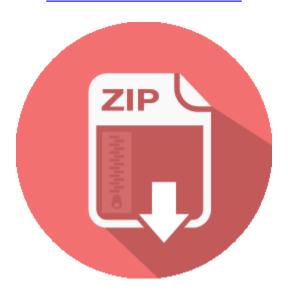
KUNG FU DUMMY



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Shifu Kung Fu Panda Wiki FANDOM powered by Wikia

Master Shifu is one of the main supporting characters of the Kung Fu Panda franchise. He is the current senior master of the Jade Palace and trainer of many kung fu warriors, including Po (the Dragon Warrior), the Furious Five, and Tai Lung. A former student of Master Oogway, Shifu became a

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Mu ren zhuang Wikipedia

Mu ren zhuang (Mandarin; Cantonese: muk yan jong, literally wooden man post) is a wooden dummy used in Chinese martial arts training. It is associated with the martial art of Wing Chun and other kung fu styles of Southern China. Traditionally made from wood, the dummies are now also made from synthetic materials such as steel and plastic.

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Hello and welcome to my website, I am Sifu Mark Beardsell and i have been training Wing Chun Kung Fu for 14 years, but hey you can read all that under the Instructors Bio, i just wanted to welcome you to the website and offer any assistance. Firstly i would just like to keep it short and sweet for you and answer the common questions you may have in mind, after all your time is valuable right

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The Wing Chun Kung Fu Channel by Sifu Sergio YouTube

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Wing Chun Wikipedia

Wing Chun (traditional Chinese:) is a concept-based traditional Southern Chinese Kung fu (wushu) style and a form of self-defence, which utilises both striking and grappling in close-range combat. Softness (via relaxation) and performing techniques in a relaxed manner, is fundamental to Wing Chun. On "softness" in Wing Chun, Yip Man during an interview said, "Chi Sao in Wing Chun is to

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WING CHUN KUNG-FU MASS Martial Arts Academy Practical Self-Protection and Life-Skills Center Yorktown, Virginia (757) 846-1188 Chief Instructor/Founder: (SI-FU) Tony Massengill WHY WING CHUN? REASON #1: BRUCE LEE S Teacher WAS WING CHUN GRANDMASTER Ip Man! (Ip Man, with Bruce Lee: Hong Kong, 1955 / Check out the Ip Man Movie Available at Video Departments EVERYWHERE!) http://ebookslibrary.club/download/MASS-Martial-Arts-Academy-Efficient-Warrior.pdf

Choy Li Fut Forms List Plum Blossom International Federation

The list below is not the teaching curriculum of the Choy Li Fut system. Each school has its own teaching forms and one is not required to learn all the forms in the system to complete one's training in Choy Li Fut kung fu. http://ebookslibrary.club/download/Choy-Li-Fut-Forms-List-Plum-Blossom-International-Federation.pdf

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