have little personal wars among persons. The world is ugly this way. Many cowards exist more and more as the societies become more complex with political influences, and systems.

## **1.2. PhD is the Way to Waste Your Life**

I will not go into deep nonsensical references to printed books that are not verifiable. I do want to inspire those who really care about the truth. In western educational system, whenever a “scholar” has to write a document, she has to reference to published books. Many books are considered reliable source if the author has a PhD or some degree in the field—entirely ignoring the traditions that are passed on, general knowledge in the population, and the personal knowledge or experience/insight of the scholar. Any ideas, facts, or information that an author presents without quoting a prior published document is considered plagiarism or fallacy because a notion is established that no one can know something without learning from someone formally first. Who is the very first person who learned it first or how did he learned it the very first time? Having a PhD is like getting a license to lie nowadays. Whatever the PhD person writes and publishes becomes facts. Incidentally, this typical elite, intellectual, intelligent PhD person will be overweight or seriously unhealthy and miserable and have a divorced wife/husband and/or children with drugs/health/mental problems. In some cases, a great idea that a person suggests or try to publish would be rejected; however, the same idea when the same person with PhD publishes will be accepted. Many people make a living in education, writing papers, and just so busy quoting previously written documents. I have seen so many commoners (nothing special) waste their lives pursuing PhD in the western world.

## **1.3. MTB Does Not Come from China**

I will not try to go back to time and argue something intangible. However, I will point out what is verifiable presently about MTB roots and trends. MTB is not like any Chinese Martial Arts systems. Human Beings may fight somewhat similar due to the same basic body structures—such as two hands, two legs in all normal human beings—but all other underlying principles, tactics, mentality, etc in MTB system and any other Chinese martial arts are different. Typical Myanmar are very friendly yet proud people. They have existed in the country where they are from the beginning of the time. Their history goes many centuries back and the country Myanmar has existed independently for thousands of years.

In brief, **MTB certainly is a very independent system.** Based on present facts, one can imagine how MTB might have evolved in thousands of years. Typical westerners wrongly think most of the knowledge of martial arts and anything else in Asia spreads from China (to Japan from India) to Asia. Myanmar never had much interaction with China and other northern neighbor countries. However, Myanmar has numerous conflicts, diplomacies, and interactions with Thailand. The borders between Thailand and Myanmar in the old days were always shifting. However, Thailand has officially established their modern Maui Thai Boxing rules in the martial arts competitions that have drastically changed their tactics, fighters, and the whole Maui Thai System almost fifty years ago. For example, Maui Thai Fighters wear western boxing gloves, cannot head butt, and have judges in their competitions. Yet there are still some old-fashioned competitions on Thai borders presently. In addition, MTB warriors and Muay Thai warriors kept their fighting knowledge secret even in the old days because of the serious rivalries. For example, outcome of the national conflicts were sometimes resolved with dual between the chosen heroes from each side.

#### **1.4. Contents about This Manual**

I broke it down into sections of principles and volumes instead of writing all at once, so I do not feel bad about keeping the fans waiting until all is done.

This manual is based on the tone, language, and mentality of real Myanmar Traditional Boxer though it is written in English, so we all can get the idea of what is real instead of out own prejudices and wishful facts. In addition, I refer to readily available competitions instead of making my own videos in demonstrating some applications. There will be my own videos as well as reference to competitions in future.

## **2. The Reasons to Practice and Inform Ourselves**

No matter how harmless and friendly creature you may be, you will have to face enemies naturally. For instance, look at a little bunny. Predators, such as foxes, wolves, etc are after it.

MTB is the most effective and realistic martial art system.

MTB is a martial arts system most free of religious impositions.

MTB is a perfect and fun system for health and exercising.

### **3. Disclaimer**

I assume no responsibility for any accident and injury from training/learning the Arts from this manual. In addition, I assume no responsibility for any accident and injury that you might impose on others in fighting and any other situations.

### **4. Bull Rush**

Why is it called Bull Rush?

I mentioned children's fights in introduction section. It is very important to observe natural tendencies of human beings in hand-to-hand fight. The best subjects to observe are children, for they are most natural and original subjects without prior fighting knowledge and prejudice. When you ask a three year old kid to punch, the kid throws his fist in circular path, not straight, because he knows it's more powerful; the same with the kicks.

Many Myanmar people make figurative speeches about fighting techniques. However, there are no official names for their techniques and actions. Myanmar people do not like to name things. For example, in English, we have uppercut, hook punch, straight punch, jab, etc. In Myanmar, everything is a punch.

That is why other non-native people have a hard time learning these secrets. What someone calls this technique may be called something completely different two hundred miles away in the same country Myanmar. However, when someone wants to refer this technique, a typical Myanmar will say, "go in and gore him like a cow." People in Myanmar have seen many male cow fights and they imitate what they see in actions and speech. I translate it beautifully "BULL RUSH." Bull Rush consists of many effective techniques and principles. Some people call this Bull Form and/or Boar Form too.

### **5. Importance in MTB Punching System**

Before we discuss Bull Rush, it is essential to discuss some importance of **MTB Punching System**. The most important punch in MTB system is the Straight Punch. *MTB Punch leaps over the shoulder* as opposed to western boxing and other martial arts systems. This seems risky, if you do not *follow your punches and go through*.

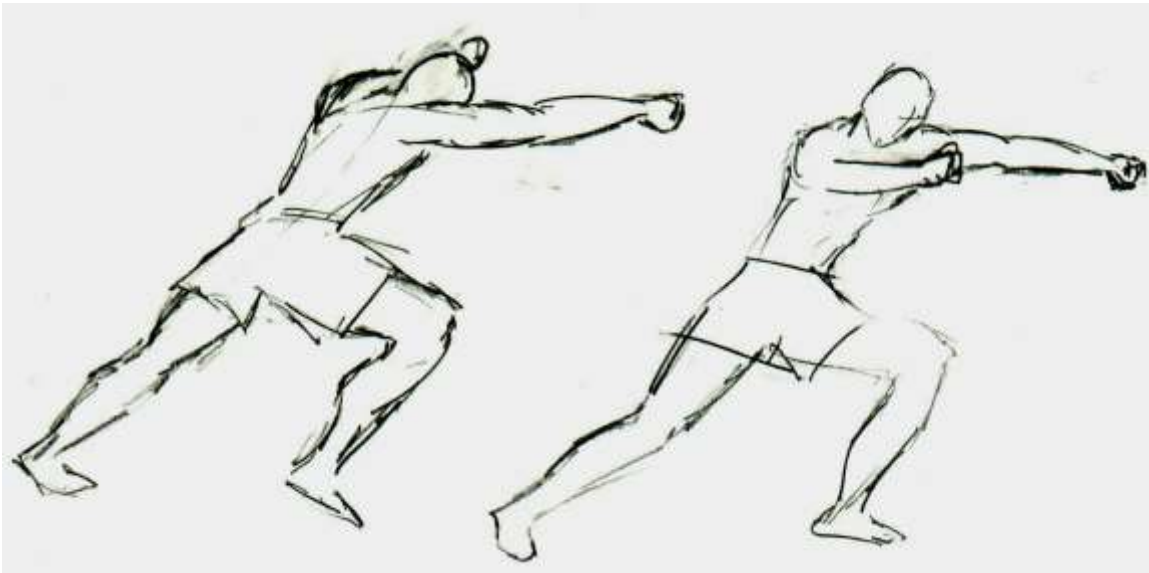


Figure 1

The above figure seems the person is at the mercy of the opponent counter attacks in other systems. This might be true if he were to throw just one punch and stop. However, if he were to **throw three or four punches in combo, directing all momentum, body weight, and force fixed on the opponent**, the only way the opponent will get out of this flow of attack is by literally falling to his back or jumping/moving to the side.

*Tip: If the opponent drops down forward, be ready to knee or kick.*

*If the opponent can somehow get out of the harm ways, still you get away with serious attacks.* This is a mentality in all the MTB attacks. See the illustrations below and Figure 4 as an example.

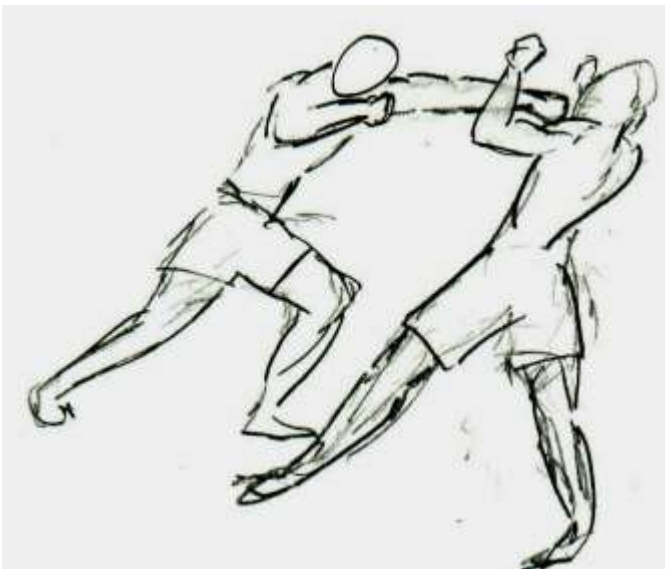


Figure 3a

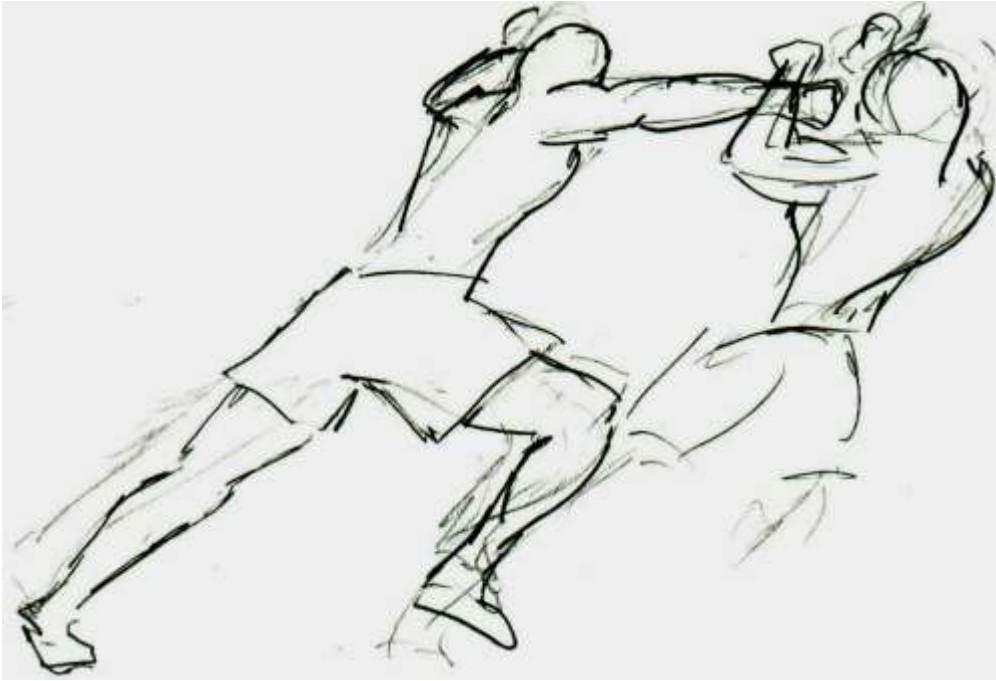


Figure 3b

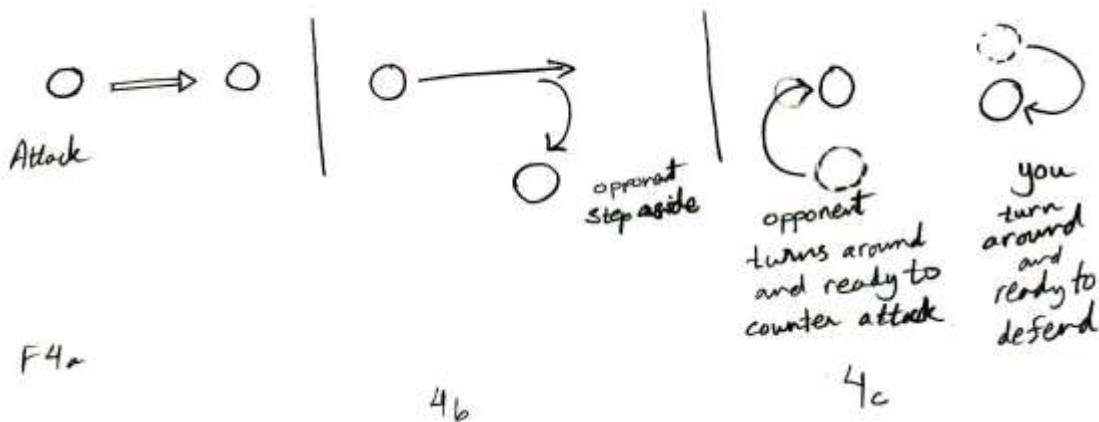


Figure 4. Basic Mentality in MTB Attacks

## **5.1. Important Roles of the Shoulders**

Have your shoulders up all the time about half an inch or more above the natural shoulder level. This is a secret. From now on, when you practice boxing, do this. Shoulders block or deflect hook punches and Round House Kicks. High shoulder gives more power in punching. Watch any real fight. Those who do not have power behind their punches, regardless of how big their muscles are, have their shoulders down.

Caution: do not have your shoulders way up forcefully at uncomfortable position and stay tense. *You should feel comfortable, relax, and have shoulders up at the same time.*



Western boxing oriented fighters get caught with high Round House Kicks against Maui Thai fighters in Mixed Martial Arts (MMA) competitions because they were not trained to do this.

5.1.1. How to condition your fists/knuckles will be discussed in next volumes of MTB manual sequences.

5.1.2. Blocking and counterattacking details will be discussed in next volumes of MTB manual sequences. What is important to know for now is that MTB warrior blocks attacks below chest level with legs, and knees.

## **5.2 Guard Area**

MTB warriors hide their face with shoulders and head while attacking and defending. Figure 5 is the area of the head that is used as a guard.

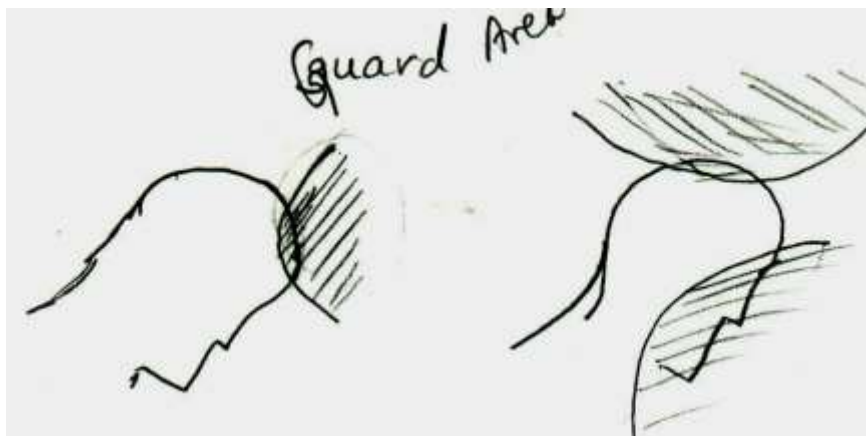


Figure. 5. GUARD AREA

Avoid these areas

Figure 6 is how a MTB warrior looks like when executing a punch. Note that the face is hidden. Any traded punches are expected to land on guard area. Remember that ***you are constantly push-punching, shoving, and literally pushing, never giving your opponent a chance to have full balance so his attacks are never 100% effective. If you fail to do this, none of the principles will work.*** Most people never push around during a fight. When you want your attacks to be really effective, attack the balance of your opponent first. Some video demonstrations of this principle will be available on next MTB manual sequences.

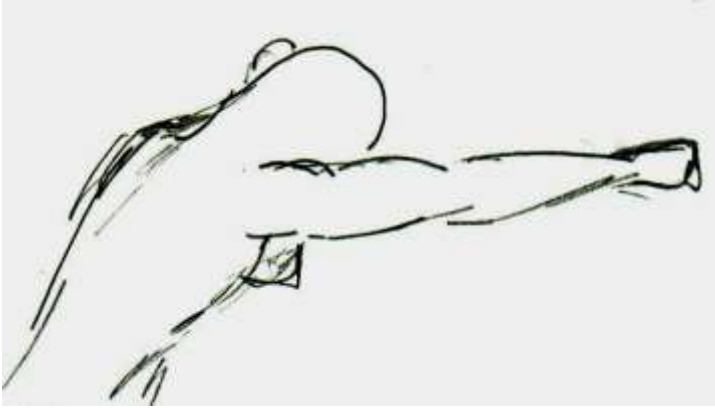


Figure 6a. Educated MTB Punch Posture

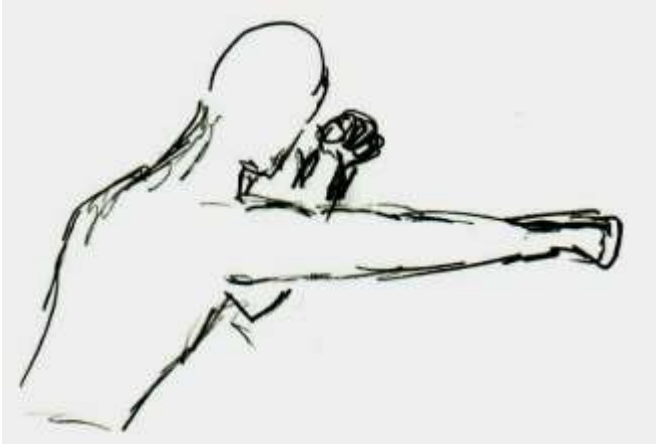


Figure 6b. Wrong Posture. Vulnerable to counter Leap Punch, elbow, and high Round House kick.

### **5.3. Importance of Steps in MTB punching**

Many people will require breaking some habits in order to succeed further. Human beings swing their hands as they walk. They swing the left hand as they take right step and right hand as they take left step. MTB is probably *the only martial art system that requires you to step in the same side of the leg as you punch*. Figure 7 is a sequence of MTB warrior movements.

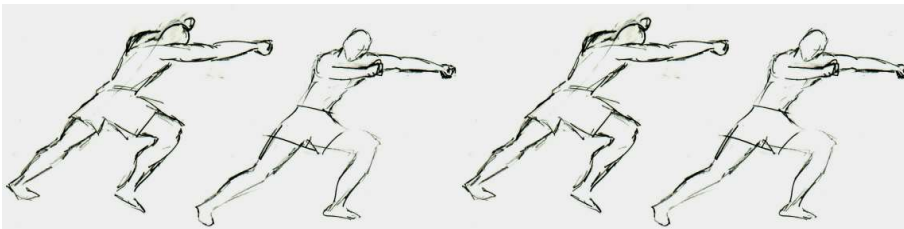


Figure 7. Right-hand-right-leg-left-hand-left-leg.

You must practice this. When you get it correctly, you will notice now you have more power in your punches and they are more effective and difficult for your opponent to deal with. *Your attack will go through like a water flow. At the end of each one, next attack regains and reuses the momentum/force from previous attack and become even stronger and faster.* More video demonstration about this will be coming soon.

Here is a puzzle for you. Using this principle when you want a real power hit, whether a kick or a punch, you can purposely create a momentum to gain force... This will be discussed further in other MTB sequences. When you truly understand this principle, you will stop wasting your time lifting weights to gain unnecessary muscles in order to have more power in your attacks. Most of the body building muscles will actually work against these principles. For example, heavier weight requires more initial fore to move. *True power in fighting is stamina.*

## **6. Breathing**

Breathing is very important, but I cannot talk about it in detail now. Briefly, *breathe from your nose only, both exhaling and inhaling.* Breathe deeply always starting from belly, then chest, then throat, entire respiratory system filled up with air. Release air from throat, chest, and belly respectively. All warriors should take five minutes in their exercising time just breathing this way.

*Inhale when you hit* as oppose to most of other martial arts systems that teach the opposite. Our lungs, when they are filled up with air can take hits and deflect like a rock hitting a ball. However, when our body is hit at a deflated position, all the other organs, such as liver, heart, kidney, etc suffer from the impact.

## **7. Balance**

Your head and body bump in the opponent constantly to attack the balance while the fists, punches, kicks, and other strikes do the damage. *Important MTB principle is to attack the balance primarily first then do the real damage with blows following,* as oppose to the western boxing where two men stand upright at some distance and try to knock down each other only with punches. Tip: *Have your hind leg tipped-toe and push from it when you punch and have it tipped-toe all the time during the fight if you can.* Practice this habit.

## **8. Distance**

Great MTB warriors fight wisely as much as they use bold techniques and principles. It is safest to Bull Rush at a short distance—less than five feet away from the opponent. If you are ten feet away from the opponent and you want to Bull Rush, then rush to a distance about five feet away, slow down there, and apply the principles.

*First goal in Bull Rush is not to attack, but to get inside the distance where you opponent's hand is fully extended. If you fail to obey all these, then Bull Rush will not only work but also work against you. Please see Figure 8a, and 8b.*

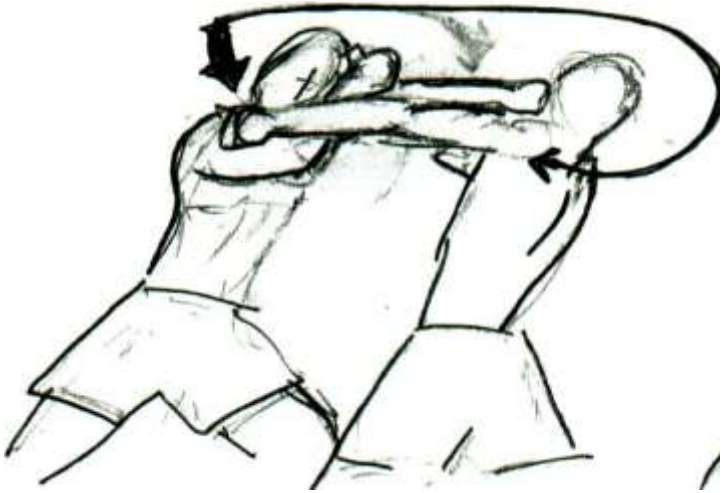


Figure 8a. Your opponent (on the right) cannot stop the momentum at this distance.

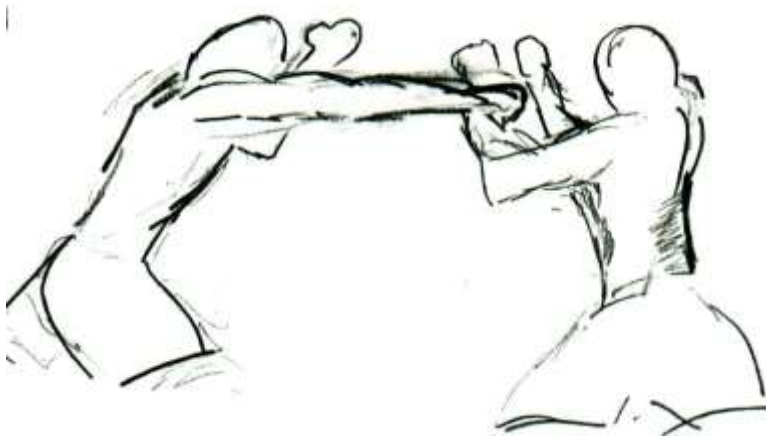


Figure 8b. Danger! You (on the left) are outside.

*Once you can get inside, there is not turning back. Your goal is to have your opponent down. It does not have to be a knock down. Your opponent may lose balance from your shoving, bumping, pushing as well as knock-out punches. Aim only for knock out punches and it will not work. Remember, you go for a KO while your opponent is losing balance.*

## 9. Weapons for Bull Rush

Primary weapons in Bull Rush are fists. However, it is not limited to just punching. It is good to use elbows and head butts. More information about details on basic attacks will be available in next MTB manual sequences.

It is important to discuss head butt briefly here. Do not clash head foolishly. *Use the Guard Area and head butt primarily to the face of the opponent and occasionally to the chest area of the opponent.* Again, knees and kicks must be vigilant when the opponent crouch forward and go for a takedown.

Tip: *It is important to start Bull Rush with MTB punches, then use other weapons accordingly, and as the distance between you and the opponent widens, make a habit of going for a high Round House kick. This is a typical MTB tactic.* When two warriors distance widens, high Round House kicks come into action. It is wise to keep this in mind for defense purposes as well. Therefore, *do not step away carelessly ever with another MTB warrior.* More information about High Round House Kick and basic attacks will be available in next MTB manual sequences.

## 10. Defense and Counters for Bull Rush

First defense for Bull Rush is to keep the attacker outside the distance of your fully extended hand.

Second defense for Bull Rush is to Push the Attacker Back whenever he has successfully get inside. *Do not punch back once he is on you.* It will work against you, for he already have a momentum and force directing on you once he has come inside and his punches will have potent kinetic energy while you are stationary.

Third Defense (Elephant Steps) is important as one of the MTB principles itself. Realistically, it is indispensable to avoid stepping back in any real fight, although MTB principles discourage stepping back especially with Bull Rush Masters. You should practice an excellent MTB technique.

There is a saying in Myanmar: An elephant that is going to gore takes one step back. I will call this technique *Elephant Steps*. This technique will work against most combo attacks especially in other martial arts systems where Bull Rush Principles are absent.

A human being naturally steps back when someone attacks him. Even trained MTB men instinctively do this. *First back step is instinct. Second back step is getting ready to counter. Third back step in MTB warrior is usually wider than two previous ones, leaving a distance between him and attacker to counter attack. At this step, he is already directing himself forward, creating a reversed momentum to counter attack. He may still take a fourth step back if the timing is not right. Usually after third back step, a **Leap Punch** comes as a counter attack.* This is a Classical MTB technique. Warning: **Make sure your force/momentum is directing towards the attacker when you Leap Punch—not upward.** Do not jump high. You jump high when the attacker is upright or he jumps.

Jump first before you punch and make sure you know where you want to punch. It is good to aim at face. Aim at upper chest area and you will not miss.

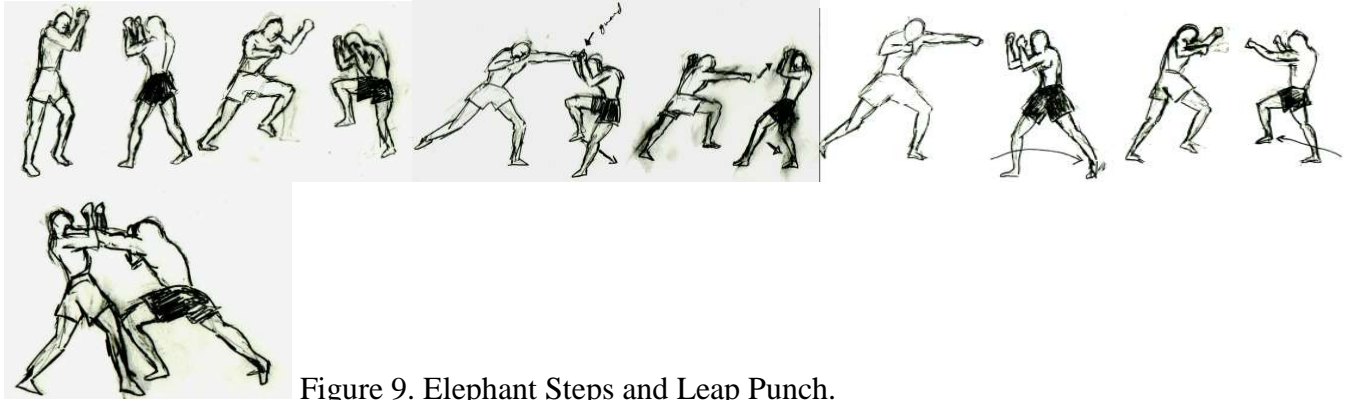


Figure 9. Elephant Steps and Leap Punch.

To summarize the Third Defense (Elephant Steps), take one wide back step among other back steps and leap. See Figure 9 and Illustration for Bull Rush Defenses on DVD I.

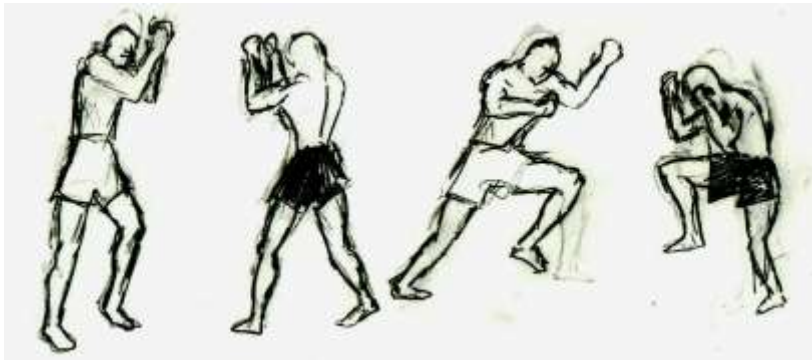


Figure 9a



Figure 9b

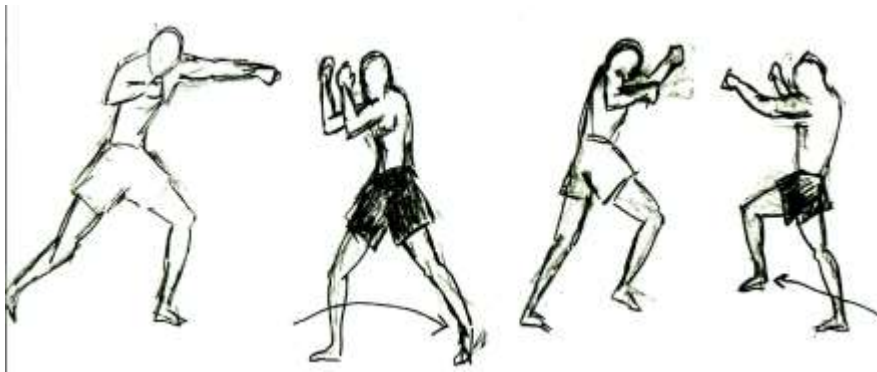


Figure 9c



Figure 9d.

Elephant Steps and Leap Punch in Greater Zoom.

Tip: Only MTB warriors use Leap Punch in fighting. You can also use Leap Punch in offensive. This is a very effective technique. Practice it.

Fourth defense for Bull Rush is head butt. This is most difficult and risky. However, it is very effective if it is accomplished. It is most effective to those who like to Bull Rush in and punch with their heads upright. Avoid clashing head, but aim at the face with Guard Area.

Tip: *To beat the better boxer, use head butt and elbows.* More information on this will be under the topic MTB Chain of Attacks and Counters will be available soon.

Fifth defense to Bull Rush is clinching. More information on clinching, knee set ups, slam downs will be in next MTB sequences.

## 11. Training Methods for Bull Rush

It is important to train with a lot of shadow boxing type of training/movements. Many “tough guys” like to hit the bag while they train to feel their own power and sound effect. However, their kicks and punches become weak and ineffective without the bag. *Timing and depth perception in the attacks will not improve when hitting the bag. Control in our movement will not improve with bag hitting too.* As much as MTB attacks seem out of control and advocate flowing through the force, MTB warriors have great control over their movements.

MTB warriors do punch hard objects to condition their weapons. A glimpse of me and some of this training is on the last parts of the DVD I. Warning: If you imitate me and injure yourself, I assume no responsibility. There are secrets in these trainings. If you want to master them, I recommend you start from very basics.

*It is very important to move along with our attacks while training.* MTB warrior would be moving all over about the hundred square feet of area when he is really training hard. Bag hitting does not have this kind of benefit.

Remember what you have read so far in other sections in training, especially italic sentences and phrases. *Practice Stopping a Flow of Attack/Creating a Flow of attack. When training with a partner, practice pushing and stopping the flow.*

### **11.1. Attacking**

*Make a push first before you attack.* Pay attention to your opponent balance all the time. When he is losing balance even slightly, that is your opportunity to Bull Rush. Remember, *everybody makes a mistake. Great MTB warrior is the one who can capitalize even the slightest moment of the opponent’s mistake, and vice versa, he can recover his mistakes instinctively.*

*No matter how formidable your opponent is, he has no power in his attacks while he is off balance.* To simulate this situation, you or your partner pretend to lose balance slightly and the attacker should do the *simulated Bull Rush*. When is the best time to attack the balance or attack with strike? *Attack when your opponent shifts steps.*

For example, many of the opponents that I have fought could not figure out why they could not block or see my Round House kicks, especially low ones attacking to the thigh areas. I attack with lighting kick whenever my opponent steps back, come forward, or steps aside. In MBT, *one does not move around purposelessly or he will get nailed.* One smart opponent actually figured this out in a friendly sparing match. He was kicked too many times before with low kicks, so to avoid receiving more low kicks, he started bouncing. That is like giving me a rhythm and signal to kick even if his bounces are as insignificant shifts in his steps as for two inches. I kicked when he bounced in; I kicked when he bounced out. He figured out that I am reading his steps this way after receiving about five kicks and stopped bouncing. If you really Bull Rush in real situation/fight—unlike me toying around and giving my opponent a chance to figure himself out—the fight will end immediately especially with those who do not know these little secrets.



*Simulated Bull Rush* is the one that do not actually hit. Just punch about two inches away from the intended targets or just hit with open hands (slaps) softly. That is how I train with/teach my apprentices. If you put on your big western boxing training gloves, it may not work anymore. Big gloves do not go through between hands, where MTB tactics attack between two hands to reach to face.

The most important thing is to *stay right in front of the opponent's face no more than two or three feet away*. While he is stepping back during training, *make a habit of following without giving him a chance to recover or get out of the flow*. If the distance becomes wider after three or four steps, then you are not following fast enough and you are in danger of being counter. Sometimes, it is inevitable, then stop Bull Rush immediately and/or close it up with a high Round House Kick.

Tip: Never drop your hands whether you are attacking or defending. It is a good habit to practice.

## **11.2. Defending**

Practice Elephant Step tactics and principles. Remember and practice all the Options for Bull Rush Defenses in section 10. While you training punching, try to challenge punches with Guard Area while hands are helping, then push back. See Figure 9b.

Tip: Do not really fight with your partner while practicing.

Each one should cooperate. Otherwise, you will not get much out of training. What is important is to visualize and feel the situation. MTB warriors are very good with photographic memory. Actions they do in real competitions come to them without thinking.

## **11.3. MTB vs. Western Boxing in Training**

MTB punching principles probably/disputably will not work within western boxing rules, such as no head butts, no kicks, no elbows, no knees, no clinching, etc. I have personally experimented with a few systematically trained western boxers within western boxing rules.

The last western boxing sparing match I had was unsatisfactory. My opponent outwitted me and out punched me, especially with short hook punches. However, he had a chance to study me while I was fighting with an opponent before him. I was very tired from sparing with my previous opponent. In addition, this opponent complained to me about the tactics (MTB principles) I was using. For example, I cannot block with knees; I cannot clinch, etc. To avoid from becoming a hostile environment from sparing, I complied with him. I am not sure whether I was too tired and sloppy or something else. It is a fact; however, that his condition was five times better than I am and he outweighed me over thirty pounds. In addition, he was already training professionally to compete, while I was still going to college. Nevertheless, the previous opponent whom I could handle easily outweighed me over ninety pounds and was a very good athlete as well. I declare, however, that MTB is the most effective system in "Real Kick Boxing" matches, where everything is allowed.

I am telling you this because many kick boxers I met in the US are western boxers who use kicks occasionally. Their kicks and punches do not go as one system to become effective. For instance, the most important goal for the samurai is to become one with his sword. Likewise, the most important goal in MTB system is to have all your movements working together as one system and you being as one with all your movements.

## **12. Bull Rush in Summary and Conclusion**

*Bull Rush is a flow of attacks, at the end of each one, next attack regains and reuses the momentum/force from previous attack and becomes even stronger and faster.* To accomplish this, proper distance must be imminent from the opponent and head and shoulders must be working together with punches as guard and supplementary attacks. To have an incessant flow of force and power in the attacks, correct body posture, volatile steps, and other movements are essential.

# **Appendix A**

In the following sections, I will reference to real MTB fights of Sau Wan Chine (MTB Rank Number One Champion 1996-2000), DVD I, and DVDII that come with this manual. Sau Wan Chine is a Tribal man of Karin Tribe from Karin State in Myanmar, who is a defeater of many Maui Thai fighters and other MTB fighters.

## **Fight No. 1 (DVD I), Opponent Win Neigh Tun**

### **First Round**

First down in ten seconds occurs by use of *head butt to the chest area* by Wan Chine. Wan Chine *uses Guard Area plenty and keeps moving forward*. Win Neigh Tun is stepping back and *does not have a momentum and force on Wan Chine*; therefore, Wan Chine *keeps moving forward despite Win Neigh Tun punches and he has his flow of attack on him*.

Wan Chine goes down (slips) on the third down. *He should push there*. Because he does not, a simple bump from Win Neigh Tun stops him attack.

Furious Bull Rush comes from Wan Chine when they begin again. Wan Chine is *using right shoulder as a guard* as he punches and tries to get inside. Win Neing Tun is prepared for it because he knows Bull Rush is Wan Chine's specialty. *Wan Chine stays right on Win Neigh Tun wherever he runs*.

Wan Chine still goes down on the forth down because he does not have his shoulder up and his head is upright while he punches during that engagement. In addition, Win Neing Tun is an experienced fighter and he is expecting that Wan Chine is going to Bull Rush.

Fifth down occurs immediately after they restart. Wan Chine *uses Elephant Step Principle* and Win Neigh Tun goes down.

Sixth engagement is a referee's break. Wan Chine's Bull Rush breaks down Win Neigh Tun's defense. Although Win Neigh Tun withstands and punches back furiously, *Wan Chine does not go down because he has his posture, head, and shoulders correctly*.

Seventh down is a kick in the head while Win Neigh Tun is on the rope. Lesson to learn here is that Bull Rush is not leaning on the opponent. Because Win Neigh Tun leans, he pays the price. Win Neigh Tun's corner takes a three-minute break.

After three-minute break, Wan Chine does not do the Bull Rush anymore. He gives his upper body a rest and initiates attacking with kicks. This is important. I have seen *many good fighters lose because they either kick only or punch only*. You have to use all your weapons. Win Neigh Tun takes some hits and goes down. He is still recuperating from the kick on the head. He purposely goes down since it is almost end of the round. He is buying time.

## **Second Round**

Water treatment, massage, and air refresh both fighters. A surprise kick from Wan Chine fails. He does Bull Rush next. Wan Chine can take some serious hit when he is trapped in the corner because he *is head butting on Win Neigh Tun's body and pushing him, not giving him a firm base. In turn, he gives back plenty of blows to Win Neigh Tun. When the distance between him and Win Neigh Tun becomes too wide, he gives up Bull Rush right away and clinches.* Win Neigh Tun leans again and almost gets into a trouble, but referee breaks it up.

Last Engagement is a KO to Win Neigh Tun. His head is way up during the exchange, and some old hits come into effect from previous round.

## **Fight No. 2 (DVD I), Opponent Bo Bo**

### **First Round**

You can see Bo Bo is expecting Bull Rush from Wan Chine. *Wan Chine does Bull Rush, but gives it up right away when the distance becomes too wide. In addition, you can see how cautious he is: his head hidden, shoulders up, and hands up. Bo Bo punches and steps back. Instinctively, Wan Chine tries to capitalize that shift in steps—yet unsuccessful and they end up in a clinch. Every time Bo Bo punches, Wan Chine is ready to counter with Elephant Steps principles and/or Bull Rush. Do not be afraid of a first punch. Go inside and counter punch using MTB techniques and principles. Important: Bo Bo does not want Wan Chine to get inside, so he extends his hand out on Wan Chine face to keep him at bay. Wan Chine wisely gives up trying to get inside. Remember, whenever you are outside the opponent's hand extended, your Bull Rush is in danger of counter attack.*

They get stuck in a corner and referee breaks it up. Wan Chine does Bull Rush as soon as they restart. He is always staying right on Bo Bo's face, *not giving him a chance to recover balance. Bo Bo uses clinching and diving his head down to stop Bull Rush. Wan Chine realizes it and knees him. Bo Bo gets knocked down. Remember to be ready to knee or kick when the opponent dive forward.*

Wan Chine does all the beautiful applications of Bull Rush from that point on. Bo Bo is hurt, but running around does not help with Bull Rush master. *Important: At one point, Bo Bo gets out of the flow and distance becomes very wide. Wan Chine runs in to close the distance, but he slows down at about three feet away in front of Bo Bo. Otherwise, Bo Bo still could turn the fight with one Leap Punch.* Good MTB warriors are very careful about this deadly tactic. The fight is over from there...

## **Fight No. 3 (DVD I), Opponent Maung Maung Gyi**

You can see beautiful application of Elephant Step Principle right before the first knock down (before Mg Mg Gyi goes flying into the air).

In second and third knockdowns, they use other MTB tactics.

After third knockdown, Wan Chine does Bull Rush again, but Mg Mg Gyi is expecting it and able to get out of the attack flow.

Forth knockdown occurs from Wan Chine's push punch.

Fifth knockdown occurs from Wan Chine's Bull Rush.

Wan Chine does Bull Rush again, but Mg Mg Gyi gets caught in the rope. Referee breaks it up.

On sixth down, Wan Cine slips.

Seventh knockdown comes from *Wan Chine's educated MTB straight punch*. Now is your chance to see it in action.

Eighth to fifteenth knockdowns are nothing new to learn now.

On fifteenth knockdown, Mg Mg Gyi actually tries to attack, but he *gets caught with Elephant Step Leap Punch*. Mg Mg Gyi gets frustrated and *tries to confront a Bull Rush with a Leap Punch of his own, but he is stopped with several Front Push kicks*.

### **Second Round**

Mg Mg Gyi tries to touch gloves. However, it is not clear whether he is offering to touch gloves or sticking out his hand to measure distance to keep Wan Chine's Bull Rush outside. I am sure Wan Chine does not want to take a cheap short there. Mg Mg Gyi corner takes three minutes break.

After three minute, they both tries to attack and do Bull Rush, but Wan Chine gets the upper hand and gets his Bull Rush going. Mg Mg Gyi tries Leap Punch, but does not work.

Second thru fifth knockdown is nothing new to learn now.

On seventh knockdown, Wan Chine forces attack. His *Bull Rush flow is broken, but he still have momentum going and reuses it a punch to knock down Mg Mg Gyi*.

Mg Mg Gyi gets numerous knockdowns on eighth knockdown thru nineteenth knockdowns. He gets frustrated and tries a wild Leap Punch to stop Wan Chine's Bull Rushes, but pays the price for it.

### **Fight No. 4 (DVD I), Opponent Kyaw Zwa, Little Blood of Shan**

Because Wan Chine is heavier and stronger here, his stamina depletes rapidly after third round. He cannot finish Little Blood although he has an upper hand from the first round. In addition, Little Blood is another very good MTB fighter. I leave it for you to recognize what you have learned so far.

### **Fight No. 1 (DVD II), Opponent Shwe Du Win, Golden Northern Star**

Northern Star is keeping his hand extended on Wan Chine's face to keep him from doing Bull Rush. I leave this fight for you as an exercise.

### **Fight No. 2 (DVD II), Opponent Shwe Du Win, Golden Northern Star**

Wan Chine does Bull Rush each time Shwe Du Win low kicks. This is a very technical fight. Important: *Shwe Du Win pushes back Wan Chine many times to break his Bull Rush attack. They push before they attack to off balance each other, and then attack.* It is important to do that. Remark: When Wan Chine catches Shwe Du Win's leg, he is not afraid of anything and attack with everything he has. *Don't be afraid of the opponent when he has no balance.* Having one leg caught means no balance.

I advise you to watch the DVDs after you read the manual, then reread and watch again. More MTB manuals will be coming soon. Keep in touch, [mcgrath\\_ch@hotmail.com](mailto:mcgrath_ch@hotmail.com)

Thank You,



Christopher McGrath