

MAUDUDO LEVEL 11

CHIN-TAO

FORWARD BY

ED BUNCH

WHEN YOU BEGIN THE STUDY OF LEVEL 11 MANY THINGS WILL OCCUR, QUESTIONS WILL ARISE THAT, YOU HAVE NOT BEEN CONFRONTED WITH BEFORE. MANY AREAS THAT HAVE BEEN GENERALLY TAUGHT, IN EARLIER LEVELS, WILL NOW BECOME THE FOCUS AS YOU ENTER INTO THE ADVANCED TRAINING OF LEVEL 11. IN ORDER TO ACHIEVE A HIGH LEVEL OF PERFORMANCE IN CHIN-TAO, ALL AREAS OF CONCENTRATION SHOULD BE:

1. CONTROL OF MOVEMENT
2. UNDERSTANDING POSITION
3. UNDERSTANDING STANCES
4. BASIC PRINCIPALS OF MOVEMENT
5. BALANCE, COORDINATION, AND TIMING
6. USE OF LEVERAGE IN MOVEMENT

BEING SUCH A NEW AREA OF LEARNING, THE CHALLENGE SHOULD BE WELCOMED, AND THE GROWTH, AND THE EXPERIENCE YOU WILL GAIN AT THIS TIME WILL BE A TURNING POINT IN YOUR MAUDUDO EXPERIENCE.

STARTING AT LEVEL 1 THRU 10 YOU HAVE BEEN TRAINED TO HAVE A REACTIVE MANNER TO VARIOUS SITUATIONS USING TECHNIQUE AND STRENGTH. LEVERAGE IS SUBSTITUTED FOR STRENGTH IN LEVEL 11, AND A WORKING KNOWLEDGE OF ANATOMY IS VERY USEFUL IN MASTERING CHIN-TAO. THE 44 APPLICATIONS WILL ALLOW A NEW UNDERSTANDING, AND THE FORM WILL ALLOW EXPRESSIONS OF MOVEMENT THAT YOU HAVE NEVER EXPERIENCED BEFORE. CHIN-TAO PRESENTS A RARE OPPORTUNITY FOR FUNDAMENTAL AND MECHANICAL GROWTH AND AT THE SAME TIME ALLOWS CREATIVITY IN THE INTERPRETATION OF MOVEMENT, AND EXPRESSION OF THAT MOVEMENT, IN THE FORM OR KATA. PREPARE YOURSELF FOR A NEW EXPERIENCE.

**ED BUNCH
BLACK BELT**

ADULT: SECOND DEGREE BLACK BELT
CHILD: SECOND DEGREE BLACK BELT

LEVEL 11

CHIN-TAO

“THE WAY OF SEIZING AND CONTROLLING”

THE ELEVENTH LEVEL OF MAUDUDO IS PERHAPS UNIQUE TO ALL OF MARTIAL ARTS. GRAPPLING STYLES HAVE BEEN AROUND HUNDREDS, IF NOT THOUSANDS, OF YEARS. ALL CAN, IN ONE WAY OR ANOTHER, TRACE THEIR ORIGINS BACK TO AN ANCIENT CHINESE SYSTEM CALLED CHIN-NA. CHIN-NA FOCUSED ON LOCKING THE JOINTS, SEPARATING MUSCLES AND TENDONS FROM THE BONE, STOPPING BLOOD CIRCULATION, AND SEALING OFF THE BREATH.

CHIN-TAO TEACHES ALL OF THE ABOVE BUT, WHAT MAKES IT UNIQUE IS THE TECHNIQUES ARE “RECORDED” INTO A FORM OR KATA. TRADITIONALLY, GRAPPLING IS TAUGHT USING AN “UKI” OR PERSON WHO IS GOING TO INITIATE AN ATTACK. TECHNIQUES ARE TAUGHT ONE AT A TIME AND THROUGH CONTINUOUS PRACTICE WITH THE UKI INGRAINED INTO THE SUBCONSCIOUS MIND. MAUDUDO TAKES THIS PROCESS TO ANOTHER DIMENSION AND GIVES THE STUDENT AN EFFECTIVE TO PRACTICE ALONE.

THE FORM STAYS TRUE TO THE MAUDUDO PRINCIPLE OF PRACTICALITY. IN ESSENCE WHAT MOVEMENTS ARE EXECUTED IN THE FORM HAVE A DIRECT TRANSLATION AGAINST A SPECIFIC TYPE OF ATTACK. THEREFORE ONCE A SET OF MOVEMENTS ARE LEARNED AND *EFFECTIVELY* APPLIED, THEY CAN BE PERFORMED WITHOUT A PARTNER. BY USING VISUALIZATION OUR SKILLS ARE SHARPENED EVERY TIME WE PRACTICE THE FORM.

LEVEL 11
CHIN-TAO
“THE WAY OF SEIZING AND CONTROLLING”
(CONTINUED)

BE FOREWARNED, IF YOU ARE JUST ENTERING THE ELEVENTH LEVEL, THIS FORM IS GOING TO SEEM ENTIRELY ALIEN, COMPARED TO WHAT YOU HAVE LEARNED SO FAR. THIS IS A COMPLETE CHANGE OF PACE AND PHILOSOPHY. IT WILL BE A TEST AND A CHALLENGE TO THE FLEXIBILITY, AND ADAPTABILITY OF YOUR MARTIAL SPIRIT. HOWEVER, IT IS NECESSARY TO GO THROUGH THIS PROCESS IN ORDER TO ACHIEVE THE MAUDUDO IDEAL OF THE MULTI-DIMENSIONAL MARTIAL ARTIST.

IF WE SUMMED UP IN ONE WORD WHAT MAKES A MARTIAL ARTIST AN “EXPERT” AT CHIN-TAO IT WOULD HAVE TO BE SUBTLETIES. A SLIGHT SHIFT OF FOOT POSITION A SMALL TURN OF THE HIPS, A HAND POSITION OR A WEIGHT TRANSFERENCE WILL BE A DIFFERENCE BETWEEN “GOING THROUGH THE MOTIONS” AND TAKING ABSOLUTE CONTROL OVER ANOTHER PERSON. THESE SUBTLETIES CAN ONLY BE LEARNED THROUGH PAINSTAKING DEDICATION, ANALYSIS, AND PRACTICE.

CHIN-TAO IS THE BLACK BELT EXTENSION OF THE FOURTH CIRCLE. THE QUALITY OF THE FOURTH CIRCLE IS HUMILITY, WHICH WE DEFINE AS “QUIET CONFIDENCE”. IN ORDER TO TRULY MAKE PROGRESS WITH CHIN-TAO WE MUST TAKE OUR UNDERSTANDING AND PRACTICE OF HUMILITY TO A DEEPER LEVEL. THE STUDENT MUST CHECK HIS EGO AT THE “GATE” AND ENTER WITH AN OPEN HEART AND OPEN MIND. ONLY THEN WILL SUBTLETIES REVEAL THEMSELVES AND ALLOW YOU TO MAKE PROGRESS TOWARDS MASTERY.

MICHAEL FRANZEN
FOUNDER
MAUDUDO FEDERATION

PAGE 2
OVER

LEVEL 11
CHIN-TAO
THE APPLICATIONS

CHIN-TAO IS PRESENTED IN WRITTEN FORM BY APPLICATION SEQUENCE. DUE TO THE NATURE OF CHIN-TAO IT'S NOT PRACTICAL TO LIST THE MOVEMENTS OF THE FORM IN SEQUENCE, LIKE WE DID IN PREVIOUS LEVELS. THERE ARE NO COMMONLY UNDERSTOOD TERMS TO DESCRIBE MANY OF THE MOVEMENTS.

WHEN THE ANCIENT CHINESE CAME UP AGAINST THIS PROBLEM THEY OPTED FOR COLORFUL DESCRIPTIONS TO LABEL THE MOVEMENTS BEING EXECUTED. AN EXAMPLE COULD BE "*MONKEY STEALS THE PEACH*". EVERY STUDENT LEARNING LEVEL 2 KNOWS WHAT THIS MEANS. FOR NOW, WE WILL BE CONTENT TO USE NUMBERS TO DESCRIBE WHICH APPLICATION WE ARE DOING.

THIS BEING THE CASE, GREAT CARE MUST BE TAKEN IN PASSING THIS FORM ON TO SUCCESSIVE GENERATIONS OF STUDENTS. YOU MUST BE ABLE TO UNDERSTAND AND EXECUTE THE MOVES TO THE POINT OF TRULY TAKING CONTROL OF THE ATTACKER. THIS CAN'T BE FAKED. IF THE ATTACKER CAN ESCAPE OR DO YOU HARM THEN SOMETHING NEEDS TO BE ADJUSTED.

PAGE 3
OVER

LEVEL 11
CHIN-TAO
THE APPLICATIONS
(CONTINUED)

EVENTUALLY, WITH PERSISTENCE, PATIENCE, AND PRACTICE YOU WILL BEGIN TO DEVELOP THE “*FEEL*” OR “*TOUCH*”. ALMOST INSTINCTIVELY YOU WILL “*KNOW*” EXACTLY WHAT TO DO TO TAKE CONTROL. AT THIS POINT YOU HAVE DEVELOPED A DEEP AWARENESS OF BODY MECHANICS.

PAY CLOSE ATTENTION TO SUBTLE MOVEMENTS OF HAND, HIPS, AND FEET. PROPER FOOT MOVEMENT AND STANCES ARE CRITICAL. THE HIPS ARE USED TO TRANSFER TREMENDOUS LEVERAGE AND POWER. THE HANDS MUST BE ABLE TO GRAB QUICKLY AND “*FIND*” THE RIGHT SPOTS.

THE APPLICATIONS OF CHIN-TAO LEAVE THE DOOR OPEN TO CREATIVITY AND INDIVIDUALIZATION. THESE APPLICATIONS ARE DESIGNED TO *INITIATE* THE CONTROLLING PROCESS. YOU HAVE TO COMPLETE THE “*FINISHING*” MOVES. “*FINISHING*” MEANS THE ATTACKER IS RENDERED “*UNDER CONTROL*”. “*UNDER CONTROL*” MEANS “*CAN’T ESCAPE OR FIGHT BACK*”.

CHIN-TAO WILL TRANSFORM YOU AS A MARTIAL ARTIST. UNDERSTANDING THIS LEVEL IS GOING TO IMPROVE EVERY SKILL YOU ALREADY POSSESS. STRIVE TO UNDERSTAND AND MASTER THE MOVEMENTS. MAKE SURE YOU CAN MAKE EVERYTHING WORK BEFORE YOU MOVE ON.

LEVEL 11
CHIN-TAO
THE APPLICATIONS

(CONTINUED)

APP. #1 **ATTACKER:** POINTS RIGHT INDEX FINGER IN FACE.

#21 **DEFENDER:** GRAB THE ATTACKERS FINGER WITH YOUR FIRST TWO FINGERS OF YOUR RIGHT HAND. ROTATE YOUR ARM DOWNWARD IN A CLOCKWISE MOTION. TAKE YOUR LEFT HAND AND PLACE IT AGAINST THE ATTACKERS RIGHT ELBOW AND GUIDE IT UPWARD, UNTIL THE ATTACKER IS ON THE BALLS OF THEIR FEET.

APP. #2 **ATTACKER:** REACHES IN WITH BOTH HANDS TO CHOKE.

#22 **DEFENDER:** STEP BACK WITH YOUR RIGHT LEG AND TWIN KNIFE HAND STRIKE TO THE ATTACKERS FOREARMS. WITH YOUR LEFT HAND GRAB THE ATTACKERS SHOULDER AND PULL. WITH YOUR RIGHT HAND, GRAB THE ATTACKERS LEFT SHOULDER AND PUSH. AS THE ATTACKER SPINS AROUND, STEP BACK WITH YOUR LEFT FOOT, SLIP YOUR RIGHT ARM AROUND THE ATTACKERS THROAT AND GRAB YOUR LEFT FOREARM. PLACE YOUR LEFT HAND ON THE BACK OF THE ATTACKERS HEAD, STEP BACK WITH RIGHT FOOT AND CHOKE OUT.

APP. #3 **ATTACKER:** STEPS FORWARD AND THROWS A RIGHT PUNCH.

#23 **DEFENDER:** GRAB THE ATTACKERS RIGHT WRIST ON THE PRESSURE POINTS WITH YOUR LEFT HAND AND PINCH THE PECTORAL MUSCLE WITH YOUR RIGHT HAND.

LEVEL 11
CHIN-TAO
THE APPLICATIONS
(CONTINUED)

APP. #4 ATTACKER: GRABS RIGHT WRIST WITH RIGHT HAND.

#24 DEFENDER: TRAP THE ATTACKERS HAND WITH YOUR LEFT HAND. ROLL YOUR HAND IN A CLOCKWISE MOTION, GRAB THE ATTACKERS WRIST, STEP BACK WITH YOUR RIGHT LEG, MATCH YOUR LEFT ELBOW TO THE ATTACKERS RIGHT.

APP. #5 ATTACKER: GRABS LEFT BICEP WITH LEFT HAND.

#25 DEFENDER: BEND YOUR LEFT ARM TRAPPING THE ATTACKERS HAND. STEP AROUND WITH YOUR RIGHT FOOT, SNAKE YOUR RIGHT HAND THROUGH AND GRAB THE BACK OF THE ATTACKERS HEAD. YOUR LEFT HAND SHOULD GRAB THE ATTACKERS LEFT FOREARM. PIVOT YOUR LEFT FOOT BACK WHILE FORCING THE ATTACKER TO THE GROUND.

APP. #6 ATTACKER: GRABS RIGHT WRIST WITH LEFT HAND.

#26 DEFENDER: CIRCLE YOUR RIGHT HAND UP IN A COUNTER CLOCKWISE MOTION. TRAP THE ATTACKERS LEFT HAND WITH YOUR LEFT HAND. CUT STRAIGHT INTO THE ATTACKERS CENTERLINE AND FORCE THE ATTACKER DOWN.

LEVEL 11
CHIN-TAO
THE APPLICATIONS
(CONTINUED)

APP. #7 **ATTACKER:** FROM THE REAR GRAB THE LEFT SHOULDER WITH LEFT HAND.

#27 **DEFENDER:** STEP BACK WITH YOUR RIGHT FOOT. BRING YOUR RIGHT ARM BEHIND THE ATTACKERS LEFT ARM, PLACING YOUR FOREARM JUST ABOVE THE ATTACKERS LEFT ELBOW. GRAB YOUR RIGHT WRIST WITH YOUR LEFT HAND AND STEP 180 DEGREES WITH YOUR LEFT LEG, FORCING THE ATTACKER AROUND AND DOWN.

APP. #8 **ATTACKER:** STEP FORWARD STRIKING WITH A RIGHT DOWNWARD HAMMER FIST.

#28 **DEFENDER:** GRAB THE ATTACKERS RIGHT WRIST WITH YOUR RIGHT HAND, AND TWIST YOUR WAIST TO THE RIGHT. PLACE THE KNUCKLES OF YOUR LEFT HAND AGAINST THE ATTACKERS GOLGI TENDON ABOVE THE ATTACKERS RIGHT ELBOW, STEP 180 DEGREES CLOCKWISE WITH YOUR LEFT LEG, FORCING THE ATTACKER DOWN. TAKE CONTROL OF THE ATTACKERS RIGHT WRIST WITH YOUR RIGHT HAND ON THE BOTTOM AND LEFT HAND ON THE TOP. STEP BEHIND 180 DEGREES WITH YOUR RIGHT LEG, RAISE YOUR HANDS ABOVE YOUR HEAD AND THEN BRING THEM DOWN TO YOUR RIGHT SHOULDER. MAINTAIN CONTROL WITH YOUR RIGHT HAND, WHILE PLACING A LEFT KNIFE HAND AT THE ATTACKERS PHILTRIM OR THROAT. TURN YOUR WAIST AND HANDS TO THE LEFT TAKING THE ATTACKER DOWN.

LEVEL 11
CHIN-TAO
THE APPLICATIONS
(CONTINUED)

APP. #14 **ATTACKER:** **RIGHT ROUND KICK TO THE LEFT RIBS.**

#34 **DEFENDER:** **STEP BACK WITH YOUR LEFT FOOT. TRAP THE ATTACKERS KICK WITH YOUR LEFT ARM. RIGHT PALM STRIKE TO THE ATTACKERS RIGHT KNEE. TAKE CONTROL OF THE ATTACKERS RIGHT FOOT WITH BOTH OF YOUR HANDS. STEP OVER THE ATTACKERS RIGHT LEG WITH YOUR LEFT LEG.**

APP. #15 **ATTACKER:** **GRAB BOTH WRISTS FROM BEHIND.**

#35 **DEFENDER:** **STEP TO THE RIGHT AND BRING BOTH OF YOUR HANDS OVERHEAD, GRAB THE ATTACKERS RIGHT WRIST. PULL BOTH HANDS DOWN TO YOUR LEFT SIDE. SNAKE YOUR RIGHT KNIFE HAND TO THE ATTACKERS RIGHT SHOULDER. PRESS FIRMLY DOWN.**

APP. #16 **ATTACKER:** **GRAB THE MIDDLE OF THE RIGHT FOREARM WITH YOUR RIGHT HAND.**

#36 **DEFENDER:** **TRAP THE ATTACKERS HAND WITH YOUR LEFT HAND. ROLL YOUR RIGHT HAND UPWARDS IN A CLOCKWISE DIRECTION, WHEN YOUR RIGHT HAND IS STRAIGHT UP OVER THE ATTACKERS HAND, PRESS DOWN AT A 45 DEGREE ANGLE.**

LEVEL 11
CHIN-TAO
THE APPLICATIONS
(CONTINUED)

- APP. #17 ATTACKER: GRAB THE RIGHT WRIST WITH LEFT HAND**
- #37 DEFENDER: ROLL YOUR RIGHT HAND UP IN A CLOCKWISE MOTION. GRAB THE ATTACKERS LEFT WRIST WITH YOUR LEFT HAND AND PLACE YOUR RIGHT HAND ON THE BACK OF THE ATTACKERS LEFT HAND, PRESS DOWN AT A 45 DEGREE ANGLE.**
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- APP. #18 ATTACKER: FROM BEHIND PUT RIGHT ARM AROUND NECK.**
- #38 DEFENDER: PUT YOUR LEFT HAND BETWEEN THE ATTACKERS HAND AND YOUR FACE. GRAB THE ATTACKERS RIGHT WRIST WITH YOUR LEFT HAND. PUT YOUR RIGHT HAND ON THE ATTACKERS RIGHT ELBOW. PUSH UP WITH YOUR RIGHT HAND, DROP DOWN LOW, AND GET YOUR HEAD OUT. PULL IN WITH YOUR LEFT HAND, PUSH DOWN WITH YOUR RIGHT HAND. PLACE YOUR LEFT KNEE AGAINST THE ATTACKERS RIGHT KNEE. PRESS FORWARD.**
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- APP. #19 ATTACKER: STEP FORWARD AND THROW RIGHT PUNCH.**
- #39 DEFENDER: STEP 45 DEGREES WITH YOUR LEFT FOOT. TRAP THE ATTACKERS RIGHT WRIST WITH A RIGHT "C" BLOCK. PLACE A LEFT RIDGE FIST ON THE ATTACKERS GOLGI TENDON. STEP BACK WITH YOUR RIGHT LEG, BRING YOUR RIGHT HAND TO YOUR RIGHT HIP FORCING THE ATTACKER DOWN.**
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LEVEL 11
CHIN-TAO
THE APPLICATIONS
(CONTINUED)

- APP. #20** **ATTACKER:** FROM THE FRONT GRAB BOTH WRISTS.
- #40** **DEFENDER:** STEP 45 DEGREES LEFT. STRIKE UP WITH YOUR RIGHT INNER FOREARM TO THE ATTACKERS RIGHT BICEP. GRAB THE ATTACKERS RIGHT THUMB WITH YOUR RIGHT HAND AND PLACE YOUR LEFT HAND ON THE ATTACKERS SHOULDER BLADE. STEP BACK WITH YOUR RIGHT LEG AND FORCE THE ATTACKER DOWN.
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- APP. #41** **ATTACKER:** STEP FORWARD AND THROW RIGHT PUNCH.
- #42.** **DEFENDER:** RIGHT UPWARD DOUBLE KNIFE HAND BLOCK GRAB THE ATTACKERS RIGHT WRIST WITH YOUR RIGHT HAND. GRAB YOUR RIGHT FOREARM WITH YOUR LEFT HAND. STEP BACK WITH YOUR RIGHT LEG, ROTATE YOUR HIPS AND UPPER BODY TO THE RIGHT. PLACE YOUR LEFT ELBOW AGAINST THE ATTACKERS RIGHT ELBOW AND FORCE THE ATTACKER DOWN.
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- APP. #43** **ATTACKER:** STEP FORWARD TO PUSH WITH RIGHT PALM HEEL.
- #44** **DEFENDER:** LEFT UPWARD OUTER KNIFE HAND BLOCK, RT INVERTED "C" BLOCK. GRAB THE ATTACKERS RIGHT HAND WITH YOUR RIGHT HAND. ROTATE YOUR RIGHT HAND DOWN 180 DEGREES CLOCKWISE AND MAINTAIN CONTACT WITH YOUR LEFT ARM. RAISE BOTH OF YOUR HANDS UP UNTIL THE ATTACKER IS ON THE BALLS OF THEIR FEET AND YOU HAVE CONTROL.
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