

116 Wing Chun Dummy Techniques.pdf

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Wooden Dummy 1st Level Test Requirements

<http://www.chanskungfu.com/wingchunmartialarts.com/forms/Test%20-%20WoodenDummy%201.pdf>

Wooden Dummy 1st Level Test Requirements ... techniques with good details. ... Testing Score _____x100/116 Kan Sau
.....

The wooden dummy origins - City Wing Tsun | Chun Kung Fu ...

<http://empirecitywingsun.com/Press/Combat%20Network%20Articles/3/3.pdf>

Whether this is true or not, Wing Tsun (wing chun et al) ... The legacy of the 116 wooden dummy techniques is currently preserved in three places. The first

Wing Chun History - Wing Tsjun International - Landingpage

http://www.wingsjun.com/uploads/media/Wing_Chung__Dim_Mak__and_Pressure_Points.pdf

Wing Chun History By the start of the ... the movements in this form teach us techniques that can be used to find the ... use of the Dummy. My teacher, the ...

Martial Arts

<http://learnfactsquick.com/eslteachers/English%20Corners/Martial%20Arts%20EC.doc>

... flat, or wheel) Chinese: Wing Chun, kung fu Korea: Taekwondo ... Techniques are finished with various throws or joint locks. Influenced ... Dummy partners such ...

Download Wing Chun Kung Fu: a Southern Chinese ... - edufb.net

<http://edufb.net/5257.pdf>

Wing Chun Kung Fu: a Southern Chinese Boxing System, Guy Edwards, ... 116 Wing Tsun Dummy Techniques , Chun Yip, Ting Leung, Richard Lee, Feb 2, 2002, , 130 pages.

Wing Chun Grading Syllabus - 0Catch.com - free and affordable ...

<http://www.northeastmoifa.0catch.com/wcksyllabusv3.pdf>

... Wing Chun Kuen Syllabus ... Discuss the principles of third section's sequences of techniques Written test number one ... (116 Wooden Dummy)

Introduction

http://www.kenponet.com/flame/unsettled/unsettled_matters.pdf

Bruce had for some time been attracted to the Wing Chun style of ... his wooden dummy that he ... of his learned techniques were defenses against an ...

NAGATA SPORT CENTER - COMÉRCIO DE MATERIAIS ...

<http://www.kyokushinkaikan.com.br/fotos/imagens/materiais/Videopro.doc>

kk 116 – tÉcnica de kumite de moritika tsukamoto ... techniques de combat ... wing chun 4 – wooden dummy ...

Mook Jong Dummies and Wing Chun Kung Fu - Background and History

http://www.garbervilletheatre.com/images_news/Mook_Jong_Wing_Chun_Kung_Fu.pdf

Mook Jong Dummies and Wing Chun ... 108 combat techniques from the chamber's of Shaolin down to 108 moves on a single wooden dummy. The Mook Jong or also called Muk ...

Wing Chun Forms Described

<http://www.isoht.com/pdf/wing-chun-forms-described.pdf>

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